The Park Press



NOVEMBER 2021

~ Positive news that matters ~

Winter Park | Baldwin Park | College Park | Audubon Park | Maitland







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Rollins College Honors Fred Rogers With New Sculpture



Rollins College recently unveiled the newly installed bronze sculpture "A Beautiful Day for a Neighbor" by artist Paul Day, honoring beloved alumnus Fred McFeely Rogers '51.

The 360-degree sculpture is located in the Chapel Garden courtyard next to the Annie Russell Theatre, behind the Virginia S. Nelson Rose Garden. Standing over seven feet tall and weighing more than 3,000 pounds, the sculpture depicts Rogers in his iconic sweater and sneakers, surrounded by children, hand puppets from "Mister Rogers' Neighborhood," lyrics from the series' theme song and the show's Neighborhood Trolley.

"This inspirational sculpture will be a permanent reminder of the ideals and values modeled by Mister Rogers as he set out to make the world a better place," said Rollins President Grant Cornwell. "This tribute will reinforce the quest for empathy, acceptance and kindness so needed in our society today."

Events taking place to celebrate the sculpture unveiling include:

- The Mister Rogers Walking Tour. The sculpture is now the fifth stop on Rollins' Mister Rogers Walking Tour. This self-guided tour will be available 10 a.m. -4 p.m. beginning on Friday, Oct. 29 and running through Nov. 23. Tour maps can be picked up at Olin Library, Stop 1 on the tour. Please wear a face mask when entering buildings on Rollins' campus.
- "Artistic Vision and the Public Eye." At 4 p.m. on Friday, Oct. 29 the artist, the Gertrude Cole Scholar, Paul Day, and Rollins President Grant Cornwell will discuss "Artistic Vision and the Public Eye" in Tiedtke Concert Hall at the College. This free presentation is open to the public. Due to COVID-19 protocols, face masks are required, seating is limited to 50% capacity and visitors will be asked to self-screen for symptoms prior to entry. Doors open at 3:30 p.m. for seating.

Event attendees can use the SunTrust Parking Garage across from campus or public parking.

Winter Park Prepares For The Holidays

The City's Parks & Recreation and Public Works departments' elves are busy getting the city's downtown core all gussied up for the Hometown Holidays season. Along Park, West New England, and Orange avenues and Morse Boulevard, the



Workers are busy hanging lights and decorations for the holidays.

community will see strings and globes of lights, beautiful poinsettia trees, hanging baskets, lifesize holiday greeting cards, cheerful street banners, and more festive décor. Hometown Holidays will also whimsically surround guests and passersby in Central Park, Martin Luther King, Jr. Park and Shady Park.

"Typically, the city's downtown trees and streets start sparkling Thanksgiving weekend," explained the city manager, Randy Knight, "How-

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Publisher's Message



Diak Cabla

As we enter November of 2021, I find myself in period of reflection on the past year. No matter how many stores roll out the Christmas inventory and decorations pre-Halloween, I'm a "one holiday at a time" kind of guy. Perhaps it's rooted in my upbringing, or just the way my

mind works, but I think celebrating Thanks-giving is necessary for the good of mankind. Think about it, the true meaning of Christmas has become harder to see thanks mostly to an overwhelming amount of commercialism and the pressures to "keep up with the Jones." It's a hectic holiday with financial burdens, the tree, decorating, gift shopping, traffic, and the list goes on. Of course, the goal is always to focus on the positives, but it's not necessarily easy, and the true meaning can get lost.

However, I believe that Thanksgiving's true meaning is still very easy to see. Since the earliest documented Thanksgiving in the U.S. in 1621 at Plymouth it has been a time to gather with family and friends to celebrate a good harvest. They gave thanks for life, for health, and prayed that they had enough food to survive the long winter months. From the time of our founding fathers until 1863, the date on which Thanksgiving was observed varied from state to state as dictated by their final seasonal harvest. And yes, credit must be given to the great Abraham Lincoln, as he set the presidential proclamation



Please consider donating food or money to a food bank this year

that Thanksgiving would be celebrated the final Thursday in November by all states.

While I'm certainly not a farmer, I will reflect on the past year and give thanks for my "harvest," the blessings in my life and the health and good fortune of my family and friends. I will look to show continued compassion for those who are less fortunate, and pursue opportunities to make a positive difference for others.

Please keep in mind that this can be a challenging time for many, and I kindly ask, for those who are in a position to do so, to generously consider making contributions and donations to some of the local fundraising efforts in our local community. Two of the many worthy and necessary efforts that come to mind are FeedTheNeedWP.org to benefit Second Harvest Food Bank, and the ChristianServiceCenter.org to help their four interdependent programs that address the most prominent needs of those struggling in our community.

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

Rick Cable Founder/Owner

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City Commissioner's Message Commissioner Robert F. Stuart, City of Orlando District 3



Pohort E Stuar

This is a month where we can pause and give thanks, celebrate our blessings, be with family and friends, and of course, cheer for our favorite sports teams. If you don't want to cook, we have amazing restaurants and bake shops that will assist you in any or all of your holiday meal planning.

Check out our Main Street Districts in Audubon Park, College Park, Ivanhoe Village and Mills/50 as well as the Baldwin Park Commercial District. So many choices, so little time!

We look back on this year with gratitude in our hearts for our medical professionals, our first responders, our teachers, our military personnel, and all of our City staff who made sure all services were maintained for our residents.

As we all work to stay safe this season- especially when some in our community may prey on our holiday spirit-I was grateful to one of our residents in Baldwin Park. After seeing a need in her community, she researched what other jurisdictions were doing to combat bicycle and scooter theft. She then contacted my office with her findings and our City staff got to work, creating a bike/scooter registration that will help Orlando Police track down stolen property. Visit orlando.gov for details on how to register your equipment today.

While the pandemic has slowed some of our projects due to a multitude of issues, we are grateful that some were still completed this past year and others are again moving forward. We are excited to see all of the amazing programming already happening in the new gymnasium at the Rosemont

Neighborhood Center and look forward to next year when we will be celebrating the opening of a new tennis centre and dog park in the Packing District as well as a new Fire Station 6.

This month gives us a specific day to celebrate our veterans. For our local veterans and current military personnel, please enjoy free admission to Leu Gardens on Veterans' Day, November 11th. Here in the City of Orlando, please join us downtown on November 13th at 11 a.m. for our 22nd annual Veterans' Day Parade where we can all before the courageous mon and women

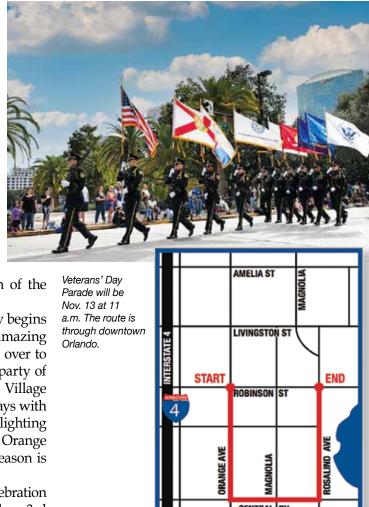
all honor the courageous men and women of the armed forces.

Then mark your calendars now as our city begins celebrating the holiday season with some amazing signature events. On November 20th, head over to Ivanhoe Village for Jingle Eve, their largest party of the year. For more than 20 years, Ivanhoe Village (ivanhoevillage.org) has kicked off the holidays with this festive event, which now includes the lighting of the amazing Happy Holidays sign along Orange Avenue, signifying to all that the holiday season is open in Orlando!

The City's annual Tree Lighting Celebration is back at Lake Eola on Friday, December 3rd beginning at 5 p.m. Enjoy holiday performances at the amphitheater, food trucks, and a holiday market... and of course meet with Santa at the Eola House until 9 p.m.

Then meander over to College Park on December 11th for Holiday on the Drive, a fun-filled family event along Edgewater Drive (collegeparkmainstreet.com).

These are just a few highlights, but I encourage you to stay up-to-date by following our Facebook



page, Twitter feed, and email newsletters as well as orlando.gov/events. We are especially thankful for our residents. Orlando is a wonderful city because of you. Your contributions to our diverse community have truly made the city beautiful. You make a difference in this city and we are grateful. Have a Safe and Happy Thanksgiving!



Winter Park Mayor's Message Mayor Phil Anderson



Celebrating Hometown Holidays

history and heritage really our historic Park Avenue has been a focal point for residents and visitors to experience the charm of a

small-town holiday season. This is the time we bring our families and friends together to give thanks, to remember the important things, and to celebrate.

And after the last two years, we are ready to celebrate! We continue our longstanding traditions of seasonal music, art and museum specials, dining, and just strolling down the Avenue (and not freezing). And this year we have gone the extra mile with our community lighting and decorations to create a memorable and magical experience.

To bring light and enjoyment to our residents, shoppers, diners and guests, the city is launching "Hometown Holidays." This theme will include seasonal greenery, warm strings and globes of lights, bountiful poinsettia trees and hanging baskets, life-sized holiday greeting cards for that

Welcome to "winter," the perfect "Instagrammable" photo op, cheerful season when Winter Park's street banners, and so much more.

The festive decor will travel along Park comes alive. Since 1882, Avenue and West New England Avenue into Hannibal Square. In addition, the footprint



"Hometown Holidays" festivities calendar can be found on the website cityofwinterpark.org/events.

will be expanded this year to include Morse Boulevard and Orange Avenue. Central Park, Martin Luther King, Jr. Park and Shady Park will

also be adorned with whimsical décor along the way. Onlookers will experience the combined efforts of local merchants as they also decorate their storefronts and windows furthering the city's theme.

As we enjoy the cooler weather, fall decorations, and a calendar filled with festive events, let's also thank all of the people that make our community great. I especially want to thank our city staff who delivered a wonderful community experience to those who live, work, and play in Winter Park- even as we have struggled with the pandemic, adjusting and re-adjusting as the guidelines of living life safely evolved. Your City family is committed to offering so many ways to safely re-energize, relax, and enjoy city amenities. From the beautifully landscaped parks, trails, athletic fields, award-winning golf course, pools, and playgrounds to events, City staff is working around the clock to maintain Winter Park's quality of life for residents and guests.

Let's celebrate the wonderful amenities Winter Park has to offer. Mark your calendars now for all of the city's upcoming festivities - 'tis the season to find out more at cityofwinterpark.org/events.

CLEAR Launches Reservation Lane Pilot Program At Orlando International Airport

Passengers departing Orlando International better deliver The Orlando Experience." Airport (MCO) will have an opportunity to reserve their spot in security screening lines before even arriving for their flight, thanks to a new program being launched by CLEAR.

The "Reservation Lane powered by CLEAR" is a complimentary travel management experience that debuts as a pilot program at MCO. This is the second time CLEAR leaders have picked Orlando

International Airport to pilot a program. CLEAR Plus lanes nationally were debuted at MCO in

"Since the very beginning, Orlando International leaders Airport have guided growth development and of Central Florida's airport main include innovative

technology and to enhance the travel experience," Caryn Seidman-Becker, CLEAR CEO. "We are said Brian Engle, Director of Customer Experience for the Greater Orlando Aviation Authority. "The Reservation Lane service will offer a streamlined process for the modern traveler, allowing us to

Passengers looking to take advantage of the new service should visit reserve.clearme.com. Once there, travelers will enter flight details and the number of people in the traveling party before seeing a limited number of reservation times available. Reservations will be confirmed with a QR code used to expedite the security process by allowing those parties to gain priority access

to TSA security and screening. The pilot currently operates 5-11 a.m. and is subject to change based on demand for the program.

"The travel experience can be unpredictable - from moment your outside door to the moment you arrive at your destination," said

excited to offer this new experience alongside Orlando International Airport and help give their travelers more predictability and more control over their time."

Cogent Bank Opens New Winter Park Branch



Cogent Bank (Cogent), a full-service business and personal bank based in Florida, has opened a new banking center in Winter Park. The opening reinforces Cogent's continued growth throughout the state and in its Central Florida home market, with banking centers previously established in downtown Orlando and Orange City.

The Winter Park banking center will serve as headquarters for Cogent's Central Florida Private Banking division, consisting of personalized financial products and services offered to high-networth individuals, in addition to serving their commercial and personal clients. Cogent's local banking services offer clients the benefits of working directly with the bank's financial experts with local knowledge and decision-making authority.

Trish Teague and Susy Scarlatos will lead the Winter Park banking center's team, which includes an established five-woman team of financial associates, who have worked together and served their clients for over a decade.

From Page 1.

ever, this year in greater support of our local businesses, your City staff is working hard to make sure Hometown Holidays 'comes to light' beginning Thursday, November 18, a weekend earlier, as our retailers and restaurants come together to welcome our holiday shoppers and guests."

On Thursday, November 18, the Winter Park Chamber of Commerce will be hosting a special holiday "Sip, Shop and Stroll" from 5 to 8 p.m. Attendees can discover new merchants, check out the latest fashions, gift ideas, and seasonal menu items as well as enjoy wine and hors d'oeuvres as they stroll under a canopy of twinkling globes of light.

Betsy Gardner Eckbert, the president and CEO of the Winter Park Chamber of Commerce said, "I could not be more excited about the new holiday decorations for the city of Winter Park. Our community deserves the best and brightest. Our creative partner is AOA, a globally leading themed entertainment provider headquartered right here in Winter Park. They and the City will ensure that the end result will be world class."

On Friday, November 19, the Park Avenue District will present the "Park Avenue Holiday Market" from 10 a.m. to 5 p.m., in downtown Central Park West Meadow. The Market will offer something for the whole family including shopping and a special visit by Santa.

"The Park Avenue District members are excited to brighten up the holiday season with gorgeous new lights and garland on their storefronts all the way down the avenue. We know our residents and guests will experience the magic of the holidays when they visit our downtown business district," said Sarah Grafton, Park Avenue District President.

'Tis the season to access cityofwinterpark.org/events now to mark your calendars for all of the city's upcoming holiday festivities.

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Free Lecture Series Returns At The Morse: A Focus On The Stebbins **Collection Exhibition**

The Morse Museum's free lecture series returns in January 2022 and focuses on American art and The Stebbins Collection: A Gift for the Morse Museum exhibition. The informative talks bring these new works in the Morse collection into conversation with objects long held by the

Museum and help to contextualize the late-19th, early-20th century period. Topics for the four lectures specifically highlight certain works from the Stebbins gift, watercolor, and American Pre-Raphaelite painting.

The lectures take place on selected

Wednesdays in the Jeannette G. and Hugh F. McKean Pavilion, 161 West Canton Avenue (just behind the Museum), conditions permitting. All of these talks are free and open to the public. Space is limited and filled on a first-come, firstserved basis.



HIGHLIGHTS FROM THE STEBBINS COLLECTION

January 26, 2:30 p.m. Regina Palm Curator of American Painting, Morse Museum, Winter Park



THE STORY OF THE AMERICAN WATERCOLOR MOVEMENT

February 16, 2:30 p.m. Kathleen A. Foster Robert L. McNeil Jr., Senior Curator of American Art and Director, Center for American Art Philadelphia Museum of Art, Philadelphia



AND THE MORSE

THE MCKEANS, AMERICAN PAINTING,

March 30, 2:30 p.m. Laurence J. Ruggiero Director, Morse Museum, Winter Park



CHARLES HERBERT MOORE

AND THE AMERICAN PRE-RAPHAELITES April 20, 2:30 p.m. Virginia M. G. Anderson

"THE ARTIST IS A TELESCOPE":

Curator of American Art and Department Head, American Painting and Sculpture and Decorative Arts, Baltimore Museum of Art, Baltimore

The Morse Museum, located at 445 North Park Avenue, is home to the world's most comprehensive collection of works by American artist and designer Louis Comfort Tiffany (1848–1933). The Museum's collections also include extensive holdings of American art pottery as well as late 19th- and early 20th-century American paintings

and graphics, and decorative art from Europe and America.

Museum hours from November through April are 9:30 a.m. to 8 p.m. Friday; 9:30 a.m. to 4 p.m. Tuesday through Thursday and Saturday; and 1 p.m. to 4 p.m. Sunday. Regular admission is \$6 for adults, \$5 for seniors, \$1 for students,

and free for children under 12. All visitors receive free admission from 4 p.m. to 8 p.m. on Fridays from November through April. Appointments may now be made in advance by visiting admissions.morsemuseum.org/mainstore. For more information about the Morse, please visit morsemuseum.org.



Mennello Museum Of American Art Opens "Through Darkness To Light: Photographs Along The Underground Railroad"

They left during the middle of the night—often carrying little more than the knowledge that moss grows on the north side of trees. An estimated 100,000 slaves between 1830 and the end of the Civil War in 1865 chose to embark on this journey in search of freedom. They moved in constant fear of being killed or recaptured, returned, and beaten as an example of what would happen to others who might choose to run. Under the cover of darkness, "fugitives" traveled roughly twenty miles each night traversing rugged terrain while enduring all the hardships that Mother Nature could bring to bear. Occasionally, they were guided from one secret, safe location to the next by an ever-changing, clandestine group known as the Underground Railroad. Many consider the Underground Railroad to be the first great freedom movement in the Americas and the first time when people of different races and faiths worked together in harmony for freedom and justice. *Through Darkness to Light: Photographs Along the Underground Railroad* opens November 19, 2021 at Mennello Museum of American Art.

Photographer Jeanine Michna-Bales has spent more than a decade meticulously researching "fugitive" slaves and the ways they escaped to freedom. While the unnumbered routes of the Underground Railroad encompassed countless square miles, the path Michna-Bales documented encompasses roughly 2,000 miles and is based off of actual sites, cities, and places that freedom-seekers passed through during their journey.

Shannon Fitzgerald, executive director, said, "We are moved to share Michna-Bales' photographs that are stunning, hauntingly beautiful, and impart a deep gravitas in a thoughtful reflection on a painful part of our American history. The narrative from darkness to light on a path across the

American landscape to architectural sites is powerfully guided by spirituals, historic figures, and lived experiences that were encouraging and inspired."

While many books have been written on the subject, there is very little visual documentation of the Underground Railroad because of its secretive nature. *Through Darkness to Light: Photographs Along the Underground Railroad* features beautifully dramatic color photographs, ephemera, and narratives that together tell the story of the Underground Railroad.

Michna-Bales worked with Princeton Architectural Press on a beautiful publication accompanying the exhibition. It includes a photographic essay, contextual essays, text and a diverse sampling of related ephemera. It is available for purchase at the museum.

This exhibition was organized by ExhibitsUSA, a program of Mid-America Arts Alliance and the National Endowment for the Arts.

Exhibition: Through Darkness to Light: Photographs Along the Underground Railroad

Host Organization: Mennello Museum of American Art

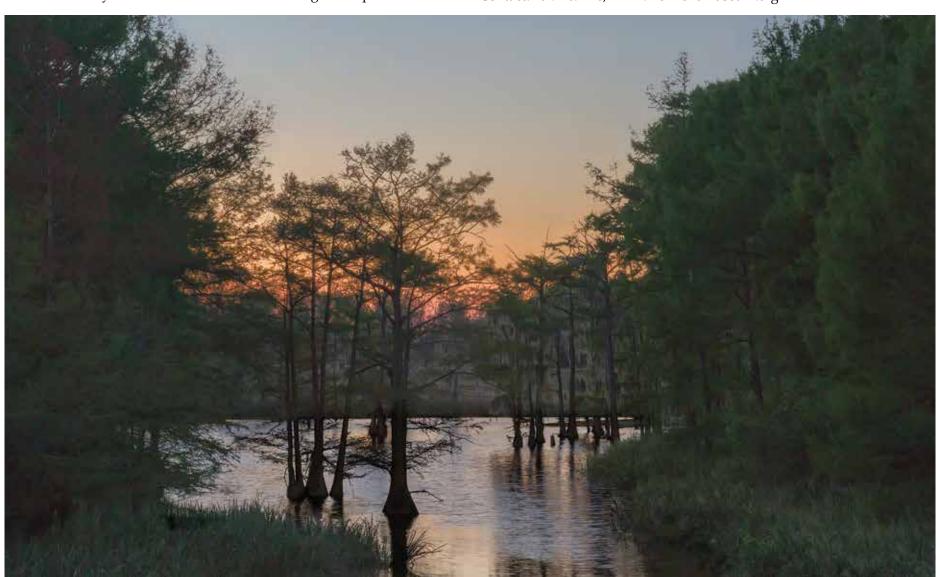
Runs: November 19, 2021 – January 9, 2021

Gallery Hours: Tuesday - Saturday 10:30 a.m. - 4:30 p.m., Sunday 12 - 4:30 p.m.

Free Family Fun Day: Second Sundays 12:00 - 2:30 p.m **Location:** 900 East Princeton Street, Orlando, FL 32803

Admission: \$5 or free for members

Contact: 407.246.4278, www.mennellomuseum.org



"Wading Prior To Blackness."





"Within Reach."

Festival Of Trees Celebrates 35th Year

Strolling through dazzling Christmas trees, festive wreaths, and unique gingerbread creations at the Festival of Trees has long marked the start of the holiday season for Central Floridians.

During Festival of Trees, visitors can see more than 25 designer-inspired decorated trees, all available for purchase, as well as exceptional gingerbread houses,



wreaths, and more. There will be a holiday shopping experience, as well as pop-up shops and live entertainment.

A variety of special events, including Opening Night Gala and Tree Lighting, Breakfast with Santa, and a children's Reindeer Romp party add



a special holiday touch to this year's Festival of Trees. Specialty events require separate tickets and can be purchased in advanced via Eventbrite.

Events presented by Council of 101, including Festival of Trees, have raised more than \$12 million over the years benefiting the Orlando Museum of Art's educational and life-long learning programs. These programs reach deep into the community by helping many who are in different walks of life, ages, and income groups.

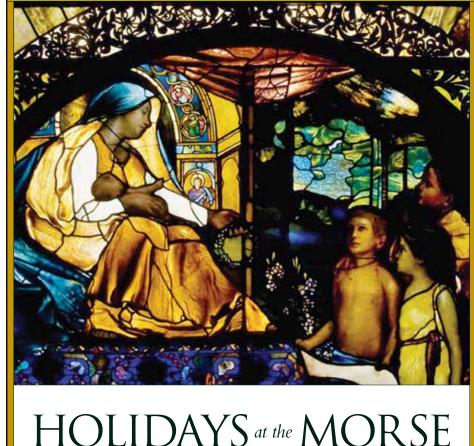
Advanced tickets are encouraged and now available via Eventbrite. Tickets will also be available for purchase at the door. For more information, visit councilof101.org.

National Children's **Adoption Celebration**

On Sunday, November 21, 2021 from 1:00 to 4:00 p.m. in Blue Jacket Park, Central Florida will host the second annual National Children's Adoption Celebration. This event was founded by Deirdre Klein Ochipinti, a local adoptive mother of two, to bring local families and business leaders together for an afternoon of fun, games, and food, in celebration of National Adoption Month. NBA legend and co-founder of the Orlando Magic, Pat Williams, will serve as the keynote speaker. Blue Jacket Park is located at 2501 General Rees Avenue.







Make the Morse a Holiday Tradition

The Morse Museum provides numerous opportunities to view the collection, including Louis Comfort Tiffany's chapel interior from the 1893 Chicago world's fair, at no charge during the holiday season. Visit the Museum online for activities and more information.



THE CHARLES HOSMER MORSE MUSEUM of American Art

MORSEMUSEUM.ORG

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445 NORTH PARK AVENUE WINTER PARK, FLORIDA 32789 (407) 645-5311 JUST A 5-MINUTE WALK FROM THE SUNRAIL STATION.

Crossman Career Builders Announces Scholarship Winners

Guangfen "Amy" Cox and Caoimhe Bryant received Crossman Career Builders Endowed Real Estate Scholarships for 2020-2021 and 2021-2022 at UCF and FSU, respectively.

Cox, a recent graduate of the University of Central Florida with a 4.0 GPA was the recipient of the university's Crossman Career Builders Endowed Real Estate Scholarship for the 2020-2021 academic year. A native of Beijing, China graduated with a bachelor's degree in business administration / finance and real estate. She recently completed an internship at The Dunhill Companies in Orlando before moving to the Tulsa, Oklahoma area where she plans to work in the real estate industry as well.

Bryant, who is currently a senior at FSU College of Business, will graduate in May 2022 with a double major in real estate and marketing. As a resident of Denver, she doesn't quality for in-state tuition so the CCB scholarship was especially helpful, she said. "Through networking that I began during my time at FSU, I met people at JLL in Austin, Texas and was offered a summer internship position. I learned so much about the commercial real estate industry while I was there. The experience was truly life changing."

Crossman has a strong commitment to community service, industry education initiatives and a deep-rooted dedication to diversity through creating scholarships and mentoring. In addition to FSU and UCF, Crossman Career Builders also has endowed scholarships at FAMU, B-CU and Valencia College.

"One of the best ways to improve and diversify the real estate marketplace is to encourage the participation of the best of the next generation," says Crossman.







Photo at left: John Crossman, CEO of Crossman Career Builders. Top right: Caoimhe Bryant. Bottom right:

Central Florida Parkinsons Association Has New President

Todd Stewart is the new president of the Parkinson Association of Central Florida. The Parkinson Association of Central Florida is a nonprofit 501(c)3 that serves as a focal point to raise funds for support programs and services to enhance the quality of life for all those affected by Parkinson's disease in Orange, Seminole, Lake and Osceola counties. The PACF supports the research of new treatments for the disease with a goal of someday finding a cure.

Stewart owns and operates Envision Orlando, a commercial sign company based in Winter Park. Prior to that, he spent 14 years in the Orlando Sentinel newsroom in a variety of senior leadership roles. Diagnosed with Parkinson's Disease in 2013, Stewart publicly shared his diagnosis in 2018 in the pages of the Orlando Sentinel newspaper and an accompanying video on Orlando Sentinel.com. He joined the PACF board of directors later that year and was chosen to be president-elect of the group in 2019.

Increasing awareness of PACF and improving outreach to the Parkinson's community are among Stewart's top goals. "As we emerge amidst the challenges of COVID, it's more important than ever that we re-connect with our patients and caregivers," he said. "Parkinson's is the fastest growing neurological disorder in the world and our priority at PACF has to be uniting our Central Florida community with the services and support they need more now than ever."

Stewart replaces outgoing president John Gabriel of the Orlando Magic, who has successfully led the organization through the difficult and challenging days of COVID-19. Under Gabriel's leadership, the Association raised hundreds of thousands of dollars to support Parkinson's programs throughout the region, and made a tremendous difference in the lives of so many in our region.

"As challenging as the past two years have been, I shudder to think where we'd be without John," Stewart said. "It's impossible to overstate the importance of John's leadership. Every bit of good PACF does going forward owes a debt of gratitude to John and his guidance through unprecedented challenges."

The newly elected Executive Board of the PACF:

- President: Todd Stewart, Envision Orlando
- President-elect: John Ashworth, Morgan Stanley
- Treasurer: Scott Herring, Chief Financial Officer at Florida Citrus Sports
- Secretary: Leslie Carney, IQvia
- General Counsel: G. Charles Wohlust, G. Charles Wohlust law firm

Orlando Health Awarded Joy In Medicine Honors By The AMA

Orlando Health received the American Medical Association's (AMA) prestigious 2021 Joy in Medicine Health System Recognition Program. The healthcare network is the only Florida-based system to earn the honors and one of only 44 systems nationwide to be recognized. The AMA distinction recognizes health systems that demonstrate a commitment to preserving the wellbeing of caregivers by engaging in proven efforts to combat work-related stress and burnout.

Sunil Desai, MD, the president of Orlando Health Medical Group said, "We view clinical wellness as a fundamental aspect of a vibrant healthcare environment that is required in order to provide top-quality patient care."

Orlando Health, and other candidates for the Joy in Medicine recognition, were evaluated according to their documented efforts to reduce work-related burnout through system level drivers. Scoring criteria was based on demonstrated competencies in commitment, assessment, leadership, efficiency of practice environment, teamwork and support.



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Cybersecurity awareness by Ron Frechette, The Cyber Coach

Ron Frechette

Cybersecurity Awareness Month

THE COST OF CYBERCRIM

NINTH ANNUAL COST OF CYBERCRIME STUDY UNLOCKING THE VALUE OF IMPROVED CYBERSECURITY, PROTECTION

Cover of report from accenture.com

Cybersecurity Awareness Month is here. With the theme: "Do Your Part. #BeCyberSmart," end users are advised to take

proactive steps to enhance their cybersecurity posture at home and in the workplace. Created in 2003 through a collaboration between the U.S. Department of Homeland Security (DHS)

and the National Cyber Security Alliance, the key objective is to spread security training and awareness efforts by highlighting the importance of proper cybersecurity hygiene

and resilience.

The sudden shift
to remote work since
the pandemic has
left organizations and
individuals unprepared.
For example, a report
revealed that although 43%
of cyberattacks target small
businesses, only 14% of these
organizations have adequate
cybersecurity measures
to defend themselves. The

evolving threat landscape calls for robust security measures to protect against sophisticated cyberattacks.

It is no secret that small and medium-

sized businesses (SMBs) are soft targets for cybercriminals. Cyberattacks are hard for these organizations, especially those with untrained staff, limited budgets, and poor cybersecurity measures. The best approach to this issue is to maintain a proactive security awareness culture that stresses the importance of cybersecurity. Hosting company-wide cybersecurity

company-wide cybersecurity awareness training introduces proper security "best practices" that protect critical corporate assets.

In today's world, everyone connected to the internet is vulnerable in one way or another. Hackers can exploit a single weak point to gain access to the central network of an organization and cause mayhem. Just as digital transformation is necessary for advancement, users must be aware of the dangers of cyberspace. Proper security protocols and incident response plans must

be in place to recover from security incidents and data breaches.

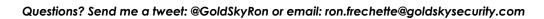
Founded in 2016, GoldSky has worked relentlessly to educate and help small-to-medium businesses stay one step ahead of

adversaries in the shifting threat landscape. Guided by passionate leaders, our full-service cyber security solutions firm has helped countless partners identify their security vulnerabilities and develop defensive plans to achieve sustainable security resilience. GoldSky Security provides the professional resources necessary to reduce the risk and impact of cyberattacks, malware threats, and data theft with years of expertise and talented cybersecurity professionals. GoldSky is transforming the implementation and management of critical cybersecurity solutions for its clients, including regulatory compliance requirements.

BUSINESS

Aiming to create a sustainable cybersecurity ecosystem, GoldSky Security does more than solve cybersecurity issues—we educate and help organizations learn the ropes of cybersecurity. In addition to fixing the security gaps, this newage cybersecurity solution improves corporate security while maintaining existing cyberresilient controls.

Cyberattacks will not slow down anytime soon—instead, they will increase as digitalization increases worldwide. The advent of smart devices and internet connectivity creates new ways for hackers and cybercriminals to access sensitive data. The easiest way to prevent this is to increase awareness and implement proper security protocols. Therefore, it is high time for SMBs to prioritize and strengthen their cybersecurity structure to keep themselves safe from cyberattacks.



From Page 8.

"Patients and families rely on our clinicians to provide them with a very broad spectrum of healthcare services, from primary care to the lifesaving care provided at Orlando Health Orlando Regional Medical Center's Level One Trauma Center," said Aurelio Duran, MD, the physician co-director of the Orlando Health Medical Group Wellness & Resilience program. "Our wellness initiatives are strongly focused on awareness and program implementation across the entire organization."

A national study examining the experiences of physicians and other healthcare workers who worked in healthcare systems during the CO-VID-19 pandemic found that 38 percent self-re-





ported experiencing anxiety or depression, while 43 percent suffered from work overload and 49 percent had burnout.

"Our model has been to develop a positive

and responsive set of programs that support, educate and respond to the unique needs of our clinical community," added Mary Senne, PhD, administrative co-director of the program. "The COVID-19 pandemic only underscored our concerns toward physician wellness and the importance of having organized strategies to address factors negatively impacting their welfare."

Examples of Orlando Health's Wellness & Resilience program include compassion rounds, where team members are given the space to share, listen and obtain tools to better cope with challenges; a provider engagement survey that is used by physician, nursing and administrative leadership to understand how to better.





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pop culture detours by George McGowan

Up-And-Coming, At Their Peak, And On A Downward Slide

When has a band or artist hit their peak? When are they just going through the motions and extending a career beyond that? How do we know when someone is about to hit the big time? That's a lot of clichés right off the back, but some recent music releases have me thinking about these phases of an artist's career.

Working backward on this subject, there is a new

album by one of my favorite bands, My Morning Jacket. This self-titled album is being marketed as a reset from this band after some disappointing recent releases. Thus, the album being selftitled. But don't be

fooled. It seems that My Morning Jacket may be on the downward slide of their musical life. Now, I must say that I will likely see My Morning Jacket whenever they come to town. I have seen them at least a half dozen times and have dragged my kids to their shows. They are and probably will be a great live band for many more years - and a couple of the songs on their latest album may be added to their setlists without much complaint by the fans who only want to hear their hits. Yet, from the quality of their recent release, or lack thereof, I don't anticipate anything exciting and mindblowing coming from this band again. It happens to everyone; the magic runs out.

peak at this time. This band is Parquet Courts. Their latest album, "Sympathy for Life," is a triumph. I thought their previous album, "Wide Awake!" was fantastic and it seemed to me at that time as a career peak. But I was a bit early in that assessment. The new one builds upon the qualities of "Wide Awake!" and broadening the material by adding even more

> personal lyrics to their already sound. This from a band whose early songs included

impressive punk/funk opening lyrics

Another band, however, is absolutely hitting their like: "Bodies made of slugs and guts," and "I was walking through Ridgewood, Queens. I was flipping through magazines. I was so stoned and starving." While catchy, these songs pale in comparison to the lyrics they sing on their latest: "Then suddenly I am alone, In the truest sense of the word, with nothing else to hear or watch, just shadows. Like an inmate that's finished his term," or "When you zoom out, tomorrow is now. When you zoom out, together is now." Or the entire song "Pulcinella" for that matter. Listen to this band at their peak.

> As for up-and-coming, there are several singers who I anticipate even greater things from, including: Lucy Dacus, Phoebe Bridgers, Julien Baker, both individually and in their band, boygenius; Azniv Korkejian, known by her stage name Bedouine,

> > who has a new release "Waysides" that after an early listen sounds great (she covers Fleetwood Mac's "Songbird"!); and someone I have written about before, Mitski, who has a new song "Working For the Knife" with an accompanying video that just must be seen and a live show that should be experienced.

> > Give all of these artists a listen and let me know where you think their careers stand!

Top left: My Morning Jacket. Photo from imdb.com. Near left: Mitsky. Photo from npr.org



live meaningfully by Ayesha G. Shenk, M.A.

Espelette Frites And Red Wine

So, I should begin by saying I love food. I really do. I love the way it looks at the farmer's market, in different textures and vibrant colors. I love the way it comes together to fill the

house with an aroma greater than its parts. I love the togetherness that it represents. I love reading

about the complexities of layered flavors and what chefs, far greater than I, have created in simple or sophisticated palates. I love Bon Appetit, I would jump at the opportunity to connect with Ina, and I relish the idea of having time, space, a good kitchen and a new recipe.

However, I should also say, I have a very full professional plate and three active children. My weekends are not rife with opportunities to experiment in the kitchen and weeknight 'creations' aren't even worth mentioning unless my husband is in the kitchen.

So, how do I nourish my culinary wanderer's heart? Fresh ingredients, simple recipes, and the occasional off-the-chart date night dinner out.

Which brings me to the title above. Espelette Frites. Any idea what these are? Well, they're glorified seasoned french fries, if you must know. Espelette is a varietal pepper from Espelette, France in the Basque region. Consider it a close relative to paprika with a hint of cayenne. It's smoky and flavorful and pretty delightful on french fries. But not all that far from paprika... or maybe smoked paprika, if we want to be fancy.

My husband and I found ourselves out for an amazing meal for our anniversary. There was aged

steak, fresh seafood, an amuse bouche to die for, and sturdy, mouthy red wine. It was pretty lovely and the company wasn't too shabby either. We'd had more than a moment to decompress and we were mid non-child-centered-conversation when the server brought us 'espelette frites' as she'd heard me mentioning how great they sounded and knew it was our anniversary.



Espelette peppers photo from lamaisondupiment.com

What?!

Complimentary, warm, perfectly cut french fries, seasoned to perfection just magically delivered to the table without even requiring the forethought or justification of the caloric tsunami I was about to inhale all by myself? (My husband doesn't really eat carbs these days.) Kind of a best-case-scenario situation, if you ask me.

But why am I possibly taking the time to explain this occurrence in such a wordy fashion? What could the psychological or emotional import of all of the detail of these delicacies be?

I'll tell you.

Sometimes, some nights, some moments - the

world aligns just 'so' and you get surprised by espelette frites and good red wine. Sometimes, the relationship is perfect, the world is at peace and the moment slows just enough to surprise you with an unexpected delight.

Now, often, it's not while eating a decadent meal at a fancy restaurant. Often it's messier and less glamorous and more inconvenient... but no less

> 'espelette' if you will. Whether it's real 'espelette magic' (just now coined this term) in the shape of these frites and this night or it's just regular 'paprika flavored magic' in the glow of one of your kids dancing or laughing with unselfconscious abandon... watch for the flavorful moments of your life. Notice and savor them. They are not always abundant, but they're undeniably delicious when they happen.

> There's magic in the seasoning of a well-curated life. There's richness and texture and depth. There's spice and sweetness, acid and heat. All of these

moments bring together a symphony of flavor and experience. Find the moments, acknowledge their contribution to the dish at hand, warm them, welcome them and note them for the next time you want to make something special.

With the holidays around the corner, there is sure to be opportunity for family favorites, nostalgic meals, and flavor experiences bursting with magic in many forms.

Until then, be well and bon appétit.

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

in the garden by Stephen and Kristin Pategas



Stephen & Kristin Patega

House Buyer's Remorse 2.0

If a house buyer is interested in having a nice landscape or garden, there are numerous factors to consid-

er before making a purchase. We consult with many homeowners to address and hopefully solve problems that impact the existing landscape and/or will create conflicts with proposed landscaping. Due diligence prior to purchase will go a long way towards having a successful garden without going through herculean efforts and high expense. Sometimes we are asked to provide a site analysis prior to purchase so the potential owner knows what challenges the site might present.

A frequent request we receive during the landscape design program development phase is for privacy from neighbors. Prior to purchasing a home, look at the views to the outside from every window and door, stroll the property, and look for exposed views to neighbors. If neighboring houses are onestory, visualize a new house with a second story much likely closer to the property line and whether a privacy screen would be needed. When planting spaces are tight, an upright clumping bamboo provides a tall vegetative screen, but the constant shedding of leaves provides a challenge for keeping unscreened swimming pools clean.

If the home has a septic system and drainfield instead of municipal wastewater, less space is available for landscaping. Meanwhile, pavement, structures, and plants larger than small shrubs and groundcovers cannot be used over the drainfield. Ask if there is a layout plan of the existing system to make a design layout easier.

Many sites have drainage challenges with stormwater running to the wrong places. There should be "positive drainage" with storm water flowing away from the house and pool but staying onsite instead of flowing onto neighboring properties. Visiting a property during a heavy rain is rarely possible. Instead look for areas where the soil is eroding and where it is being deposited. Hopefully there are gutters and downspouts (strongly recommended) which can be piped to depressions in the ground. If there is underground piping, confirm it is not clogged.

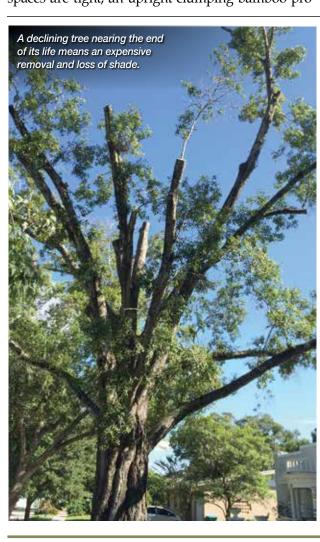
Adding hardscape surfaces such as walkways, patios, and terraces are easier and less expensive if the land is mostly level. With slopes, retaining

walls may be needed.

The location and condition of existing trees have a large impact on how outdoor areas can be used. Tree roots extend far beyond the edge of the tree canopy and are located mainly in the top 18 inches of soil so excavation for new structures and pavement may need to be limited. Trees nearing the end of their lives will need to be removed and the loss of their foliage may decrease privacy and remove shade. Note that deciduous trees lose their leaves for several months. They are not dead but any privacy they provide is seasonal.

The selection of possible plant material to use on a site includes observation. We make note of the types of plants and their condition. If we witness nutritional deficiencies, we explore the composition of the soil and its pH level. Sites with compromised soils and/or pH levels far from neutral are difficult if not impossible to correct. When deer are present and exclusion is not an option, there are many plants that should not be used.

In House Buyer's Remorse 1.0 we explored how with upfront research potential house buyers can help their dream landscape become reality.











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.





protection and service by Jim Whitman, Winter Park Police Department

Gobble Up Some Opportunities

As we take time to give thanks this year, let's take a moment to thank all of those persons who we routinely interact with and often overlook on a day-to-day basis. It is easy to take their efforts for granted but the moment they aren't there to perform their jobs, we not only immediately notice but often times our safety is affected. The individuals being referenced in this case are the Crossing Guards who assist our children across busy intersections and our Emergency Communication Operators who answer the phones, deliver lifesaving information, and dispatch First Responders to various emergencies throughout the City.

Did you know our Crossing Guards arrive at their posts approximately an hour before school starts to assist parents, grandparents, and kids cross streets to arrive safely at their destinations? You not only serve as supervision to children crossing the street but often provide the first smile or laugh of the day to help start the day off right. These positions are ideal for stay-at-home parents or grandparents who often times are the ones who are taking their own kids to school. It is a win-win as you not only ensure that your wards make it to school on time but you also get paid to be there. The schedules are such

that you receive two hours of pay a day (one hour in the morning and one hour in the afternoon). As a Crossing Guard, you will receive training from the Winter Park Police Department's Traffic Division and you will also be provided all of the necessary equipment (including that snazzy yellow vest) to perform the job safely. Currently, there are multiple positions available. If you are interested in helping

out the community and making new friends while making some extra money, please contact the Winter Park Police Department at 407-691-7871 or apply at www.cityofwinterpark.org. Scan the QR code at right and it will take you directly to our website.

If you are one of those people who likes to be "in the know" and enjoy the occasional problem-solving challenge, perhaps a career as an Emergency Communications Operator is right for you. Once hired, you will receive training in everything from police radio procedures to emergency medical procedures. Once you have completed your training, you will be an integral part in serving the

Winter Park community. Responsibilities include answering both emergency and non-emergency phone calls, dispatching the Winter Park Fire and Police Department units to active calls, and providing instructions for emergency medical treatment until First Responders can arrive on the scene. A career as an Emergency Communications Operator is not only a rewarding one but one that will prepare you to handle anything that comes your way. If you are interested in making a difference not

only in the community but also in the lives of everyone you speak with go to www. cityofwinterpark.org and apply for the position of an Emergency Communications Operator.



So, as we reflect on what we are thankful for this holiday season consider adding Crossing Guards and Emergency Communication Operators to that list. They not only provide an invaluable service to the community but make a difference every day and believe me, we all would notice if they aren't there doing their job!

Happy Thanksgiving! And Stay Safe!

schools

Winter Park Presbyterian PreSchool

Our Parent Committee has been hard at work preparing for upcoming fundraisers at Winter Park Presbyterian Preschool. Some events they have planned are Spirit Night at Tijuana Flats, Boon Supply Catalog fundraiser, Scholastic Book Fair, Kelly's Homemade Ice Cream truck after-school visits, and the Fall Campus Clean Up Day. Shhhh, don't tell anyone, but Santa is coming to visit the preschool too! We are so fortunate to have amazing parents supporting our preschool community.

We are blessed to have devoted staff members (and their families) who go above and beyond to help out around the preschool. VPK teacher Mrs. Kearney and her son Ian took on the task of sprucing up the overgrown garden area behind the school that had been sitting idle during the scorching hot summer months.

Mrs. Kearney's VPK students enjoyed planting green beans, carrots and mixed flowers. They will be weeding, watering and observing their plants as they grow. They will (hopefully!) end the gardening lesson by picking and tasting the vegetables they have grown.



Winter Park Presbyterian preschool VPK students working together to weed, plant and water their class' garden.



At right: Winter Park Presbyterian preschool VPK student Lucy is digging in the garden.

