



For updated news, events and more, visit www.TheParkPress.com

Broadway Stars Highlight Give Kids The World Village's September Black & White Gala

Cast members from the Broadway production of *Hamilton* and other shows will perform during Give Kids The World Village's (GKTW) annual Black & White Gala, Saturday, September 18, 2021. For the first time ever, the event will take place under the stars at GKTW Village - enabling guests to experience the charm and enchantment of the 89-acre, whimsical nonprofit resort, which provides critically ill children and their families with magical weeklong wish vacations at no cost.

Nik Walker (*Hamilton*, *Ain't Too Proud*, *Motown the Musical*), Joseph Morales (*Hamilton*, *In The Heights*), Jen Sese (*Hamilton*, *Hair*, *Mamma Mia!*), Roberto Sinha (*Hamilton*, *Kinky Boots*) and Sasha Hutchings (*Hamilton*, *Oklahoma!*, *My Fair Lady*) will headline the evening. More than 1,500 guests are expected to attend the charity's signature fundraiser, with proceeds earmarked to create unforgettable experiences for "wish families."

Walker, a longtime supporter of the Village and host of the Broadway Podcast Network's Little Justice podcast, said, "It's a privilege to support an organization that delivers so much joy to wish families. I can't think of a better place to bring the magic of Broadway, spend an evening with friends, and celebrate the power of hope."

In addition to the Broadway performances, guests will be entertained by a variety of musical and theatrical performers positioned throughout



Pictured above is Nik Walker, who will be headlining the Black & White Gala benefiting Give Kids The World Village on September 18.

the venue. Guests can also bid on auction items, savor gourmet food, dance under the stars, and participate in interactive games and activities as they explore the Village's storybook attractions.

Also, for the first time ever, guests who purchase premium Gala packages can enjoy a one-night stay in one of the Village's 166 wish family villas, offering an exclusive opportunity to experience the childlike wonder of GKTW first-hand. Guests can wake up next to a snoring tree; ride the Enchanted Carousel; swim next to a pirate ship; and enjoy unlimited ice cream in Henri's Starlite Scoops. In addition, Premium

Plus table experiences are available, offering guests a themed plated dinner experience inside the Castle of Miracles, Henri's Starlite Scoops, Marc's DinoPutt, and other iconic Village venues.

Rated Four Stars by Charity Navigator for the 15th year in a row, GKTW has welcomed more than 176,000 critically ill children and their families from all 50 states and 76 countries since 1986.

Give Kids The World Village is located at 210 S. Bass Road in Kissimmee, FL, 34746. For Gala reservations and more information, visit www.gktw.org/gala.

OUR PATIENTS SAY
"I have my confidence back!"
328 W. MORSE BLVD.
WINTER PARK, FL 32789
407.960.1000
Double Board Certified

LASER + SURGERY + REJUVENATION

Laser Eyelid Lift
Laser Skin Resurfacing
Vascular Laser Treatment

Blepharoplasty
Brow Lift
Facelift + Necklift

BOTOX® + Voluma® + Vollure®
Medical Grade Skin Care + Treatments
Kybella® for Double Chin

Eyelid and Facelift Specialist
Super Specialized Boutique Practice
Download Dr. Yeilding's Bleph Guide at YeildingMD.com

YMD EYE & FACE LASER AND PLASTIC SURGERY RUTH HILL YEILDING, MD

INSIDE THE PARK PRESS

News	1	Pop Culture	10
Publisher's Message	2	Health	10
City Commissioner's Message	3	In The Garden	11
Winter Park Mayor's Message	4	Protection & Service	12
Business	9	Schools	12

PERMIT NO 4595
WEST PALM BCH FL
PAID
US POSTAGE
PSRRT STD

The Park Press™

PUBLISHER RICK CABLE
rick@theparkpress.com

ART DIRECTOR JILL SHARGAA

ADVERTISING SALES
advertising@theparkpress.com
407-644-6760

EDITORIAL CONTRIBUTIONS AND WRITERS

Janna McGowan, Robert Stuart,
George McGowan, Stephen and Kristin Pategas,
Ayesha G. Shenk, M.A., Steve Leary,
MPO James Whitman, Ron Frechette,
Paul Gicola

The Park Press, LLC, Winter Park, Florida
Office: 407-644-6760
E-mail: info@TheParkPress.com

VISIT US ON THE WEB www.TheParkPress.com

QUESTIONS OR COMMENTS?

We want to hear from you! Send your submissions to *The Park Press* via e-mail at editor@TheParkPress.com. All submissions to *The Park Press* become the property of this publication and will not be returned; they may be edited and published or otherwise used in any medium.

RECEIVE YOUR COPY OF *The Park Press* EACH MONTH BY MAIL

The Park Press is free at various retail locations each month throughout the community. If you're not currently receiving our publication by mail, but would like to, please email your name and address to subscriptions@theparkpress.com. The 12 month subscription cost is \$15. For more information please call, or email our staff today. Please allow 4-6 weeks for your first mailed issue to arrive.

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2021 THE PARK PRESS, LLC

Publisher's Message



Rick Cable

As I'm writing this, we have a lot that we are being challenged with, both globally and locally. The world has been dealing with the COVID-19 pandemic for over a year and a half. It has reached every corner of the world and is unlike anything I've experienced in my lifetime.

Three vaccines have been released, one just got approved by the FDA, and I expect the other two to gain approval very soon. I'm a big believer in science. I received both vaccinations as soon as I was eligible. And I'll get a booster, if necessary, right away. For science has given me a quality life so far, after many challenges previously battled, and for many benefits that I've taken for granted. Yes, modern medicine through science has been very good to me. COVID-19 has now mutated, and while I'm not in the science or medical field, I don't think it's going to go away anytime soon. If you've not been vaccinated, I'd suggest that you have a conversation with your trusted doctor. This pandemic does not care about politics, and neither do the doctors as it relates to the health of their patients.

Locally, we've been asked to conserve water due to the shortage of liquid oxygen, which is used in COVID-19 treatments. Liquid oxygen is also an essential component of the ozone gas used by the water department to purify our drinking water. If enough water is not con-



Illustration by Jill Shargaa

served during this critical time, they may lose the ability to purify our drinking water. The result could be system-wide "boil water" alerts. To hopefully prevent this, all water utility customers are asked to reduce water usage by not washing cars and to delay the use of pressure washers. In addition, customers who use potable city water for irrigation are requested to minimize the frequency of watering their lawns. Keep in mind, this does not include personal water systems that are drawn from a well.

Stress is prevalent for so many of us, so keep in mind that taking care of your mental wellbeing should be a priority. Please know that you are not alone in dealing with these stressful times, and if you need help or guidance, please seek out professional resources.

As always, thank you for reading *The Park Press*, and we look forward to the great things to come.

Rick
Rick Cable
Founder/Owner

OUR PUBLICATION IS
MADE POSSIBLE IN OUR
COMMUNITY BECAUSE
OF THE SUPPORT OF
OUR ADVERTISERS.

WE THANK THEM FOR
SUPPORTING US AND
ASK THAT YOU PLEASE
KINDLY GIVE THEIR
PRODUCTS OR SERVICES
CONSIDERATION FOR
YOUR BUSINESS.





The Numismatic Financial Corporation

Rare U.S. Coins, Gold and Silver Bullion

407-740-0961

901 West State Road 434 - Winter Springs, FL 32708 Your locally owned coin store since 1990

The Winter Park Playhouse



THE BOOK OF MERMAN

THE MUSICAL WITH A DIVA SIZED HEART

September 24 - October 17, 2021

Regional Premiere! Fresh from its side-splitting Off-Broadway run, this new musical comedy takes a hilarious look at a seemingly fated encounter between Ethel Merman and two young Mormon missionaries who arrive at her door. With a witty original score and a heartfelt message about being true to yourself, this new musical comedy is good clean fun!

407-645-0145 | winterparkplayhouse.org



A Professional Musical Theatre & 501(c)(3) Non-Profit Charitable Organization



City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

Now that school has started and fall is underway, it is important to think about how we can finish out the year 2021 strong. COVID-19 cases are, unfortunately on the rise again, and it's important to take precautions to protect our communities. As I'm writing this, Orange County is just over 65 percent vaccinated. Your local governments are doing a campaign called "Fill the Orange," which is encouraging residents to get their vaccine-- and there are some opportunities to earn some free stuff for doing it! Check our social media for giveaways and details.

While much has had to be postponed in these times, the city council is still required to pass our budget before the new fiscal year begins on October 1. The City's annual budget process began with a workshop to discuss our financial health. This month, we will host two public hearings to approve the millage rate and budget for the Fiscal Year 2021/2022 budget. Under the mayor's leadership along with our shrewd CFO, the city has created a balanced budget that, once again, does not raise our millage rate or make any major reductions to services or programs.

During these times of uncertainty, I am grateful for the consistent leadership provided by our mayor and council to make fiscally-sound decisions for our city's current concerns and long-term goals.

At the budget workshop on July 19, the City outlined how Orlando continues to respond to the impacts from the COVID-19 pandemic while main-

taining and delivering major city services on which residents depend. Additionally, the workshop addressed how the proposed budget continues to ensure that racial equity efforts remain a priority with continued funding dedicated to enhancing police accountability and transparency while still doing all we can to also support our first responders' safety and well-being. We continue to look toward prevention measures by further expanding youth programming and outreach, along with economic development initiatives to advance broad-based prosperity, job opportunity and skills training.

Anyone one can watch the budget workshops online on the City of Orlando's YouTube Channel: www.youtube.com/user/CityofOrlando

At the budget hearings, the full budget and millage rate will be adopted. These hearings give residents the opportunity to share their input. It's a time for your voice to be heard. The first hearing is to adopt the proposed millage rate for Fiscal Year 2021/2022. The millage rate, which is proposed to stay stable at 6.65 mills, is the amount of property value that is used to calculate property taxes. If you are a property owner in the City of Orlando, you probably recently received your TRIM (Truth in Millage) notice in the mail from the Orange County Property Appraiser's office. The notice outlines the proposed tax rates for all government entities that collect property taxes on your property as well as the meeting dates when the rates will be adopted. If you missed it, the notice can be found by looking up your property address on the appraiser's site, ocpafl.org.

At Orlando's hearings, the council will also establish their budget and capital improvement program.

A capital improvement program is a short-range plan, usually four to ten years, which identifies capital projects and equipment purchases. **This hearing will be held on Monday, September 13, 2021 at 5:01 p.m. in the City Council Chambers. The second and final public budget hearing is planned for Monday, September 27, 2021 at 5:01 p.m. in the City Council Chambers.**

You can view the larger report from the workshop at orlando.gov/budget, but here are a few more important snapshots from the proposed budget for 2021/2022.

- Funding for an Outdoor Fire Training Facility
- Deployment of next-generation body-worn cameras for our Orlando police officers
- Increasing the pay for our school crossing guards
- Funding of transportation safety projects
- Expanded funding for recreation field maintenance
- Adding \$3.6 million in capital improvement dollars for upgrades to our parks, playgrounds and recreation facilities
- Funding for continued energy efficiency efforts

All of these investments will be made to improve our city while continuing to maintain our A or higher bond ratings, due in part, as one of the bond rating company's mentions, "to management's strong policies and practices."

These are just a few highlights, but I encourage you to listen to the budget workshops and attend a hearing, whether online or in-person. Orlando is

Continued on page 4





Best Newborn Care in Florida

The tiniest hands and feet deserve the greatest care available, and we deliver every day. As a result, AdventHealth for Children has been named the best children's hospital for newborn care in Florida by *U.S. News & World Report* for the third year in a row. It's a world-class network with the highest-level NICU care and six convenient locations — created just for you.

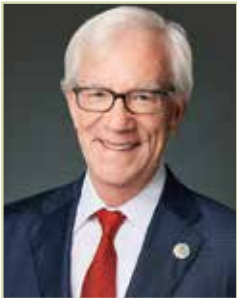
AdventHealthforChildren.com/NICU | 407-303-KIDS





Winter Park Mayor's Message

Mayor Phil Anderson



Phil Anderson

The First 100 Days Of Serving The People Who Live And Work In Winter Park

I am very honored to serve as mayor of our beautiful City of Winter Park. I recently passed the 100th day of service and wanted to share a story about optimism.

When I decided to run for mayor in the middle of 2020, we as a city, as a nation, and as people were being tested. We faced a killer pandemic, severe job losses, and deep questions about our future. And we were reassessing how we work and live.

We have come a long way since then. Because of an amazing medical miracle, effective vaccines are saving lives and are available to those who choose it. We have a rebounding economy, although there is much more to come. And as a community and as a city, we are moving forward.

There is a lot to do, and this is a city commission that gets things done. Already, together with our city staff, we have marked some significant accomplishments.

- We restarted public events with the successful launch of the Winter Park Sidewalk Art Festival that was held online in March then in-person in May.
- We had our first in-person Commission meetings in over a year (and the first ever in-person meetings for Commissioner DeCiccio, Commissioner Sullivan, and many of our Citizen Board members).
- We served our highest risk residents. Our first responder teams secured vaccines and held on-location vaccinations for several of our senior communities.

- We rebuilt our Police Department with carefully selected officers and have hired six additional officers since the first of the year (a total of 10 since November 2020).
- Our city utilities team met the unprecedented demand for residential power and water as many residents worked from home.
- Our Fire Department team was recognized nationally for being one of only three agencies in the US to have received five consecutive international fire accreditations, earn EMS accreditation and maintain an Insurance Services Office (ISO) Class 1 designation. Winter Park continues to have the fastest emergency response police and fire teams in the region.
- We approved the creation of a brand-new park in the heart of Orange Avenue (at Denning Drive), a future gathering place that will give our residents and their families, as well as our area businesses, a focal point to gather. We expect the new live oak grove will be established by the beginning of 2022.
- We prioritized the city's charm and heritage as we finished the draft of the redevelopment guidelines for the Orange Avenue area. These guidelines will support our small businesses as they re-invest in their businesses and will help make Orange Avenue safer and more attractive. The Orange Avenue Overlay is headed towards a public review and approval process that should be finalized by end of the year.
- We made our neighborhoods better, particularly in the Lake Killarney neighborhood, by changing the traffic

- circulation and constructing a “parklet” that eliminates much of the cut-through traffic.
- We made our already great Citizen Advisory Boards even better as a result of your approval of the Charter Amendment in 2020. That Charter Amendment changed the way our 100+ board members are appointed. Today we have more diversity of backgrounds, knowledge, gender, age, and ethnicity than ever before.
 - We managed your tax dollars prudently and efficiently. And we have coupled your tax dollar investment with almost \$13 million of federal American Recovery Plan Act funds to restore funds lost during the pandemic.

We have made great progress, but there is more to do.

As your City Commission, we are committed to serving the people who live and work in Winter Park. Your priorities will continue to guide this commission's work:

- **Keeping the Charm of a Small Town**
- **Making our Neighborhoods Better**
- **Investing in Our City's Future - our parks, people, roads, and utilities**
- **Improving Safety and Traffic Flow**
- **Responsibly Managing our Budgets**

We are a great community. The Commissioners and I appreciate the passion and the ideas that come from our residents. As I look forward to continued service, I also look forward to hearing your voice and your ideas.

Thank you!
Sincerely,
Mayor Phil Anderson

Clerk's Office Hosts Free Legal Forum: Evictions Update During COVID-19



Orange County Clerk of Court, Tiffany Moore Russell

The Orange County Clerk of Courts, Tiffany Moore Russell, invites citizens to attend a special virtual edition of the Legal Matters Forum Series, Post Moratorium Evictions Update During COVID-19.

Due to COVID-19 and the CDC Evictions Moratorium soon expected to end, hundreds of citizens face eviction, homelessness, and uncertainty in the near future. As we work to rebound from this global pandemic, the rate of job loss and individuals not being able to financially sustain themselves has created an unfortunate epidemic of housing insecurity in our community.

With this free eviction update, the Clerk's Office hopes to continue to shed light on the evictions process, inform the public of their rights, and share available resources. Speakers from the Clerk's Office, Orange County Government, Legal Aid Society, Sheriff's Office, and the Judiciary will present and be available to answer questions through the Q & A feature towards the end of the presentation.

The forum will be Thursday, September 9, 2021 from 6:00 p.m. to 8:00 p.m. on the Zoom platform.

Legal Matters was created as a service to make legal information more easily accessible to the public. "These forums are one of the best ways to give our citizens more access to justice, and I know evictions is such a critical topic right now," said Clerk Russell.

For more information, and to register for this legal forum, go to www.myorangeclerk.com.

From Page 1.

a great city largely because of the contributions of our diverse community. When we lift others up, they give back... and that is part of how we make our neighborhoods and commercial districts better. You are making a difference and we are grateful. I look forward to finalizing a budget of which we can all be proud.

Navy League 5K/10K Run In Baldwin Park

Florida businessman John Crossman, along with his firm Crossman Career Builders, is sponsoring, and seeking more sponsors and participants for, the 5K and 10K Run Walk Roll, on behalf of the Central Florida Navy League in Baldwin Park Saturday, Sept. 11.

Crossman, an 18-year resident of Baldwin Park and four-time Naval Academy board member appointed by Senator Marco Rubio, said the event is being hosted at Blue Jacket Park, 2501 General Reese Ave. Orlando with opening ceremony at 7:30 a.m., 10K start at 7:45 a.m. and 5K start at 7:55 a.m.

This year's Navy League beneficiaries include Wake for Warriors, Camaraderie Foundation, or the Lone Sailor Navy Memorial. For information about sponsorships and donations email info@CFNavyLeague.org.

Major sponsors receive exposure on all media and the Navy League website, banners at the race, logos on race shirts, inserts in race packets, and more. All runners receive a shirt and medal. Live music, vendors, food, beverages, and activities for kids will be provided and pets are welcome.

Crossman will be running in the 10K with a 20-pound vest. "In addition to raising funds for veterans, this is also a special way to remember the 20th anniversary of 9/11," he said.

To register for live or virtual race visit www.cfnl5k.org



Camaraderie Foundation



Morse Museum’s 2021-2022 Season Introduces The Exquisite Stebbins Collection

The Charles Hosmer Morse Museum of American Art will begin its 2021-2022 season in October with its Brown Bag Matinee film series and the return of free Friday evenings in November. The Stebbins Collection gift, announced earlier this year, will be at the heart of the Morse’s season as well as the exhibition *The Stebbins Collection: A Gift for the Morse Museum*, opening on November 9. Drawing exclusively from the works donated by American art pioneer Theodore E. Stebbins Jr. and Susan Cragg Stebbins, this first-time showing of this exquisite collection will be curated by the Curator of American Painting, Dr. Regina Palm. Dr. Palm will also write the accompanying catalogue. There will be both programs related to the exhibition and seasonal programming.

The Museum’s 2021-2022 schedule also includes the 43rd annual Christmas in the Park on Thursday, December 2—a display of Tiffany windows in downtown Winter Park—and open house events for Thanksgiving weekend, Christmas Eve, the Winter Park Sidewalk Art Festival, Easter weekend, and Independence Day.

Admission to the Museum is free from 4 p.m. to 8 p.m. on Friday, November 5 through Friday, April 29. On select Friday evenings, the Museum features live music, tours, and more.

2021–2022 EXHIBITION HIGHLIGHTS

**The Stebbins Collection: A Gift for the Morse Museum
Opens November 9, 2021**

The Stebbins Collection: A Gift for the Morse Museum introduces an exquisite collection of seventy works of art by fifty-three artists. The Stebbins Collection



Above: *Barnard Castle* by Thomas Moran.

includes American masters from Albert Bierstadt (1830–1902) and Thomas Moran (1837–1926) to Fidelity Bridges (1834–1923) and Thomas Eakins (1844–1916). Assembled over a period of sixty years, the Stebbins Collection features artists of both great renown as well as some who are lesser known. Each work represents the artists at the height of their abilities. Still lifes, exemplified through the paintings of Martin Johnson Heade (1819–1904) and George Cochran Lambdin (1830–96), and landscapes, by George Inness (1825–94) and Worthington Whittredge (1820–1910), strengthen the Morse’s collection of American Art. Other works such as watercolors by Henry Roderick Newman (1843–1917) and Ellen Robbins (1828–1905) provide important period context. The Stebbins Collection adds to the Museum’s collection generally and compliments finely the Morse’s unparalleled collection of work by Louis Comfort Tiffany (1848–1933).

An accompanying catalogue *The Stebbins Collection: A Gift for the Morse Museum* will be published in October and available in the Morse Museum Shop. The publication, written by Dr. Palm, includes high-resolution, full-color images of the collection and an in-depth overview of the objects and artists it contains.

CHOOSE THE BEST IN EXPERT CARE



Our dedication to provide our communities with compassionate care in some of the most medically complex situations continues to bring the recognition. Once again, Orlando Health Orlando Regional Medical Center has been recognized by U.S. News & World Report as a Best Hospital in Central Florida for 2021-22 – in addition to receiving recognition as a high performing hospital in 13 specialties.

ORLANDO HEALTH®

Orlando Regional Medical Center

BEST REGIONAL HOSPITALS

U.S. News & World Report

ORLANDO METRO
RECOGNIZED IN 13 TYPES OF CARE
2021-22

U.S. News & World Report, 2021-22 Best Hospitals

Mennello Museum Of American Art Presents Two Concurrent Exhibitions

Mennello Museum of American Art is pleased to announce two concurrent exhibitions—*Floating Beauty: Women in the Art of Ukiyo-e*, organized by the Reading Public Museum (Reading, PA) and *Ephemeral: American Impressionists and the Influence of Japan*, which celebrates the significance of Edo period printmaking and its prominent role in European and American Impressionism. The exhibitions are on view from August 13 - November 7, 2021.

Floating Beauty: Women in the Art of Ukiyo-e examines historical perspectives on women and their depiction in art during the Edo period of Japan (1603 – 1867). The exhibition is comprised entirely of the iconic and widely recognized form of Japanese art, featuring woodblock prints capturing the spirit of the ukiyo-e style (pictures of the floating world). The woodblock prints highlight female characters in literature, kabuki theatre, and poetry; the courtesans and geisha of the Yoshiwara district; and wives and mothers from different social classes performing their station’s duties gain some insight into the lives of women in pre-modern Japan.

Considered the most recognizable genres of ukiyo-e, bijinga (pictures of beauties) epitomize the floating world’s ideals of style and sophistication. As the essence of femininity, these beauties were passive, attentive, and demure. The exhibition portrays women in Edo society who played an active role in their lives, which is represented in the period’s literature and drama.

Concurrently with the museum’s exhibition of *Women in the Art of Ukiyo-e*, *Ephemeral* presents nine American Impressionists of the early 20th century from the Michael A. and Marilyn L. Mennello Foundation and Our Mennello Museum Collection. Lilla Cabot Perry, Henry Salem Hubbell, Pauline Lennards Palmer, and Milton Bancroft are among the artists who will be on display illustrating the second wave of Ameri-



Above: Pauline Lennards Palmer “The Dressing Room, 1907.”

can Impressionists who embraced this modern style of painting.

Impressionists found substantial impetus in Japanese art, especially in Japanese woodblock prints, incorporating elements of the art form into their own works, and thereby creating an enduring artistic relationship. The influence of Japan is depicted in paintings as noticeable inclusions of material culture – a display of wealth and sophistication. Avant-garde artists were more discerning, subtly integrating philosophies on the appropriate subject matter and compositional arrangement inspired by popular Japanese art. However, these art-

ists are indebted to the lessons adopted from ukiyo-e: subjects of scenes from everyday lives, slightly flattened perspectives, long asymmetrical compositions, decorative patterning of objects, and surprising crops of the natural and manufactured floating worlds.

“Ukiyo-e surged during Japan’s Golden Age, inspired France’s Golden Age, and continues to impassion art-making today,” said Katherine Page, Mennello Museum of American Art curator of art and education. “I’m thrilled we’re presenting this arrangement of woodblock prints embodying the diversity of women’s lives and art making of the Edo Period during Japan’s Golden Age. These beloved and well-known prints, on loan from Reading, are an opportunity to bring the same level of awe and inspiration to our visitors that 19th- and 20th-century

Impressionists experienced. We can connect this timeline of historical art influence by presenting 20th-century American Impressionists in concert, making these exhibits all the more special.”



At left: Kitagawa Utamaro (Japanese, 1753-1806), Courtesan Hanaogi in Ogiya with Attendant.

Social Security Benefits You by Angelita Pacheco Social Security District Manager in Orlando, FL

We take pride in having provided vital benefits and services to this great nation for 86 years. America has a diverse population with a variety of needs. To meet those diverse needs, we’ve created web pages that speak directly to groups of people who may need information about our programs and services. These pages are easy to share with friends and family on social media. Here are just a few resources that might help you or someone you love.

- We proudly serve wounded warriors and veterans, who made sacrifices to preserve the freedoms Americans treasure. Many veterans do not know they might be eligible for disability benefits from Social Security. Please share this page with them to make sure they get the benefits they deserve: www.ssa.gov/people/veterans.
- Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. A woman who is 65 years old today can expect to live, on average, until about 87. A 65-year-old man can expect to live, on average, until about 84. With longer life expectancies than men, women tend to live more years in retirement and have a greater risk of exhausting their sources of income.
- Women often have lower lifetime earnings than men, which usually means lower benefits. Women need to plan early and wisely for retirement. We’re here to help with valuable information. Please share this page with someone who needs this information and may need help planning for their golden years: www.ssa.gov/people/women.
- Do you know someone who is just starting their career? Now is the best time for them to start preparing for retirement. Social Security benefit payments provide only a portion of retirement income. Those starting their careers should begin saving early to have adequate income in retirement. Please share this page with a young worker you know: www.ssa.gov/people/earlycareer.



These are just a few of the web pages tailored to specific groups’ needs. You can check out our People Like Me home page at www.ssa.gov/people to see all of them.

Music Director Eric Jacobson Extends Contract With Orlando Philharmonic Orchestra

The Orlando Philharmonic Orchestra (OPO) is thrilled to announce Music Director Eric Jacobson has renewed his contract with the OPO to extend through the 2023-2024 season, with an option to extend through the 2024-2025 season. Maestro Jacobson will conduct a variety of programs each season, extending the community further opportunities to enjoy his internationally-recognized artistry and talent.

"I am so excited about our continuing partnership with Eric," said Paul Helfrich, executive director of the Orlando Philharmonic. "Eric is an amazing musician who brings out the best in every performance he conducts. We're fortunate to have his leadership, and look forward to great music-making in the years ahead."

Highlights of Eric's conducting during the 2021-2022 season include time with The Knights at the Tanglewood Festival, Caramoor Festival, and the Naumburg Orchestral Concerts at the Central Park Bandshell in New York City. Jacobson will also lead the Detroit Symphony and Virginia Symphony this October, December, and in April 2022.

The OPO also announces a new Collective Bargaining Agreement (CBA) with the Central Florida Musicians Association, Local 389 of the American Federation of Musicians, representing the musicians of the OPO. The agreement will span for two years and will cover the current 2021-2022 Season as well as the succeeding 2022-2023 Season.

Highlights of the agreement include a 2% increase in the per-service rate, coupled with the orchestra's first-ever pension contributions to the American Federation of Musicians Employer's Pension Fund (AFM-EPF). These pension contributions



Orlando Philharmonic Music Director Eric Jacobson has renewed his contract with the OPO. Photo from orlandophil.org.

will begin as 1% of gross wages in the first year, rising to 4.796% of gross wages in the second year. Instrument insurance will also be provided for core members of the orchestra.

The CBA includes a formal service guarantee for the first time in the orchestra's history, giving musicians a guaranteed number of services in each season. In addition, four official ensembles will be established within the OPO: two string quartets, a brass quintet, as well as a woodwind quintet. In partnership with the University of Central Florida, a Minority Fellowship Program will be established in which there will be a provision for up to four participants. Further, for the first time, musicians will be entitled to up to four paid emergency sick leave services per season.

The orchestra's core membership will expand under the new agreement, as it provides for the ad-

dition of eight new positions, including assistant principal positions in the Viola, Cello, and Bass sections, all to be selected by nationally advertised auditions. Audition procedures have been updated to further assure a completely unbiased, "blind" evaluation of candidates.

COVID-19 safety will be addressed through a vaccine mandate with exceptions for documented medical or religious belief reasons only. Any musician to whom an exception is granted must present a weekly negative COVID test and wear a mask as allowed by the instrument on which they perform.

"This new agreement puts us on a trajectory for growth, both artistically and programmatically," said Helfrich. "I'm very pleased with the spirit of partnership that characterized our negotiations and am honored to work with our outstanding musicians to bring great music to Central Florida."

Bradley M. Saxton Named Lawyer Of The Year



Bradley M. Saxton

Sixteen lawyers from the law firm of Winderwee, Haines, Ward and Woodman, P.A. (WHWW), were recently selected by their peers for inclusion in The Best Lawyers in America 2022, and three lawyers were named "Ones to Watch" in *U.S. News & World Report*.

Bradley M. Saxton was named an Orlando *Lawyer of the Year* in the areas of Bankruptcy and Creditor Debtor Rights/Insolvency and Reorganization Law. The *Lawyer of the Year* distinction is awarded to individual lawyers with the highest overall peer feedback for a specific practice area and geographic region. Only one lawyer is recognized as the *Lawyer of the Year* for each specialty and location.

Since it was first published in 1983, *Best Lawyers* has become regarded as the definitive guide to legal excellence. Because *Best Lawyers* is based on an exhaustive peer-review survey in which almost 50,000 leading attorneys cast nearly five million votes on the legal abilities of other lawyers in their practice areas, and because lawyers are not required or allowed to pay a fee to be listed, inclusion in *Best Lawyers* is considered a singular honor.

Did you know?

The bathroom accounts for nearly half of indoor water use. Simple steps can help conserve.

MORE AT
OUC.COM/WATERINFO

OUC
The Reliable One®

Orange County Names Advisory Committee To Lead Redistricting Efforts

Every 10 years the Florida Constitution and the Orange County Charter calls for a reconfiguration of political boundaries. As the latest census was completed by the U.S. Census Bureau in 2020, Orange County must complete its decennial redistricting process by March 2022.

The goal of redistricting is to readjust the population between commission districts so that no Orange County commissioner is representing substantially more residents than the other commissioners. Redistricting is accomplished by adjusting the boundaries of the county's six commission districts to account for population growth.

On Tuesday, the Board of County Commissioners confirmed a group of 15 community members who will serve on the Advisory Committee for Redistricting (ACR). The ACR is tasked with reviewing the 2020 Census data, creating and analyzing proposed plans for adjusting the commission district boundaries, and ultimately providing recommended commission district boundary adjustments to the Board of County Commissioners for its review and consideration by January 14, 2022.

Advisory Committee for Redistricting:

- Hector "Tico" Perez (Co-Chair)
- Camille Evans (Co-Chair)
- Gary Jones
- Ruthanne Connor King
- Zach Hoover
- Joe Kilsheimer
- Jason Mellon
- Mark Arias
- Thomas Callan
- Jimmy Auffant
- Julio Rocha
- Wes Hodge
- Kelly Semrad
- Virginia Whittington
- Homer L. Hartage

"Orange County has placed a high priority on community input and public engagement throughout this process," said the county manager of neighborhood services, Jason Reynolds. "We strongly encourage residents to participate in public meetings and also use a new online webtool that will allow them to try adjusting the commission boundaries themselves."

The ACR will have at least nine public meetings before making recommendations to the Board of County Commissioners for their consideration and eventual adoption.

For more information about redistricting and answers to your most frequently asked questions, visit: www.ocfl.net/Redistricting.



Orlando Health Arnold Palmer Hospital For Children And Limbitless Solutions Launch Clinical Trial

Limbitless Solutions (LSI) and Orlando Health Arnold Palmer Hospital for Children are launching a national study to evaluate the effectiveness of video game-based training aimed at helping children learn how to use prosthetic arms.

For the past seven years, LSI has 3D-printed prosthetics for children and uses video games created by University of Central Florida faculty and students to help prepare the children before they receive their arms. The new study with Orlando Health Arnold Palmer, known for its expert care of children and ranked by U.S. News & World Report in five specialties, will evaluate how well the video game helps the children prepare their muscles to use the LSI devices and how the role of gamified training may be used to improve the children's rate of adopting the prosthetics long-term.

Prosthetics for children can be costly and those families who do get them often find that children may struggle to use them for very long, for a variety of reasons, including weight and ease of use. LSI's bionic arms are lightweight and are designed to reflect each recipient's personality. However, it takes practice to use the arms, which is where the video games come in.

LSI, based at the University of Central Florida, is providing the bionic arms and video game training system. Orlando Health Arnold Palmer pediatric orthopedic surgeon Mark Birnbaum, MD, will serve as the principal investigator for the study. The hospital will also provide occupational therapists who will work with the children during the 14-month trial. This is the first Florida-based study for LSI.

"We are so grateful for Orlando Health's commitment to support this research and children with limb differences," said Albert Manero, PhD, CEO and co-founder of Limbitless Solutions. "It means the world that our hometown hospital is leading the study, and, with their support, we will be able to reach and connect with more families than we ever thought possible."

The study will include up to 20 children from around the country, with an emphasis on recruiting in Central Florida, and is open to children ages 7-17 of all genders. There is no cost to participate, though funds to offset travel to the study sites at the hospital and UCF to meet with the study team are limited. To learn more about the program and to submit an application to receive information about the study, families are asked to apply here: trials.limbitless-solutions.org.

"Studies like this are an important step in understanding how we can improve the ways we care for children with congenital limb loss," said Phillip Giordano, MD, corporate research operations chief, Orlando Health. "We're excited to partner with Limbitless Solutions for this study and look forward to seeing what impact it has on families and children in Central Florida and beyond."

The video games not only give children practice, but they are also a way to get beyond the social stigma surrounding limb differences. Research shows that people with a limb difference may experience stigma in their community which could lower self-esteem and contribute to an overall negative perception of their body image, impacting their quality of life and psychosocial development.

This is not the first time LSI has worked with Orlando Health. During the early stages of the COVID-19 pandemic, Limbitless shifted its operations and 3D printed more than 600 face shields and ear-savers to support Orlando Health and its frontline health care workers.

Limbitless Solutions is a nonprofit and direct support organization at the University of Central Florida (UCF) dedicated to increasing accessibility and empowering children and adults in the limb difference community. Limbitless develops muscle-based biosensing technology including multi-gesture bionic arms, a hands-free wheelchair control device, and interactive video game training. Undergraduate UCF students from various academic perspectives engage in project-based learning, professional development, and research experiences where students put academics into practice in an environment focused on making a difference, as well as professional and technical development. Visit www.3DHope.com to learn more.



Photo from Limbitless-solutions.org



cybersecurity awarenessby Ron Frechette, The Cyber Coach

Cybersecurity Insurance And What It Means For SMBs

As small and midsize businesses (SMBs) leverage technology to meet business goals, threat actors have improved their attack methodologies for more significant impact. Cybersecurity insurance is designed to protect organizations from the potentially disastrous impacts of cybercrime such as malware, ransomware, distributed denial-of-service (DDoS) attacks, or any other technique of compromising sensitive data or networks.

HOW DO SECURITY BEST PRACTICES AND BASELINE CONTROLS IMPACT CYBERSECURITY INSURANCE CLAIMS?

Many cyber-insurance policies stipulate baseline controls that must be met. For example, an annual IT infrastructure assessment may be required as part of an organizational policy, or the organization may provide a documented cyber-risk analysis of controls and firewalls. If the organization does not adhere to the stipulated baseline controls, its claims may be denied.

Cybersecurity insurance is often purchased by small to midsize businesses (SMB) without verifying the exact controls they lack or do not understand. If they cannot prove that these controls are in place when a claim is made, they may get denied. Recently, such an incident occurred at BitPay, where the Massachusetts Bay insurance company dismissed its cybersecurity insurance claim of \$1.8 million. Massachusetts Bay had provided BitPay with a cybersecurity policy before the cyberattack. Still, Bitpay's \$1.8 million insurance claim was denied because the reported losses did not occur as a direct result of the cyberattack.

Following several cyber investigations, security experts revealed that a BitPay partner was hacked because he failed to have basic email security controls on his computer. Hence, the attacker could gain access to BitPay's crown jewels due to the company's poor security posture and security negligence.

In many cases, cyber insurance companies do not pay a claim if a preventable incident occurs. For example, the policies would deny a claim if proper cyber-security measures are not in place at the time of an occurrence, such as auto insurance policies that would not cover a stolen car if the doors are left unlocked.



HOW TO ENSURE THAT YOUR CYBER INSURANCE CLAIM IS APPROVED

Insurance providers will typically conduct a basic cyber-security audit of a potential customer upon underwriting a policy. Hence, businesses need also to carry out their security audits before the insurer does.

Even significant firms with dedicated IT security departments are vulnerable to data breaches. Below are some steps you can take to minimize cyber risks:

- 1. Cybersecurity Risk Assessment**
Understanding your business processes as well as your systems and data will help in securing your information. In addition, it is essential to recognize the cyber-risks that your business faces so that you can prevent them or quickly recover from cyber-attacks.
 - Ensure that antivirus systems and perimeter firewalls are in place.
 - Ensure that the organization has a robust security patching lifecycle for all the software tools in use.
 - Be sure that an effective user management process is in place, especially for access control management.
 - Ensure that physical security measures are in place and that they comply with industry regulations.

- Make sure that the mobile devices that interact with sensitive or regulated data are encrypted.
- 2. Regular Security Awareness Training**
The hacking techniques keep changing; therefore, employees must stay on top of the latest threats.
 - 3. Data Encryption**
Data is scrambled on a hard drive so that only a key can decrypt it. It's not the same as having a password. Generally, this is the preferred method over password protection.
 - 4. Access Control Management**
Proper access control management ensures that only authorized users are allowed to use corporate devices both on-premises and remotely. Therefore, implementing an automated access control management framework helps to increase the resiliency of your security posture.
 - 5. Updating your Knowledge of Cybersecurity Laws and Regulations**
If there are any changes in the law, you should be aware so that your insurance does not lapse without your knowledge.

The aggressive development of cybersecurity programs will strengthen a company's defenses and make the company a good candidate for cybersecurity insurance, rather than just trying to meet a standard.

Questions? Send me a tweet: @GoldSkyRon or email: ron.frechette@goldskysecurity.com



For updated news, events and more, please visit

www.TheParkPress.com



Good news. Rates just got lower.

John Psomas RICP, Agent
922 Lake Baldwin Lane, Suite A
Orlando, FL 32814
Bus: 407-277-2997
www.johnpsomas.com
Se habla español

I'm excited to announce auto insurance rates just went down. I can help you find coverage that works for you.
LET'S TALK TODAY.

 **State Farm®**

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL 1901155
State Farm County Mutual Insurance Company of Texas, Richardson, TX

pop culture detours

by George McGowan

What To Watch Before All The NCIS, FBI, And Chicago Series Return

September is the month when new and old TV series premiere, but I want to suggest you begin the month by bingeing another series. “Ted Lasso” is a sitcom unlike any other and has recently dropped its second season on Apple TV+. So, before you tune into all the various and varied TV options, like the three set in “Chicago” or the three about the “FBI” or the four (!) about “NCIS,” I suggest you watch this unique and uniquely touching series about a man with a ridiculous name.

The series begins with a typical “fish out of water” premise: American college football coach Ted Lasso surprises everyone by agreeing to become the manager of an English Premier League soccer club. Ted immediately disrupts both his own life and the life of the team, AFC Richmond, but as he settles into his new job, we learn that this is not a story about Ted, but rather his effect on the others in his world, including his cynical boss and

his above-it-all superstar players.

“Ted Lasso” was created by and stars Saturday Night Live alumnus Jason Sudeikis, who partnered with the creator of “Scrubs” Bill Lawrence (and others), to deliver a sitcom with real adults with real hang-ups and plops them down in a small London neighborhood that loves their hapless football club above all else. While some critics may call the proceedings on Ted Lasso “... remarkably unambitious, so happily toothless and uncomplicated,” as Jack Hamilton recently wrote in Gawker, I am all here for simple human-focused stories, with people who just want a happy, uncomplicated life, and maybe have a few laughs and pints (and deliver some needed life lessons) along the way. A Peabody award and 20 Emmy nominations for its first season (including a first nomination for direction for Zach Braff!) looks like a decent reason to give the show a chance, one thinks.

Sitcoms usually take place on a soundstage with three or so locations: home, work, another gathering place, and seem so claustrophobic sometimes. “Ted Lasso” does use these same locations, but they exist in the broader setting of a neighborhood inside a metropolis (in this case London). The scenes on the football pitch and near the town square are welcome respites and open this show up – and not having a studio audience and bottled laughter interrupting the proceedings makes this show more pleasing to watch than what is typically delivered these days.

The stories being told by the writers of “Ted Lasso” can be easily dismissed as “feel-good” by some. But what is so wrong with that? When we turn-on the TV, is it OK to enter a world that might be a bit more aspirational than what we see day-in and day-out? If we have some fun while we are delivered a “lesson” is that so bad? Not everything we consume must be acerbic, ironic, or sarcastic, does it? Variety is the

spice of life! Which sounds a lot like something Ted Lasso would say - so if you do try “Ted Lasso” get ready for the Dad jokes and non-toxic masculinity. And you may just come away saying, “That’s touching,” like an old softy like me.

At left, the cast from the hit show “Ted Lasso” stars Jason Sudeikis (center).
Photo from Apple.com



live meaningfully

by Ayesha G. Shenk, M.A.



A September To Remember

It is the eve of my youngest’s FIRST day of school as I write this. It marks the moment when I release her, in an unprecedented way, to the world at large for the first time. This marks the beginning of true outside influence. It represents the rest of her life in which the world will, at times, have its way with her. For better and for worse.

This first day is approximately sixteen months delayed due to COVID-19. I had to miss a dear friend’s wedding this past weekend... due to COVID. Life as we know it is so very different over the last couple of years, due to COVID.

And yet, here we are. Still.

So much life, so much loss, so much necessary release. The vision of what life was supposed to be feels a bit removed in some ways. But we are continuing - adapting - surviving - believing in the promise of a new day.

My children have very little understanding of how much grief there is in the world. Thankfully. My littlest has NO concept of it at all, as of yet. And still I know, heartbreakingly, they all will.

I know that somewhere along the way - in not very long - the reality of just how little control we have over anything but our reactions, will become acutely apparent to each one of them.

My husband and I will repeat our mantras

and offer what few, but salient, words of wisdom we have. And the kids will receive these words in a manner commensurate with their age and stage, but these words likely won’t serve to truly temper how jarring the world can be.

I also know that this first acute reality check will certainly not be their last. They will continue to run into life’s lessons over and over. Although I continue to believe that life unfolds as it should and we make meaning from the way it does, it doesn’t change the fact that I wish I could shelter and shield them from so much of it forever.

But here we are, once again facing into the existential void trying to make sense and meaning of the world in which we find ourselves. Disappointments, triumphs, heartbreaks and loves lost and we survive - perchance to dream - we thrive.

It’s our mandate to greet the day, the circumstance and the opportunity from the epicenter of our control. That is, the ability to choose our own way, our own approach, our own response to the world at large and bend both the world and ourselves to align in a manner that represents our truest integrity, our virtue, our



values and our beliefs. It is our choice to actualize the very best version of ourselves while still remaining steeped deeply in our truth and our vulnerability.

It is with this complex, but aspirational, balance that I will wake tomorrow - on my precious daughter’s first day in the real world - and try to infuse my own perspective, my children’s, my clients’ and indeed my small corner of the world. It is my hope that you will do the same.

As it is in our shared reality, that our children will come to create their own.

‘til the next time,
Be Well; Live Meaningfully.
Ayesha



Stephen & Kristin Pategas

in the garden

by Stephen and Kristin Pategas

Helpful Hints 3.0

Clever sawing: use a reciprocating saw with a special wide tooth wood cutting blade instead of a chain saw, to cut through woody plant parts. Use a wood cutting blade to saw through rootballs of overgrown plants in containers or agave leaves.

Storm's coming!: at the start of hurricane season, to reduce potential damage to arbors, arches, and pergolas, trim back vines to reduce wind load.

Resourceful: fill empty, dry water bottles with fertilizer to use as easy applicators.

Smart pruning: use a bungee cord to corral ornamental grass before cutting it back.

Money saving: save empty plastic soil bags to use for trash bags and to make short-term sandbags.

Smart growth: remove nursery attachments such as stakes which may hinder the development of the tree.

Prevent a problem: prevent vines from creeping up tree trunks. They hold moisture against the trunk which may create an opportunity for a disease. The foliage of the vines adds to the tree's wind load.

Eagle-eyed: use a level (or two) to make sure an object such as a bench is flat as a pancake.

Smart growth: where plants grow against each other, the lack of light will kill foliage. Unless you wish to grow plants together as a solid mass, create a space between individual plants.

Efficiency: trugs come in a variety of colors and sizes and are useful for carrying soil, gravel, water, debris, and more.

Resourceful: when a frost is expected, drape old sheets or blankets over bamboo stakes stuck in containers or plants in the ground. Weight the fabric down or corral it with a bungee cord and/or clothespins so a breeze doesn't disturb it.

Sustainability: electric powered yard tools (blowers, weed whackers, chain saws, movers) reduce the noise level, air pollution, and the use of gas and oil. Purchase the same brand to use interchangeable rechargeable batteries.

Smart pruning: the outer edge of the swollen branch collar just beyond where a branch attaches to the trunk is the proper place to make a pruning cut.

Storm's coming!: anchor containers with sandbags at their sides to prevent them from blowing over during strong winds.



SAVE THE DATE!

September 15 Green Gardening: Design, Install, and Maintain by Stephen & Kristin Pategas of Hortus Oasis 6:30 p.m. to 8:30 p.m. at Harry P. Leu Gardens. You will be empowered to "do it yourself" or hire others to create a water-wise use garden with cold hardy, low maintenance plantings. Registration required <https://www.leugardens.org/classes/> or 407-246-2620.

Photo, top left: A reciprocating blade saw is a valuable and versatile tool in the garden.

Photo, top right: Don't leave a stub and prune just outside the branch collar.

Photo at left: Vines should not be allowed to grow into trees.

Photo above: Use levels to set steppingstones, benches, containers, water features, trellises, and more.

Hortus Oasis (LA0001090) in Winter Park is a boutique garden design company specializing in residential, commercial, and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/ garden@hortusoasis.com and visit www.houzz.com/pro/hortusoasis/_public. All photography by Stephen G. Pategas/Hortus Oasis unless otherwise noted.



Anthony J. Diaz, Esq.



CPLS P.A.
The Center For Professional Leadership Services
Attorneys | Executive Consultants | Mediators



Aubrey H. Ducker, Esq.

Collaborative Divorce

201 E. Pine St., suite 445
Orlando, FL 32801
407-647-7887
www.cplspa.com



protection and service by Jim Whitman, Winter Park Police Department

Oh September! What Do We Know About You?

When you think of September, the first thing that usually comes to mind is that we celebrate Labor Day and that means a nice long weekend. Of course, by the time the 9th month rolls around, school has already been in session for a couple of weeks and everyone starts to fall into a routine. Unfortunately, when we fall into a routine, we begin to let our guard down and become complacent- thus making us a perfect victim. So, during this month that we celebrate "Ask a Stupid Question Day" (it's a thing- September 28th) take a moment to examine your daily activities and ask yourself if you have fallen into a routine. If so, mix it up a little. You may just find that you get a new perspective on things and at the same time possibly thwart criminal activity.

Other notable dates in September include National Lazy Mom's day - a day where everyday "mom" jobs are delegated to someone else while Mom gets to relax. This coincidentally is celebrated on the first Friday of the month along with National Chianti day-celebrating what some would refer to as the nectar from the gods,



derived from Italy. This appears to be the making of a conspiracy!

Sports fans will recall that National Tailgating Day falls on the first Saturday of the month to help usher in the college football season and not only do we get to celebrate National Patriot day and National Day of Service and Remembrance on September 11th but we get to recognize the birthday of the United States Air Force on September 18th. As we near the end of the month, there is an opportunity for us to actually practice what we preach throughout the

year. September 28th is National Good Neighbor Day. Time and time again, you hear us say "If you see something, say something." Well, that applies to not only calling the authorities when "something is not right" but also alerting your neighbors to any unusual events or goings on that happen in your neighborhood. It may be something as simple as warning them of "shady" businesses that may be in the area, to letting them know before you go to bed that they left their garage door open. A small gesture on your part may save a lot of loss and aggravation and who knows, in recognition of your good deed, you all can celebrate National Talk Like a Pirate Day while enjoying National Guacamole Day (Both happen in September).

So, when you take a moment and look at September and think, "Yay! Labor Day is almost here!" also remember that September is the month that we celebrate National Punctuation Day as well.

Stay Safe! (see what I did there with the exclamation point-I'm celebrating early)

schoools



Winter Park High School

PRINCIPAL MATTHEW ARNOLD

Last year was an amazing year for our entire athletic program. Our Wildcat Athletics Program was recently named the Varsity Cup Champions by the Orlando Sentinel and we also finished second in the state for the FHSAA Floyd E. Lay All Sports Award. Congratulations to Athletic Director Andy Chiles, all of our coaches, and especially our student-athletes!

The annual Homecoming event will be Wednesday, September 22, 2021 from 5:30 p.m. - 7:30 p.m. in Central Park. Come see the parade and pep rally in preparation for Friday's Homecoming game. For information and tickets to the BBQ, please contact Special Events Manager Johnny Miller with the City of Winter Park at jmiller@cityofwinterpark.org.

Free Meals For OCPS Students

For the 2021-22 school year, Orange County Public Schools' Food and Nutrition Services Department, through a USDA waiver, will provide meals for all OCPS students in school at no charge. This will include breakfast, lunch, and supper. "This support for parents and children from USDA will certainly come in handy for anyone who has had their income interrupted or changed," explained Lora Gilbert, the senior director of Food and Nutrition Services. Earlier this year, research documented that the school menus provide the healthiest meal many children get all day. Also, this year, parents will receive communication from their school on how to reserve meals if their child is quarantined due to a COVID-19 case.

The OCPS meals contain kid-friendly entrees such as turkey sausage and egg sandwiches, overnight oats and fruit, waffles and chicken, pizza bagels, or strawberry or peaches and cream yogurt with banana bread or granola for breakfast. Lunch and supper also include a fruit and vegetable, entrees such as taco salad, mini-cheese burger sliders, roasted chicken, homemade chili, and a new item: hot wings, Brazilian Sweet Bun and plantains.

The district's food service goal is to increase the amount of local produce purchased from farmers. Last year cucumbers, lettuce, tomatoes, carrots, green beans, oranges, and watermelon were on the menu and fresh from the farm.



Winter Park Presbyterian Preschool

WPPP has long been recognized for their wonderful art program led for the past 16 years by Catherine Cross. Many of our families treasure the clay Christmas trees that were made every year in her class. Catherine is moving back to her family home in North Carolina, and we already miss her!

We are very happy to announce that Alea Schroeder will be taking over our art program. Alea has always loved art, and graduated with a degree in Art and Theater from Cedar Crest College. For the past 16 years she has owned All Fired Up, Winter Park's original paint-it-yourself pottery studio. Her favorite part of owning the studio was encouraging people of all ages to explore their creativity through pottery painting.

Alea has two daughters: Thoryn, in first grade, and Riven, who attends WPPP. Both girls love to test the art projects Alea plans for WPPP students. "They are honest reviewers and they will tell me if something is fun or not," says Alea.

Alea is very excited about teaching art to the children at WPPP. Lessons will focus on the process rather than the product, but she aims to send artwork home too. She says with a smile, "I am really looking forward to being in the classroom with the children because I know they will teach me...maybe more than I teach them!"



Thoryn and Riven are very excited that their mom, Alea Schroeder, is going to be the new art teacher at Winter Park Presbyterian Preschool.