The Park Press



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Heart Of Florida United Way Invests \$1.275 Million In Tri-County Area



Heart of Florida United Way (HFUW) distributed \$1,275,000 for immediate use by 15 agencies to help address growing, basic community needs in Orange, Osceola and Seminole Counties.

Heart of Florida United Way (HFUW) distributed \$1,275,000 for immediate use by 15 agencies to help address growing, basic community needs in Orange, Osceola and Seminole counties. The investments range from \$45,000 to \$195,000 and are based upon scale of programs, capacity to serve, and continued increased demand.

"Our local nonprofit agencies have been and will continue to work tirelessly as we navigate ourselves and our residents out of the COVID pandemic," said Jeff Hayward, president and CEO of HFUW. "Given ALICE was already one crisis away from financial ruin, many have either depleted or have limited savings to make ends meet. These investments in partner agencies allow for more support to ALICE families."

ALICE is an acronym for families who are Asset Limited, Income Constrained, Employed. According to the United Way Florida, "These households are working and working hard, but still struggling to make ends meet. From the most recent ALICE report, 13% earn below the Federal Poverty Level in Florida but an additional 33% are ALICE." In addition, "The ALICE population represents those among us who are working, but due to child care costs, transportation challenges, high cost of living and so much more, are living paycheck to paycheck."

The following agencies received a portion of the \$1.275 million investment in basic needs:

- 1. Catholic Charities of Central Florida, Inc.: \$45,000 (Tri-County) Issues Addressed: Financial Stability (Income Supports, Affordable Housing), Basic Needs (Congregate Meals and Food)
- 2. Central Florida Regional Housing Trust (dba housd): \$50,000 (Tri-County) Issues Addressed: Financial Stability (Income Supports, Affordable Housing, Manageable Expenses)

- 3. Christian Service Center for Central Florida, Inc.: \$70,000 (Orange County) Issues Addressed: Financial Stability (Income Supports), Basic Needs (Congregate Meals and Food)
- 4. Coalition for the Homeless of Central Florida: \$150,000 (Orange County) Issues Addressed: Financial Stability (Income Supports, Affordable Housing), Basic Needs (Low Barrier Emergency Shelter/Housing, Congregate Meals and Food)
- 5. Harbor House of Central Florida: \$90,000 (Tri-County) Issues Addressed: Financial Stability (Income Supports, Manageable Expenses), Basic Needs (Low Barrier Emergency Shelter/Housing, Congregate Meals and Food), Health (Access to Health Care)

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Publisher's Message



lockdown.

In my typical new year's routine, I find myself reflecting on the past year, while setting goals and trying to imagine what might lie ahead for the upcoming year. Last year, was just slightly better than the previous year, but the Covid-19 pandemic still looms over us, in

everything we do. One aspect really seems hard to do, and that is to make plans to travel, and attend events. I'm starting to do so, but knowing any plans made might need to be changed or cancelled. This is at least better than being on

Instead of just reflecting on the year-over-year pros and cons, let me share some stats on what life was like 100 years ago:

- The average life expectancy was 58.
- The average annual household income was \$3,269.00.
- Two out of every 10 adults could not read or write
- Only six percent of all Americans had graduated from high school.
- Only 14 percent of the homes had a bathtub.
- Only eight percent of homes had a telephone.
- The average cost of a car was \$2,005
- Gas was priced around \$0.25 a gallon.
- A dozen eggs cost \$0.35.
- A gallon of milk cost \$0.35.
- A first-class stamp was \$0.02
- Ninety percent of all doctors had no college education.



- The five leading causes of death were: pneumonia/influenza, tuberculosis, diarrhea, heart disease, and stroke.
- Marijuana, heroin, and morphine were all available over the counter at local drugstores. It was said that heroin cleared the complexion, gave buoyancy to the mind, regulated the stomach, and was in fact the perfect guardian of health. What?
- A year's tuition at Harvard cost just \$150, while Stanford and many state universities cost nothing at all. Who said college isn't a business? NOT me.
- The overall consumer price index has had at least a 2,263% rise over the past 100 years, while the average tuition cost has seen an absurd increase of 42,930%. WOW!

In comparing our time to 1922, it's quite shocking to recognize just how fast things have changed.

Now 2021 is in the history books, and I'm looking forward to a healthy and prosperous 2022!

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

Rick

Rick Cable Founder/Owner

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The Park Press | JANUARY 2022

NEWS

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



city and its residents, and it is next few months. my honor to have been elected for another term as your District 3 Commissioner. Big changes are coming to my office, as our District 3 aide, Jessica Stead, will be retiring this year. Jessica has served the residents of District 3

since I took office in 2006 and has been the main reason our office functions as well as it does. While we are excited for her new adventures with her family, she will be dearly missed. Maria Montano will take over for Jessica as the District 3 aide. Maria worked in our office three years ago and managed communications and neighborhood outreach. I look forward to re-

I am truly thankful for our introducing Maria around the district during the

As you may have heard, we have a new police liaison in our district, Officer DeCarlos Hill. Officer Hill comes from the Neighborhood Patrol Unit, where he serves District 3 neighborhoods. With his experience, Officer Hill understands his role not only as a police officer for the City of Orlando, but as a liaison to all of you. Officer Hill will continue to make sure he is always available and accessible to District 3 constituents.

For our city residents, our liaison officers are available to perform a security assessment of your property, help set up a neighborhood or business watch group in your area, attend local meetings, and more. They serve as your community connection to our police department. Visit orlando.gov/police for more information.

You may also consider getting involved by joining a Neighborhood Watch group. Please call 407-246-2369 for more information.

A new season gives us new opportunities, let's start the new year right by keeping our city clean. Here are some ideas after the holiday season: Put your live tree, free of decorations, on the curb with your yard waste. You may also recycle other holiday items: standard greeting cards and envelopes that aren't shiny or have glitter on them, and cardboard and gift boxes. Check out orlando. gov/recycle for a full list of items and where our drop-off locations are located for oversized items.

As we begin 2022, I look forward to this new term and continuing my commitment to the citizens of District 3. Let's continue to make District 3 the best place to work, live, play, and raise a family.

START A NEIGHBORHOOD WATCH GROUP

Check Your Eligibility

- Your community is located within the City of Orlando.
- At least 40% of your community will participate in the Neighborhood Watch. Your community can meet at least twice a year with OPD for training.
- Your community can recruit a Neighborhood Watch Block Captain to be the main point of contact with OPD.

Gather Your Information

Locate a time and place for your first meeting and training session. Please have a backup date ready, in case there is a scheduling conflict.

Submit Your Application

We'll ask you a few questions to get started, including if you need flyers for your community.

We Will Contact You To Setup Your **First Training Session**

• OPD will follow up with you to setup a training session for your group, as well as guide you towards your next steps.

Invite Your Entire Community To Attend The First Training Session

- · Distribute flyers with the date and location of the training session to every household in your community.
- Be sure to include people who may be creating problems. This will let them know that neighbors are working with law enforcement to reduce crime in the neighborhood.

Host Your Training Session

OPD will send a Neighborhood Watch Specialist and Community Liason Officer to train your community on how to report suspicious activity and answer any questions. We will supply all the materials needed for your Neighborhood Watch Group.

Elect A Neighborhood Watch Block Captain

• The Neighborhood Watch Block Captain is someone from your community who acts as the liaison between your members and the Orlando Police Department. This person will schedule future training sessions with OPD.

CONTACT INFO FOR NEIGHBORHOOD WATCH:

PHONE: 407-246-2369 | EMAIL: OPDNeighborhoodWatch@orlando.gov MAIN OFFICE: Orlando Police Department, 1250 West South Street, Orlando, FL 32805

Source: https://www.orlando.gov/Public-Safety/OPD/Community-Programs/Start-a-Neighborhood-Watch-Group?BestBetMatch=neighborhood%20watch|d13b95b2-5146-4b00-9e3e-a80c73739a64|4f05f368-ecaa-4a93-b749-7ad6c4867c1f|en-US



Winter Park Mayor's Message

Mayor Phil Anderson



Happy New Year 2022!

Welcome to a New Year and welcome to Winter Park! We hope you enjoyed all of the holiday season festivities and are coming into the new ear rested and with a light heart. We all love jumping into the New Year. It is a

time when we can imagine all the possibilities in front of us. The New Year is our time to dream.

If you are like me, those dreams and plans are about living more fully...often focusing on our health and our relationships. Winter Park's staff and commissioners strive to do their part for you to live more fully.

With the best winter climate in the country, Winter Park invests heavily in our parks and playing fields so that you have great spaces to play and relax. We help fund and sponsor many of the programs at the new Winter Park Library, the Winter Park Community Center, and our city parks. We make our police and fire departments the best in the region so that you and your family feel safe. We work hard to keep our small-town charm with great roads and infrastructure so that we attract the best businesses including



our amazing restaurants and shops. These are places that can help you meet those New Year's relationship goals, as well as countless health and fitness partners to help you recover!

In January we also celebrate a bigger dream with Dr. Martin Luther King, Jr.'s birthday and his 1963 dream that "this nation will one day live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal". Winter Park will be celebrating Dr. Martin Luther King, Jr.'s birthday this year at the 20th Anniversary of the city's Unity Heritage Festival that is scheduled for Sunday, January 16, and Monday, January 17 at Shady Park, located adjacent to the Winter Park Community Center at 721 W. New England Ave.

As we start the year anew, I want to thank all those who live, work, and visit Winter Park for making it a special place. Winter Park's staff and city commissioners wish you a wonderful New Year and will be working to keep our community a place where you can live your best life.

First Lady Casey DeSantis Hosts Roundtable With Hope Florida

First Lady Casey DeSantis hosted a December roundtable discussion with state and community leaders highlighting Hope Florida – A Pathway to Prosperity, and the work community partners and faith-based organizations are doing to support vulnerable families in Florida. At the event she awarded five organizations the First Lady's Medal for Courage, Commitment and Service.

"By working together with the faith-based community, state partners and private businesses we can accomplish so much more to improve the lives of Floridians," said First Lady DeSantis. "Through Hope Florida – A Pathway to Prosperity we have been able to transform how state government collaborates with communities to serve children and families in need, and with CarePortal we have a resource to connect faith and community organizations directly with families. I want to thank all of those involved, as this work would not be possible without the community's commitment to ensuring that needs

are met, barriers are overcome, and that we continue to foster a collaborative environment."

"We have seen firsthand how the Hope Florida – A Pathway to Prosperity initiative has brought together partners across our state who have answered the call to respond with urgency to vulnerable families' needs," said Secretary Shevaun Harris of the Department of Children and Families. "Under the leadership of the Governor and First Lady DeSantis, we have worked to ensure that we are making a meaningful impact on the families we serve by taking a holistic approach with each interaction. We look forward to continuing to grow our relationships with the faith-based community so we can continue to solve critical needs."

Hope Florida – A Pathway to Prosperity was spearheaded by First Lady DeSantis and implemented by the Florida Department of Children and Families (DCF), utilizing 'Care Navigators' to guide Floridians on an individualized path to prosperity by focusing on community collaboration between the private sector, faith-based community, nonprofits and government entities. Since the September launch, more than 6,000 customers have been referred to the Hope Florida program and 7,684 individual referrals have been made to partner agencies. The number is higher than total customers due to some individuals having multiple barriers requiring multiple referrals.

CarePortal is a platform launched in March 2015 by The Global Orphan Project, headquartered in Kansas City, Mo. It brings faith and government entities together. Child welfare workers uncover the needs. CarePortal makes local churches aware, giving them a real-time opportunity to respond.

CarePortal launched in Florida in mid-2020 and has been able to help a network of over 200 churches to serve more than 2,500 children by responding to agency request that have been submitted through the CarePortal online platform.

Lighthouse Central Florida Receives \$15,000 Grant From Chesley G. Magruder Foundation

Lighthouse Central Florida, a nonprofit that provides vision rehabilitation services to Central Floridians living with vision impairment or blindness, received a \$15,000 grant from the Chesley G. Magruder Foundation. The funds will support the organization's Youth Services program for up to 150 infants, children, and teens from birth through age 22 who are living with vision loss. This donation allows the nonprofit to expand its services to include low vision services to benefit clients and families and help additional children in need of vision rehabilitation.

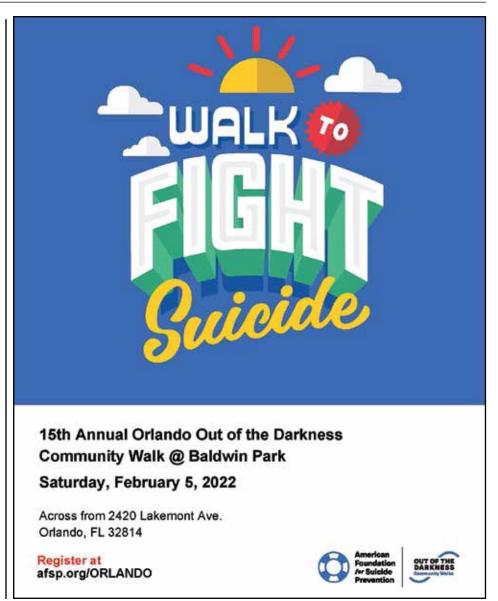
"Lighthouse's Youth Services program addresses the basic skills of daily living, including early literacy and school readiness, for blind or visually impaired babies, toddlers, children and teens who would otherwise not receive critical vision rehabilitation and education



Charting a course for living, learning, & earning with vision loss

during their formative development years," said Kyle Johnson, president and CEO of Lighthouse Central Florida. "Support from the Chesley G. Magruder Foundation – especially during times of crisis and uncertainty – ensures that youth will receive continual learning to stay on pace to achieve critical developmental and vision-related milestones."

Lighthouse's Youth Services include Early Intervention, Children's and Transition programs. Programming ensures developmental milestones are met, including academic and social development, while helping teens and young adults become more independent and prepare for future success in a sighted world.



From Page 1.

- **6. Help Now of Osceola: \$90,000 (Tri-County)** Issues Addressed: Financial Stability (Income Supports, Manageable Expenses), Basic Needs (Low Barrier Emergency Shelter/Housing, Congregate Meals and Food), Health (Access to Health Care)
- **7. Jobs Partnership of Florida: \$45,000 (Tri-County)** Issues Addressed: Financial Stability (Family-Sustaining Employment)
- **8. Meals on Wheels Etc, Inc.: \$50,000 (Seminole County)** Issues Addressed: Basic Needs (Services for Seniors)
- **9. Osceola Council on Aging: \$95,000 (Osceola County)** Issues Addressed: Financial Stability (Family-Sustaining Employment, Income Supports, Affordable Housing), Health (Supporting Healthy Choices), Basic Needs (Congregate Meals and Food, Services for Seniors)
- **10. SafeHouse of Seminole: \$90,000 (Tri-County)** Issues Addressed: Financial Stability (Income Supports, Manageable Expenses), Health (Access to Health Care), Basic Needs (Low Barrier Emergency Shelter/Housing, Congregate Meals and Food)
- 11. The Salvation Army, Orlando Area Command: \$195,000 (Orange & Osceola Counties) Issues Addressed: Financial Stability (Income Supports),

Basic Needs (Low Barrier Emergency Shelter/Housing, Congregate Meals and Food)

- **12.** The Salvation Army, Sanford Corp: \$45,000 (Seminole County) Issues Addressed: Financial Stability (Income Supports), Basic Needs (Congregate Meals and Food)
- 13. Second Harvest Food Bank of Central Florida: \$130,000 (Tri-County) Issues Addressed: Financial Stability (Family-Sustaining Employment, Income Supports), Basic Needs (Congregate Meals and Food)
- **14. Seniors First, Inc.: \$85,000 (Orange County)** Issues Addressed: Basic Needs (Services for Seniors)
- **15. The Sharing Center: \$45,000 (Seminole County)** Issues Addressed: Financial Stability (Family-Sustaining Employment, Income Supports, Manageable Expenses, Savings and Assets), Basic Needs (Congregate Meals and Food)

Since the start of the pandemic, HFUW has invested more than \$10.26 million overall in programs to support ALICE across the tri-county region.

Visit www.HFUW.org to learn more about Heart of Florida United Way.

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Everybody Says Don't – A Tribute To Stephen Sondheim In The Winter Park Playhouse Spotlight Cabaret Series

Russell Stephens debuts his new solo cabaret - Everybody Says Don't: The Music and Lyrics of Stephen Sondheim - at The Winter Park Playhouse on January 26 and 27, 2022 as part of the theatre's popular Spotlight Cabaret Series. Playhouse Musical Director Christopher Leavy will accompany on piano.

Join Mr. Stephens as he pays tribute to one of the most legendary and impactful musical theatre composers and lyricists of all time. He will weave the story of Sondheim's celebrated career with his own personal performance history and recount the tale of his personal correspondence with Stephen Sondheim while studying at The University of Alabama.

Everybody Says Don't will feature well-loved songs from Broadway hits Follies, Sweeney Todd, A Little Night Music, Anyone Can Whistle, Company, Merrily We Roll Along and Sunday in the Park with George.

Russell is a native of Huntsville, Alabama and a proud graduate of The University of Alabama's Musical Theatre program. Regional credits include *Crazy For Gershwin* and *Christmas My Way* at The Winter Park Playhouse, *A Class Act, Hello Dolly, Violet* and *Ragtime* (Garden Theatre,) *A Year With Frog and Toad* (Mad Cow Theatre,) *Plaid Tidings* (Athens Theatre) and *Sondheim on Sondheim* (Celebration Theatre Co.) which he also directed.



Photo: At left, Stephen Sondheim. At right, Russell Stephens. Courtesy of Winter Park Playhouse.

"We are so happy to feature Russell in our cabaret series performing the unforgettable music of the great Stephen Sondheim! His incredible voice promises a special night not to be missed! " said Heather Alexander, Playhouse executive director.

Tickets are \$20 plus a one-drink minimum. Cabarets are currently being performed on the theatre Mainstage and masks are required

throughout the duration of the performance. Assigned seating is limited and performances sell out quickly, so advance reservations are strongly recommended.

Doors open at 6:30 p.m. and the cabaret begins at 7:30 p.m. Call The Winter Park Playhouse box office 407-645-0145 to reserve tickets or go online at www. winterparkplayhouse.org.

OUC And City Of Orlando 2030 Solar Pledge

OUC - The *Reliable* One and the City of Orlando announce the 2030 Solar Pledge. Participating commercial customers, including the City of St. Cloud, Correct Craft, Orange County Government, Orlando City Soccer Club, Orlando Pride, and UCF Downtown are pledging to be powered by 100% solar energy at their facilities by 2030.

The pledge also requires businesses use at least 10% of solar energy upon signing, with the ability to increase their renewable energy commitment incrementally until 2030. The initial solar investment is provided through OUCommunity Solar, which gives both OUC's commercial and residential customers access to sustainable, maintenance-free solar without the installation and cost associated with adding panels on their businesses or homes.

It's an investment OUC began with the one of the first community solar farms in the country 2013. Today, the utility is poised to offer 272 megawatts of solar energy, enough to power 50,000 homes, by 2023.

"The City of Orlando and OUC are long-time partners in sustainability and renewable energy, and today is another step toward OUC's goal of achieving net zero carbon dioxide emissions by 2050 – and a greener future for Central Florida," said Clint Bullock, OUC's General Manager & CEO. "The solar pledge guides commercial customers for future renewable investments, and we're looking forward to working with all of our partners, like the City of St. Cloud, Correct Craft, Orange County Government, Orlando City Soccer Club, Orlando Pride and UCF Downtown, as they embrace solar energy."

As the first OUCommunity Solar business subscriber in 2018, the City of Orlando is increasing its solar energy use as part of its commitment to

sustainability and renewable energies.

"The City of Orlando is committed to 100% renewably sourced energy for all city departments by 2030," said Mayor Buddy Dyer. "As a leader in the 2030 Solar Pledge, we are expanding our community solar use to 33 new city facilities, including community centers and city parks, in addition to Orlando City Hall, Orlando Police Department Headquarters, and 15 fire stations, which have run on solar energy for nearly four years. Becoming a more sustainable city and region is a critical undertaking, and we can't do it alone. We commend those who join us in taking the pledge to use community solar and encourage all businesses and residents to consider joining us in the transition to 100% clean energy future."

For eligibility requirements and to sign the 2030 Solar Pledge, visit OUC.com/2030Pledge.

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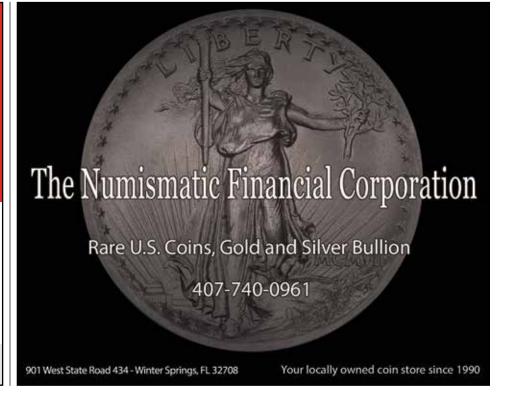
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*Average annual household savings based on 2016 national survey of new policyholders who reported savings by switching to State Farm.

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State Farm Florida Insurance Company, Winter Haven, FL



A NEV

Treadwell Farms Collaborates With The Ravenous Pig Brewing Co.



Treadwell Farms and the Ravenous Pig Brewing Company released an amber ale brewed with hemp leaves grown and harvested by Umatilla-based Treadwell Farms. The brew is called Treadwell Red. (Note: It doesn't contain CBD or THC, as hemp leaves were used to create this special brew.)

The Ravenous Pig Brewing Company also created a special cocktail made with the Treadwell Farms Essential Blend Hemp CBD. Called The Pride of Eustis, where the Treadwell Farms greenhouse is located, it contained tequila, mint, lime and falernum with the CBD.

Jammie Treadwell, co-owner, Treadwell Farms said, "One of the things I enjoy most about my job is developing local partnerships and collaborations. In everything we do at Treadwell Farms we always work towards this, whether it be farmers, retail, pharmacies or local companies looking for fresh ingredients for specially crafted products utilizing the whole hemp plant. I also love working with other craftsman, like Ravenous Pig, who really care about ingredients with a passion like we do.

Our products are truly Fresh From Florida, so you know what we've created is quality. We take great pride in that."

Brewery manager of Ravenous Pig Brewing Company, Jenna Foor, said, "Our ability to work with local suppliers has been part of the The Ravenous Pig's ethos since the beginning. Extending this to the brewery side is exciting to us. There are a few commonalities between us and Treadwell Farms that told us this collaboration needed to happen. We both are passionate about what we do and love agriculture and sustainability. Jammie Treadwell's passion for the hemp industry is infectious and the Treadwell team is equally meticulous about delivering a holistic product that can help people to live their best life. We want to collaborate with a business like that."

Treadwell Farms, a Florida family hemp company, have been farming in Florida for more than 100 years, starting in the Panhandle before relocating to Central Florida planting agricultural roots in foliage, tropical plants, citrus and

peaches. They received one of Florida's first hemp cultivation licenses in May 2020. Treadwell Farms also is an approved source for hemp by the Florida Department of Agriculture and Consumer Services and was one of the first hemp companies in the state to receive the Fresh from Florida designation. They were also awarded by the Florida Farm Bureau Federation CARES Program for their responsible environmental stewardship. Learn more at TreadwellFarms.com.

The Ravenous Pig Brewing Co operates on site and next door to The Ravenous Pig. Under the direction of Brewmaster Larry Foor, TRP Brewing Co. produces small batch craft beers. TRP Brewing Co has year-round favorites such as Lone Palm Golden Ale, Red Drum, Working Man Porter and DoveCote Saison, as well as a rotating selection of limited edition seasonal beers. Products are available on tap at The Ravenous Pig as well as The Polite Pig at Disney Springs and Cask & Larder in the Orlando International Airport. Learn more at TheRavenousPig.com/Brewery.





Crossman And Meeks Team Up To Sponsor 15th Annual AFSP Walk

Business leaders John Crossman and Nathan Meeks are calling on friends, colleagues, and neighbors in Central Florida to support the American Foundation for Suicide Prevention. The AFSP's Annual Out of the Darkness 5K Suicide Awareness Walk Saturday, Feb. 5 in Baldwin Park is moving closer to its goal of reducing the suicide rate by 20 percent by 2025.

Crossman and Meeks, both founders and CEOs of Winter Park-based firms, are dedicated to helping AFSP reach that goal and to the mission of raising awareness for this cause from their own personal losses through suicide. "Community leaders like Nathan and I are dedicated to bringing as much light as possible to this topic that has always been socially avoided," Crossman said.

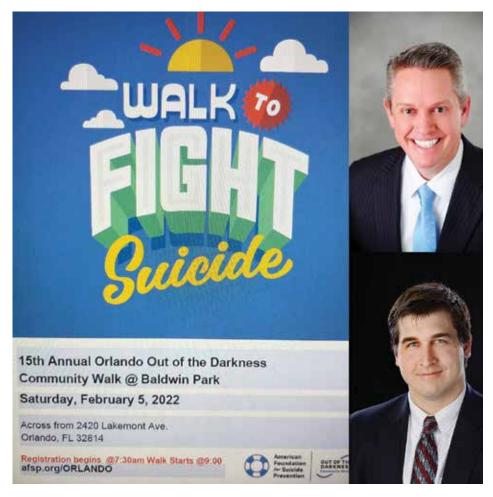
The AFSP's annual community walks throughout the country raise funds and awareness to support prevention of suicide through early detection, diagnosis, and treatment of depression and other mental health conditions. They also support survivors of suicide loss.

Crossman's organizations Crossman Career Builders (CCB) and Crossmarc Services raised more than \$5,000 last year. There's still time to join them for the upcoming 2022 fundraiser.

The need for financial support and volunteering to raise awareness is crucial to help AFSP reach their goal of saving lives and bringing hope for all affected by suicide, said Meeks, founder of Meeks Capital. "Join us by signing up to walk or run in memory of someone lost."

The event begins Saturday morning Feb. 5 across from 220 Lakemont Ave. in Baldwin Park with registration at 7:30 a.m. The walk starts at 9 a.m.

For more information or to make a 100% tax-deductible donation to the American Foundation for Suicide Prevention please go to: https://www.afsp. org/Orlando



Climate First Bank Joins Forces With Project Regeneration To End The Climate Crisis

Values-based community bank Climate First Bank has partnered with Project Regeneration to develop a one-of-a-kind checking account that will support, promote, and create funding for the environmental nonprofit's mission

of planetary regeneration. Their Winter Park branch has not yet opened, but will offer a branded checking account that gives back to the planet.

Paul Hawken, eco-entrepreneur and voice Continued on page 8





Assurance

Peace of Mind STARTS with your primary care provider.

Having a primary care provider (PCP) is one of the best things you can do to protect your family's health. This provider knows you and your medical history and can connect you to any health services you may need over time.



Provides regular health screenings to catch issues before you get sick



Ensures timely treatment for a wide range of injuries and conditions



Refers you to appropriate specialists



Knows you and your medical history



Helps you live a healthy lifestyle



Manages your medications



Serves as a trusted source of medical advice and care

IN-PERSON AND VIDEO VISITS AVAILABLE.

To schedule an appointment with a primary care provider near you, call 407-599-6111 or visit CentralFloridaPrimaryCare.com.



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within the climate movement, is the founder of Project Regeneration and Project Drawdown. The planet-saving projects are based on the comprehensive solutions outlined in Hawken's books, "Regeneration: Ending the Climate Crisis in One Generation" and "Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming." It was after reading Hawken's insights that Climate First Bank CEO and Founder Ken LaRoe was inspired to create Climate First Bank, the nation's first community bank founded on fighting the climate crisis.

"The comprehensive, inclusive, multilevel approach laid out by Paul was the very genesis of Climate First Bank. The solution to combating the climate crisis is in everyone's hands and as a banker, I had to do my part by creating an impactful institution that would use finance as a tool for good instead of evil," said LaRoe. "I'm overjoyed to be working closely with Paul and Project Regeneration to further invest in a greener future for all of us."

Project Regeneration is a l new approach to the climate crisis, one that weaves justice, climate, biodiversity, and human dignity into a seamless tapestry of action, policy and transformation. Responding to the urgency of the climate crisis, Project Regeneration created a nexus of actions or a determined what-to-do manual for all levels of society, from individuals to national governments and everything and everyone in between. It describes a system of interlocking initiatives that aim to stem the climate crisis.

When a client opens a Project Regeneration checking account, a \$100 donation will also be made directly to Project Regeneration to assist with the foundation's sustainable initia-

tives. In addition to the one-time contribution, monthly earnings garnered from the interest on all balances will be donated to the foundation. The account will also have no-minimum account balance and no monthly fees. As thanks for contributing to Climate First Bank and Project Regeneration's joint imperative to halt and reverse the climate crisis, account holders will receive free Project Regeneration-branded checks and a free copy of "Regeneration: Ending the Climate Crisis in One Generation" autographed by Hawken.

"Each time you do business with a polluting bank that invests in extractive industries, you are actively aiding in the destruction of our home. This is why Climate First Bank, as a bank that prioritizes the planet and makes regenerative investments, is so essential to Project Regeneration's global mission to reverse the climate crisis," said Hawken.

The Orlando Philharmonic Orchestra Presents Gershwin's Concerto In F

The Orlando Philharmonic is excited to present Gershwin's *Concerto in* F as part of its Classics Series at Calvary Orlando on Saturday, January 8, 2022 at 7:30 p.m. Music Director Eric Jacobsen will lead the Philharmonic musicians as well as guest vocalists through an emotional and expressive night of music.

This evening's program includes:

WANG JIE- Symphonic Overture, "America, the Beautiful"

GEORGE GERSHWIN- Concerto in F GABRIEL KAHANE- emergency shelter intake form

A pre-concert talk featuring composer Gabriel Kahane will take place in the chapel at Calvary Orlando beginning at 6 p.m. the night of the concert. The talk is free and open to all concertgoers.

Acclaimed pianist Aaron Diehl excels at both jazz and classical music, making Gershwin's jazzybluesy *Concerto in F* the perfect vehicle for his talents. A community choir joins in for Gabriel Kahane's *emergency shelter intake form* for mezzo-soprano, amplified vocal trio (ATB), and full orchestra, his "... magnum opus, which unflinchingly confronts an American social problem that continues to worsen:

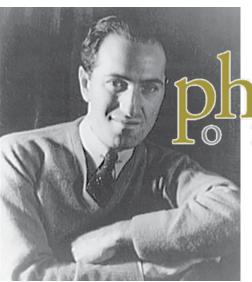


Photo of George Gershwin in 1937 by Carl Van Vechten. Courtesy of Wikipedia.

homelessness" according to the Chicago Tribune. The lyrics of "America, the Beautiful" stirred Wang Jie's patriotism in her hopeful riff on the song.

The Orlando Philharmonic has partnered with the Coalition for the Homeless of Central Florida through the 2022-2023 Season to draw attention to the challenging issue of homelessness confronting many in our community. For more information and to contribute to their work, visit https://www.centralfloridahomeless.org/.

For upcoming Orlando Philharmonic performances at Calvary Orlando, requirements have been lifted for masks and negative COVID-19 tests. Unvaccinated individuals continue to be strongly encouraged to wear masks indoors.

Tickets to Gershwin's Concerto in F are now on sale and can be purchased through the Orlando Philharmonic Orchestra Frank Santos/Dan Dantin Box Office. Tickets start at \$35. Student tickets, as well as tickets for healthcare workers, first responders, and teachers are available for \$10. A valid student or work ID must be shown to pick up tickets.

Ticketing Link:
https://my.orlandophil.org/12116?_
ga=2.145249460.1871593732.16394297981841974088.1623098533

The Winter Park Playhouse Adds The Florida Festival Of New Musicals: Act II Featuring Full Length New Musical Reading

The Florida Festival of New Musicals at The Winter Park Playhouse continues to advance and elevate the musical theatre genre by fostering the development of new musicals and the artistic growth of writers and composers.

Since its inception in 2017, *The Florida Festival of New Musicals* has showcased one-hour professional readings of twenty-four brand new, never-produced musicals from around the world. The festival remains the only one of its kind in the state of Florida.

The next step in the evolution of advancing

a musical from page to stage is a reading of the entire show. Presenting a full length professional reading allows the writers, composers, producers and audiences to get a complete picture of the musical and provide valuable feedback for further development.

The Winter Park Playhouse is providing an opportunity for the next important development step by launching *The Florida Festival of New Musicals: Act II. Act II* will present a full professional reading of an entire new musical previously featured in one of the *Florida Festival of New Musicals.* Selected musicals will be patron favorites that could potentially be produced on the Playhouse Mainstage.

The first musical to be featured in *The Florida Festival of New Musicals: Act II* will be *Flaming Volcano Bed and Breakfast* written and composed by Playhouse multi-instrumentalist and well-known regional talent Mr. Ned Wilkinson. It was a part of the 2019 festival and the original profes-

sional cast will reunite for this full reading.

"This is a tremendous opportunity for writers and composers to take the next step and have their entire musical read and sung on stage in front of an audience. We are thrilled to be able to foster the development of new musicals at The Playhouse!" announces Roy Alan, Winter Park Playhouse Artistic Director and co-founder of *The Florida Festival of New Musicals*.

This full scale professional reading of *Flaming Volcano Bed and Breakfast* will take place at The Winter Park Playhouse on Saturday, January 8, 2022 at 2:00 p.m. and 7:30 p.m. Tickets are \$22 and there will be an interactive talk-back with the writer after each reading.

For tickets and more information about The Florida Festival of New Musicals: Act II please call The Winter Park Playhouse box office at 407-645-0145 or visit online at www.winterparkpayhouse.org.

Orlando Magic Name Florida Blue A "Champions Of The Community Partner"

The Orlando Magic named Florida Blue as their official health insurance provider and one of the team's seven "Champions of the Community" (COTC) partners. Florida Blue becomes the first exclusive team partner in the health insurance category. The team's COTC partnership is a tier of brands with a shared commitment to the Central Florida community. The Magic and Florida Blue will continue their collaboration through a variety of programs, sponsorships, and support of initiatives benefiting the underserved community.

"The Orlando Magic are thrilled to elevate its longstanding partnership with Florida Blue," said Magic CEO Alex Martins. "As a partner for more than 20 years, we have an already established relationship along with a shared commitment to the community we serve. We look forward to growing our efforts further and seeing our partnership flourish through our work for the community."

The two organizations will continue to collaborate on the Block Out Hunger food security program, benefiting Second Harvest Food Bank, and the ongoing recognition of social justice leaders through the Magic Diversity Game Changers. In addition, Florida Blue will sponsor in-game interactive contests and baseline apron signs around the court. Florida Blue is also the team's first baseline apron partner, a new asset the NBA added this season. As a COTC partner, Flor-

ida Blue's category exclusivity extends through all Amway Center events and will provide the brand with marketing assets during all events.



Florida Blue becomes Official Health Insurance Provider of the Orlando Magic with baseline apron signage in Amway Center. Photo courtesy of the Orlando Magic.

"Our mission is to help people and communities achieve better health, and we've proudly partnered with the Orlando Magic for more than two decades on programs to support those efforts," said the Florida Blue market president, Tony Jenkins. "Through our enhanced partnership we can drive greater change throughout Central Florida on key drivers of health like hunger, food insecurity and racial injustice."

Recently, the Magic and Florida Blue teamed up for the Block Out Hunger meal distribution event, providing 1,600 meals to families. For every block the Magic had throughout the 2020-'21 season, Florida Blue donated 10 meals to Second Harvest Food Bank of Central Florida, for a total of 3,180 meals. Magic fans also had a chance to donate to the cause at Florida Blue's presenting night during the 2020-'21 season by rounding up their retail and concessions purchases at that game. The program will continue again this season.

The Magic Diversity Game Changers Presented by Florida Blue, is part of the team's equality and social justice efforts. The program will recognize one local leader at each Magic home game who has made a difference in the realm of social justice. The Magic and Florida Blue are committed to fostering equality and justice for all people in the community. Through the program, the two look to put the spotlight on those continuously doing the hard work, day in and day out, fighting for sustainable change.

Through this enhanced partnership, Florida Blue adds multi-property rights by becoming the Official Health Insurance Provider of the Magic's other entities - the Orlando Solar Bears

(ECHL) and Magic Gaming (NBA2K League), while also extending their Lakeland Magic (NBA G-League) partnership.

Orlando Ranks Among The 50 Most **Competitive Rental Markets In The United States**

By Michelle Cretu, Communications Specialist at RentCafe

Orlando secured the 44th spot among the top 50 most competitive rental markets in the country, surpassed by other neighboring markets like Miami-Dade County and Tampa, which turned red hot thanks to renters' soaring interest in the area. To pinpoint the most in-demand rental markets of 2021, we analyzed 105 areas based on occupancy rates, number of renters applying for an available unit, vacancy days, and average credit score.

Here's how Orlando ranks in terms of competitivity:

- On average, it took only 25 days for a vacant apartment in Orlando to be rented out. With occupancy rates at 96.7%, prospective renters had limited housing options in this bustling market.
- For every vacant apartment in Orlando, there were, on average, 21 renters applying for it. In other neighboring markets, like Miami-Dade County, competition among renters was fierce, as 24 renters applied for one available unit.
- Renters who applied for apartments in Orlando had an average credit score of 627, which is below this year's national average of 640.
- By comparison, occupancy rates reached 95.4% nationally. On average, vacant apartments stayed on the market for less than a month and the number of prospective renters applying for one available unit was 14.

This year, Millennial lifestyle renters were a key driving force in the market. Despite earning higher incomes than in 2020, they were forced to rent due to restrictive home prices.



On average, it took only 25 days for a vacant apartment in Orlando to be rented out.

Social Security Benefit Increase In 2022

By Angelita Pacheco, Social Security District Manager in Orlando, FL

Approximately 70 million Americans will see a 5.9% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2022. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But, if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your my Social Security account at www.ssa.gov/myaccount. You can access this information in early December prior to the mailed notice.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa. gov/myaccount to opt out of a mailed COLA notice and any other notices that are available online by updating your preferences in the Message Center. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you. (You must have created one by November 17, 2021, to receive the 2022 COLA notice online.)

January 2022 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2022 will be higher. The retirement earnings test exempt amount will also change in 2022 and you can view that at www.ssa.gov/ news/press/factsheets/colafacts2022.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2022 COLA at www.ssa.gov/cola

pop culture detours by George McGowan

Let's Get Together And Applaud Something Great This Year

One of the victims of our recent years of dealing with a worldwide now-endemic is applause. The act is only possible when in a group of likeminded people. Sometimes it is spontaneous, sometimes it is ironic, sometimes it is done while standing together. I was reminded

recently of a time when I applauded at a movie and looked around and no one else was joining me. I have to say that was kind of embarassing at the time.

So, where did applause come from? My first "hit" when searching for the history of applause was a 2013 article in The Atlantic by my most recent favorite magazine writer, Megan Garber. I can quote extensively from her article here, but I recommend you read it yourself. But Ms. Garber absolutely answered my initial question and more. She observes that applause is equal to our modern internet-driven obsession with "likes" and "shares" and "follows." These modern but isolated equivalents to applause show our friends just what we appreciate and that which we wish we could appreciate together through applause- if we could be together, that is.

As to word applause itself, the exact beginning of its use is uncertain, but the internet search led me to the Carmel Symphony site which says "it was first documented in the third century B.C., with the works of Roman playwright Plautus ending with the word

plaudite, a directive for the audience to applaud or clap." So while applauding perhaps began with one human clapping spontaneously and then groups of humans joining in on the fun, you can see that as most good things can, applause was co-opted by those receiving the applause.



Ms. Garber describes the early days of Roman theaters and theatre-goers and "the rise of a professional class of public instigators — laudiceni, or 'people who clapped for their dinner' — hired to infiltrate crowds and manipulate their reaction to performances." These individuals were likely hired by actors to "boost" audience reactions and thus, bring the actors more acclaim.

That time when I started clapping and was not joined by any others turned an effort for

me to show my appreciation into a referendum on my reaction itself. I was getting "real time information" on my reaction and whether it was shared by any others. (It wasn't.) And as a result, I began limiting my practice of applauding, to avoid any adverse reaction!

> As clapping began to be recognized as a kind of "meter" showing the extent of a group's appreciation, it devolved away from its initial intent. Sociobiologist Desmond Morris describes it as "patting a performer on the back from a distance." But now it's become just another manipulation of the individuals in the crowd. As Garber puts it, I want a return to that days when "We clap because we're expected to. We clap because we're compelled to. We clap because something is totally awesome. We clap because we're generous and selfish and compliant and excitable

and human."

So, as we turn from 2021 to 2022, I resolve to clap more often and without reservation!

Some items of culture both new and old I would like to applaud and recommend to you are: the new adaptation of "West Side Story" a fantastic movie; the album "Purple Rain" by Prince for being great from beginning to end; the art of Wayne Thiebaud (who passed away at age 101 on December 26th); the song "Chaise Longue" by Wet Leg; and 30 second Dance Parties!

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

What A Long, Strange Trip It's Been

Welcome 2022.

It doesn't seem like all that long ago that I was writing January 2021's article. And yet so much is different. I ac-

cept that much seems the same and that life has not been entirely without worry or strain this past year. But I, for one, have cherished being able to remember what it's like to plan something fun, to be hopeful about new experiences, to hug the people I love, to embrace the day/week/month/year without as much fear and doom. This has been the first year of the new normal... but perhaps that could be said about every year.

Change is inevitable; Growth is optional.

While 2021 was the time to grieve, the time to begin again, the time to pick up the pieces of 2020 and build something new, 2022 is the time to emerge and celebrate. I wouldn't dream of promising that this year will be easy or without its own trial and tribulation. But it's the only time we've got and if we spend it lamenting what was, wishing for what should have been, or hoping against what is... it is just another year lost in the annals of time.

If we embrace, engage, ground ourselves, and become ever grateful for the present day we've been given and the gift of being able to show up in the world as ourselves... the future is limitless. It's time, my friends. With that, my January tradition is to share my favorite piece of written work and a piece from which I never fail to reap more benefit, with every read.

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



Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit.

If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

By Max Ehrmann 1927

in the garden by Stephen and Kristin Pategas



Genus Series: Sabal

Stephen & Kristin Pategas

The Genus Series selects a genus of plants and explores a selection of its species, varieties, and/or

cultivars that will grow successfully in Central Florida.

Botanical name(s)*/Common name(s): Sabal palmetto/sabal or cabbage palm, Sabal minor/dwarf palmetto

*Genus with species and variety or cultivar **Growing Zone(s) (Central Florida is 9b):** 8b to 11, 7 to 10b for S. minor

Light requirements: sun to part shade **Soil requirements:** range

Water use: range

Origin: coastal South Carolina through Florida **Note:** both palms grow slowly and have costapalmate leaves which are a variation of a palmate leaf shape

Sabal palm

Sabal palmetto is the state tree for Florida and South Carolina. It is found throughout Florida growing in a wide range of soil conditions. It is perhaps the most hurricane-proof tree or palm and tolerates brackish water. In the landscape, sabal palms reach heights of 40 to 50 feet with rounded heads of fronds 10 to 15 feet in diameter. At planting, space them about 10 to 12 feet apart and stagger the heights when planting in groups.

When older fronds die, they eventually drop. Unfortunately living fronds are often removed to create what is called a "hurricane cut." Fronds that are horizontal or higher should remain to fuel growth. Flower stalks emerge in mid-summer and the fragrant, creamy white flowers attract pollinators. The seeds that follow are enjoyed by wildlife but also sprout in the landscape. Flower stalks can be removed but wait until the pollinators are done. It is still a mystery why leaf bases (aka boot jacks) persist on some sabal palms, while on others they drop off naturally to create a smooth trunk. Leaf bases can be mechanically removed but take care to not damage the trunk.

Dwarf palmetto

Sabal minor grows in similar conditions and will thrive in more shade. It reaches about six feet in height and typically does not develop a trunk. It may be confused with a young sabal palm that has not yet developed a trunk.



Hortus Oasis (FL0001090) 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.





protection and service by Jim Whitman, Winter Park Police Department

New Year, Great Deal?

Now that the holidays are past us, its just a matter of time until we start to receive those emails, text messages, and phone calls telling us about offers that are only available for a short time so...ACT NOW! Even worse, the robocalls will start up advising us that one of our on-line shopping accounts has seen some suspicious activity and we should press a number to speak to a representative now. Unfortunately, the majority of these ads and phone calls are merely scams designed to gain access to whatever device you are using or worse yet, your banking information. Let us offer a few tips to help navigate the barrage of misleading information that usually begins just after the holidays.

Unless you are subscribed to a shopping site, you usually won't receive emails that are offering special deals to its members. You may receive an email alerting you to special deals but most of the time you will be instructed to go the website and log in. As always, never click on a link in an email or text as you have no knowledge as to where you



are being redirected. Also, do not be pressured into making a purchase because there is countdown clock running in the corner of the page, as this is just a distraction tactic used to possibly divert your attention from a bogus URL (web address).

Although we have mentioned it before, prior to entering any personal information (including credit card information) on any website, always make sure that you are on a secure page. Look at the beginning of the web address for the padlock symbol. It should go without mentioning, if you are contacted about an unusual purchase made on one of your accounts by a robotic voice instructing you to select a number to speak with representative, do not give your account number or credit card information to that individual. If it is a legitimate call, they will have security questions for you from when you initially set up your account.

Let's all resolve to do our best to stay safe this new year and not be a victim. Now, to see if I can get an extended warranty for my 1973 Ford Pinto.

Happy New Year and Stay Safe!

schools



Teaching young children the spirit of giving, showing them the importance of thinking of others, and modeling kindness are important ways to help them grow into productive and loving members of our world.

WPPP's ongoing mission to feed the hungry by collecting food every Wednesday morning for the Christian Service Center is one way that we teach giving. The children enthusiastically brought in over 600 food items for donation since we began collecting in October!

The children in all age groups made hundreds of festive holiday cards, book marks, and wreaths for residents of The Plymouth and Tranquil Terrace, two senior living centers through the Winter Park Housing Authority. Beautiful artwork was created by our students and delivered to the seniors who are residents of these two public housing centers. We hope they could feel the love in the handmade gifts.

Winter Park Presbyterian Preschool students were busy learning to make green wreaths. They also collected food donations to feed the hungry.

Many parents are making preschool choices for the 2022-2023 school year. We will offer classes for children who are age one through VPK-eligible as of September 1, 2022. Information and tuition rates are available on our website winppc.org/preschool. Photos of our classes and their activities can be found on our Winter Park Presbyterian Preschool Florida Facebook page. Registration opens to the public on February 1.







