

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

Be A Player To Offer Free Sports Physicals

The non-profit organization Be A Player is hosting two free sports physical and ECG events for any K-12 student who needs their required annual sports physical. In addition, the event benefits any high school athlete, band participant, and JROTC student who is required to get at least one ECG test during high school to participate in their chosen activity. Be A Player is partnering with Who We Play For and Evan Ernst to provide the ECGs.

The two events will be on Saturday, June 11, 2022

at Oak Ridge High School and Saturday, July 23, 2022 at Jones High School. They are currently only registering for the Saturday, June 11, 2022 event. The Oak Ridge High School event (700 W. Oak Ridge Road, Orlando, FL 32809) is 9:00 a.m. - 2:00 p.m. Volunteers will start at 6:00 a.m. See links below for everything you and the students will need.

• Forms: Visit https://drive.google. com/drive/folders/1clz0bO5xPuQneqURNCA8 oliN1hS2ycV4 to all sports physical & ECG forms. They need to be signed by a parent or guardian.

• ECG Pre-registration link: https://app.squarespacescheduling.com/schedule.php?owner=237941 03&appointmentType=32636898 to schedule a specific time for an ECG, all other students will be seen on a first come-first serve basis.



Photos courtesy of BeAPlayer.org

A Three-Year, \$4 Million Partnership To Provide Nonprofit Training Support

Orange County Government and the Crummer Graduate School of Business at Rollins College formed a three-year, \$4 million partnership to provide nonprofit training support through Crummer's Edyth Bush Institute for Philanthropy & Nonprofit Leadership.



nonprofits with the tools necessary to succeed in the post-pandemic environment. Specifically targeting small and diverse Orange County-based nonprofits, "Empowering Good: A Nonprofit Capacity Building Project" is designed to offer training in five key areas: impact measurement, innovation, financial management, fundraising, and risk management.

Funded by the American Rescue Plan Act in Orange County, the program will equip local

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Graduate School of Business Rollins College

Experience Excellence

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Publisher's Message



Rick Cable

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Like us on

me, as my firstborn is part of this class. Mem-

bers of this class include kids I've known since they were mastering their first steps. I've tossed my hand on a sharp corner to protect them and caught a few from rolling off a couch or a chair. I've shared time reading their favorite book,

and drawing for them so they could color, and then later having them read and draw for me. I've been on lifeguard duty for several of them when they were just learning to swim; I have always greeted each of them with a high five and a smile. They all return the high five and a smile and say, "Hi Mr. Rick!"

I've cheered them on at their various sporting events, been known to slide a few extra bucks in their hands so they could try the claw JUST ONE MORE TIME, when their parents

As I write this, I said, "That's it." A few have had to listen to my have two topics that are "You're better than that" discussion, and I've placed a few in 'time out.' They're each very important to me, and as parents we shared this journey together. We as a community have raised some amazing kids, and now they have become very accomplished young adults. So, speaking of impressive accomplishments,

congratulations to the 2022 Winter Park High School Boys Volleyball Team on winning the 2022 FHSAA State Championship last month. It is the first state championship in volleyball in the school's

> history. They finished the season with an impressive 28-2 record and were ranked 18th in the country by USA Today/American Volleyball Coaches Association.

> Members of this talented 2022 State Championship team are Head Coach Jesse

Day, Assistant Coach Roger Peluso, Stephen Childs, Jacob Little-Phillips, Ryan Peluso, John Michael Mazzotti, Dylan Clunan, Jonathan Herbert, Andrew Webb, Robert Cole Colado, Ketcher Stewart, Jake Fritz, JP Nolasco, Nick Griessel, Mason Marberree, Zachary Ross, and Dickson Colado.

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

Rick **Rick Cable** Founder/Owner



top of mind. College graduation, and the recent state championship won by the Winter Park High School Boys Volleyball team. The collegiate graduating class of 2022 holds

special significance to

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learn more & apply cityofwinterpark.org/greenbusiness

questions smiller@cityofwinterpark.org or 407-599-3364

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

June is full of sunshine and the City Beautiful is the best place to celebrate summer, graduations, and dads!

I know many of us are grateful to have fathers or a father-figure who has made a difference in our lives. As we celebrate them this month, take a moment to express

your gratitude and if you are a dad, renew your commitment to being the best one you can be for your children. My father passed away almost 50 years ago and not a day goes by when I'm not grateful for the short time we spent together, and for the legacy he left my family and me.

Here are some fun ways to spend time with your dad or your recent grad! Spend the day at Loch Haven Park visiting the Orlando Science Center, the Orlando Museum of Art, or The Mennello Museum of American Art. Remember that every second Sunday, the Mennello Museum (mennellomuseum.org) hosts Family Fun Day (this month it is June 12th), where residents can tour the museum for free in the afternoon and have a chance to do a fun art project. They also host a relaxing yoga class in the sculpture garden that day at 11:30 a.m. If your dad or grad loves the arts, take them to 1st Thursdays at Orlando Museum of Art (OMART). This fun event is a way to discover local artists, listen to live music, and mingle with an eclectic mix of people. OMART also offers Family Highlight Tours and Stroller Tours- check out all their offerings at omart.org.

For our families who love the outdoors, Orlando



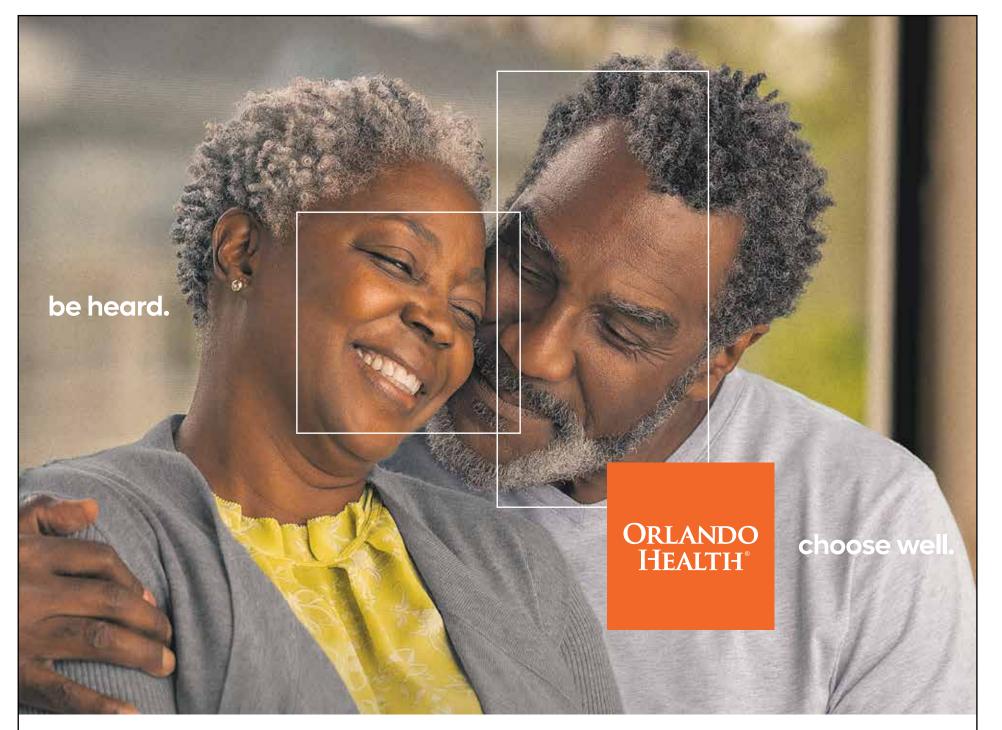
Photo of Bill Frederick Park at Turkey Lake.

has large parks such as Bill Frederick Park at Turkey Lake or Orlando Wetlands Park that offer activities such as hiking, wildlife tours, fishing, and camping... all great, economical ways to spend quality time with friends and family. While you are at Bill Frederick Park, try your athletic skill on the two frisbee golf courses. Frisbees are available for rent in the front office. For our dads who love sports, consider joining our Father's Day softball tournament at another one of our signature parks- Lake Fairview Park. (which will soon be undergoing an exciting renovation).

For our dog-loving dads and grads, our newest park area will have a large off-leash dog park in the next year. The Packing District Dog Park will join the Orlando Tennis Centre and City Park at the Packing District to bring 2.5 acres of green space dedicated to our four-legged friends to the area near Princeton Street and Texas Avenue. Visit orlando.gov for more information and details about all of these local amenities.

Leaving the City Beautiful this summer? Here are some tips on how to keep your home safe while you're gone! Let a neighbor know when your house is going to be vacant so that they can keep an eye out for anything out of the ordinary, as we tend to see a spike in crimes of opportunity during the summer months. Also, don't forget to put a hold on your mail and stop your newspaper delivery so that it isn't obvious that you aren't home. If you get home and something looks suspicious, call the Orlando Police Department, either by using 911 or the nonemergency number, 321-235-5300.





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Winter Park Mayor's Message

Mayor Phil Anderson

Welcome To The Start Of Summer!

As we gear up for our future. On March summer, we look forward to celebrating the freedom and strength of our country, our city, and our countrymen. In Winter Park, we celebrate that freedom with our wonderful Fourth of July and Juneteenth

events. Details about these two meaningful events are below.

In Winter Park we also celebrate summer every day. We celebrate with picnics in our parks, swimming in our pools, and the joys of airconditioned* bookworming in our library. We celebrate with sidewalk dining, our museums, ice cream cones, and of course, our world class shopping. And by the end of summer, we will also celebrate the re-opening of our new Central Park bandshell and stage, currently under construction. As a community that values our small-town feel and our history, the bandshell and the lawn are special. This is where the picnic blankets come out and we huddle with neighbors, to enjoy music and movies.

This year there are so many other things to celebrate:

• We can see each other's smiles as our pandemic ebbs!

• We have an amazing police and fire department with the best emergency response times in the region and team members who care about our residents.

• We have city staff committed to service and making our community "every day exceptional."

• We have financial strength with a strong and growing revenue stream and the highest reserves in the city's history.

While we celebrate our past, we are also planning

23, Commissioner Todd Weaver and our newest commissioner, Kris Cruzada, were sworn in and on April 14 my fellow commissioners and I met to discuss our priorities for the next 12 months. Some of those priorities are:

• Integrating the city's recently acquired the Winter Pines Golf Course into our parks system. This investment in 93-acres of green space is a longterm commitment to a family-focused public golf course, keeping the game affordable for families and the next generation.

• Improving bicycle and pedestrian connections to our parks, which some have called our "Emerald Necklace."

• Focusing our attention on traffic safety with design funding and the pursuit of infrastructure grants.

• Seeing how we can improve the lives of all who live and work in Winter Park as we upgrade the city's strategic plans for all departments.

Commissioners DeCiccio, Sullivan, Weaver, Cruzada and I wish you a wonderful summer. Stay cool, splash in the water, celebrate the shade ... and don't forget to wear sunscreen!

Wishing you a safe and happy summer! P.S. & Event Notes:

*Fun Fact - John Gorrie of Apalachicola invented refrigeration in 1842, which is the technology behind air conditioning. Thanks John for making summer in Florida a treat!



In commemoration of **Juneteenth**, the Hannibal Square Heritage Center, in partnership with the Winter Park Library and the city's Parks & Recreation Department will host the 7th annual Juneteenth Celebration: Remembering, Knowing and Shifting the Narrative. This event will be held Saturday, June 18, from 10 a.m. to 2 p.m., at the Winter Park Community Center located at 721 W. New England Ave., adjacent to the Heritage Center. The celebration and observance will feature distinguished guest speakers along with community conversations on diversity, equity and inclusion.

Fourth of July location change: Please don't forget join us as we celebrate our nation's Independence Day at our annual 4th of July Celebration, Monday, July 4, from 9 a.m. to noon. Because the stage in Central Park will be under renovation, this year's event will be held at the Winter Park Events Center Tiedtke Amphitheatre and at the Community Playground across the Unity Bridge in Martin Luther King, Jr. Park.

For more information on movies, concerts, swimming pools, golf courses and both celebrations that commemorate our freedoms, please access the city's event calendar at cityofwinterpark.org/events.

protection and service by Jim Whitman, Winter Park Police Department WINTER PARK

Another Effect

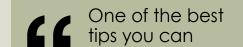
A broken supply chain, businesses closing, a dearth of semi-conductors and micro-chips, people not returning to their previous jobs...all of these can be blamed on the COVID-19 pandemic. But, one effect that is unfortunately coming to light is the fact that in-person training/lessons stopped. Living here in Florida we get to enjoy summer-like temperatures most of the year affording us the ability to take a dip in the pool anytime we wish. Sadly though, we Floridians are seeing that, because people stopped receiving training (specifically swimming lessons), more and more drownings are being reported around the state. Now that summer is upon us, please take a moment to review some pool/swimming safety tips to help make this summer season safe and more enjoyable.

First and foremost, never swim alone. Even though you may be an accomplished swimmer, you should always swim when someone is home and, more specifically,

the topic of drinking, alcoholic beverages may taste great and seem to refresh you but in actuality will dehydrate you more quickly than you realize. Additionally, enough of those beverages can impair your ability to make sound decisions and affect your coordination which are two things you definitely need when you are in and around water.

One of the best tips you can receive is to learn CPR. The acronym ABC (which stands for airway, breathing, and circulation) is particularly important when talking water safety. Obviously, keeping a person's airway open is necessary for

breathing but knowing what to do if someone's heart stops beating (thus ceasing the circulation of blood) is extremely important in



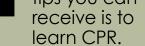
observing you in the pool or lake. After all, you never know when you might hit your head, slip and fall on a wet pool deck, or suffer an ailment that would hamper your ability to safely get out of the water.

Although it should go without saying, children need to be supervised when around water. Experts report that it only takes 20 seconds for a child to drown and only 40 seconds for an adult. In some cases, it can take as little as a ¹/₂ cup of water to enter the lungs for this condition to occur, so supervision of children is paramount! On this topic, enrolling children in swimming lessons at an early age can also help prevent a tragic outcome. Children can start swimming lessons as early as six months of age in a child/parent class. This class will teach swim basics as well as help them get acclimated to the water while teaching the adults water safety skills.

Whenever entering the water for the first time, it should be done feet first and only feet first, unless the area you are swimming in is designated for diving. On the topic of diving, caution should be given to ensure that kids stay away from pool drains. Bathing suits or hair can get caught in an uncovered drain and lead to injury or drowning. If you see a pool drain uncovered, let someone know.

Remember to continue to hydrate while enjoying the water. Often times we think that since we are immersing ourselves in water, we can't dehydrate. This is simply not true. Always take a break at least once an hour and drink some water -not from the pool or lake, but clean water that you are sure is safe to drink. On

any situation. Becoming certified CPR (cardio-pulmonary in resuscitation) can not only aid you while enjoying the water during the summer months but keep you



prepared should you encounter an emergency anytime of the year.

Growing up, I always looked forward to going to the beach or pool with my family. I remember being told that I would have to wait at least 30 minutes after eating before I could return to the water or else I would drown. Now that I have grown up and had the opportunity to research the subject, I have learned that there are no documented deaths attributed to anyone swimming on a full stomach. Now, I originally thought that my parents had come up with this rule so as to give them a break from hearing me yell, "Hey, watch this.... Dad...Mom.... watch this!" Apparently, this myth has origins leading back to a Boy Scout handbook published in 1908 and was based on the concern that as your body digested food, it would divert energy to the stomach and away from your limbs, thus robbing you of energy needed to swim safely. No one knows where the Boy Scout handbook derived this idea but this fallacy has lasted for over 100 years much to the chagrin of children everywhere wanting to get back into the water. So, there is no reason to wait to return to the water (except to give Mom or Dad a break).

Have a great summer! And as always, Stay Safe!

"Dance, Dream & Inspire" Competition Raises More Than \$200,000



"Dance, Dream & Inspire" competition raised more than \$200,000 to help children at risk of abuse and neglect.

Sarah Hohman and her partner, Romney Reyes, danced their way to victory at the "Dance, Dream & Inspire" charity competition, while Chassity Vega and her partner, Jose Perez, captured the spirit of the night, leading all others on the fundraising board. All together the event raised more than \$200,000 for a local charity that serves vulnerable children and their families.

The annual gala benefits Embrace Families, Central Florida's nonprofit lead agency overseeing foster care and other services for childhood victims of abuse, neglect, and abandonment.

This year's competition took place on May 7 at Hard Rock Live in Orlando. As the feature event, five local business leaders partnered with professional dancers to perform a range of ballroom dance styles.

Hohman, the executive director of market strategy at AdventHealth, teamed up with professional dancer Reyes to dazzle the audience with a high-energy cha-cha. They won the "Judges' Choice" award for outstanding technical skill and creativity. Meanwhile, the audience vote for "Most Popular Couple" went to Chassity Vega, CEO of Greater Orlando Builders Association, and partner Jose Perez. The two raised more than \$25,000 worth of spectator votes. The event also featured dances from WFTV's Joe Kepner, IPRG's Anna Vasquez and Karma Roofing's David Arce.

"While much has changed since the last time we hosted Dance, Dream & Inspire, one thing has not – and that's how the Central Florida community rallies to support vulnerable neighbors," said Glen Casel, the president and CEO of Embrace Families. "Despite the glittering stage and performances, what shined brightest was the spirit of compassion, hope, and inspiration from our powerful partners who competed this year."

During the event, Embrace Families also presented its annual Inspiration Award to Jane Soltis, a longtime Eckerd Family Foundation executive and a catalyst for jump-starting Florida's "Keys to Independence" program. Each year, this honor recognizes an individual or group who has made outstanding and selfless efforts to promote the welfare of Florida's children.



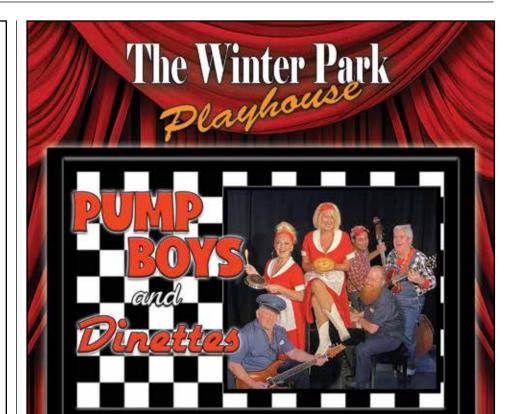


Photo courtesy of BeAPlayer.org

• Volunteer: if you know any students who need service hours for next school year, this is a great opportunity. Visit https://docs.google.com/forms/d/e/1FAIpQLSfMknPk_k8azUF44mHANHMevNjx4fIH3Bdg-ZZ-Kjca-cgE5pg/viewform if you'd like to sign up to be a volunteer.

Last year, Be A Player provided free sports physicals and ECGs to over 450 school-aged students, with 200+ medical and non-medical volunteers. Be A Player relies solely on grants, donations, volunteers and fundraising efforts to continue to serve the youth in our community. Please like our FB page and if you or your company would like to get involved, be a sponsor, or volunteer, please feel free to email Jordan Klarfeld at JSJKlarfeld@ beaplayer.org with any questions.

For more information, please visit beaplayer.org.

May 13 - June 12, 2022

Highway 57 in Grand Ole Opry territory sets the stage for a high-energy musical romp between the gas station "Pump Boys" and the "Dinettes" at the Double Cupp diner next door. This Broadway musical is full of toe- tappin' country western songs and a whole lot of fun for all!

Book, Lyrics, and Music by John Foley, Mark Hardwick, Debra Monk, Cass Morgan, John Schimmel, and Jim Wann

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Winter Park Receives Tree City USA Growth Award

The city's Urban Forestry Division received the Tree City USA Growth Award from the Arbor Day Foundation. The Growth Award recognizes major milestones and annual activities in five categories that combine to build sustainable community forestry programs over the long term. It is presented to participating Tree City USA communities that demonstrate higher levels of tree care and community engagement. Winter Park has proudly been designated a Tree City USA community for 30 years.

The Urban Forestry Division also recently partnered with the Arbor Day Foundation and

Florida Forest Service to present the Community Canopy Program, where Winter Park residents can order a FREE tree at cityofwinterpark.org/ urbanforestry. City residents have the option to choose from several different tree species including bald cypress, chaste tree, dahoon holly and sweetbay magnolia. The one-gallon tree will then be delivered directly to the resident's doorstep along with instructions on planting and care.

Please join in the city's efforts to expand and maintain Winter Park's storied tree canopy by beautifying your property with a FREE tree that will benefit generations to come. It is important to always remember to choose the "right tree for the right location." For additional information regarding the right



tree for your property, the city's tree canopy efforts, and the Community Canopy Program, please contact Urban Forestry at 407-599-3325 or urbanforestry@cityofwinterpark.org.

Orlando International Airport Terminal Highlights

When it opens later this year, Terminal C at Orlando International Airport will highlight a combination of local flavors as well as national brands, and shine a spotlight on engaging shopping experiences.

"Our dynamic concessions program for the new terminal features everything the modern traveler could want in the way of eating, drinking, and shopping during their trip through Florida's busiest airport," said Yovannie Rodriguez, the chief administrative officer of the Greater Orlando Aviation Authority (GOAA). "With more than 80,000 square feet of concession space, we were able to bring concepts to life in a way that meets the diverse needs of passenger demand and continues our delivery of The Orlando Experience."

With the traveling public in mind, 93 percent of the concessions in Terminal C will be located beyond the security checkpoints with the remaining offerings pre-security. This was done intentionally to enhance the customer experience and ensure the ability for proper timing and planning for those flying in and out of Orlando International.

Knowing the importance of including the flavor of Central Florida, several local brands are expanding their reach by opening locations in the new facility. Local concepts for Terminal C include Barnie's Coffee & Tea Co., Wine Bar George, Orange County Brewers, Provisions by Cask & Larder, PGA Tour Grill, Raw Juice, Cucina & Co., Olde Hearth Bread Co., Cask & Larder Public House, Orlando Brewing Bar & Bites, and Sunshine Diner by Chef Art Smith.

Other dining options located in Terminal C include Eola Market, Shake Shack, Harvest & Grounds, Summer House Orlando, Greenbeat, Desano Pizzeria, Main Street Market with Einstein Bros. Bagels and Replenish with Illy Coffee.



From Page 1.

"Nonprofits play a central role in the wellbeing of our community here in Orange County. Despite increased demand for their services during address organization-specific challenges.

In assessing how to deploy its American Rescue Plan funding, Orange County government sought GOAA is pleased to confirm that Airport Concessions Disadvantaged Business Enterprise for this new terminal exceeds overall airport goals with at least 30 percent participation. The program is designed to ensure opportunities for small businesses who wish to participate in concession opportunities at Orlando International Airport.

If grabbing a locally-inspired dish wasn't enough before boarding a flight, travelers can experience some Orlando-specific retail therapy as they pass through Terminal C. Themed shopping experiences from Walt Disney World, Universal Orlando and SeaWorld Orlando feature unique, direct access to the best souvenirs only available in Orlando. Other shopping options include newsstand and gift shop options like The Scoop, Gatlin Trade, Sunglass Hut and Brighton. The all-new City Arts Market will bring the Orlando art scene to the traveling public by featuring products created by local artists.

While many travelers might look forward to relaxing before boarding their flight, some might be ready to plan their next vacation and that's where the TripAdvisor location can be helpful. This retail outlet will feature an interactive display wall sharing information on travel destinations around Central Florida and the world.

For travelers looking to disconnect from it all before boarding their flight, the Plaza Premium Lounge will be the go-to spot. The lounge, located on the second floor of the Palm Court area, features a dedicated area for families, a restaurant and bar, and quiet spaces where business travelers can be productive.

it organizations soared during the pandemic. In April 2020, the Edyth Bush Institute conducted a survey to assess the state of the nonprofit com-

the COVID-19 pandemic, many of our community's nonprofit organizations were being adversely affected by the pandemic in potentially devastating ways, directly impacting essential services in Orange County," said Mayor Jerry L. Demings of Orange County. "Deploying American Rescue Plan funds in partnership with Crummer's Edyth Bush Institute will help us provide the resources necessary to ensure the long-term success of our nonprofit community."

The cohort-style program will support up to 36 Central Florida nonprofit organizations every six months over the next three years as well as offer organizational assessments and coaching for up to another 15 organizations, for a total of 261 nonprofits, starting in September 2022. Training provided by the Edyth Bush Institute throughout each year-long program will include workshops, assessments, coaching/consulting services, and custom programming to to address needs in six key areas, with one of those areas being small business assistance. Alignment with the Crummer School's mission to produce global, innovative, and responsible leaders who impact their organizations and communities, as well as the Edyth Bush Institute's wide-reaching nonprofit network, provided an ideal partnership that would enable the county to bolster small businesses within the regional nonprofit community.

"This exciting partnership with the Orange County Government will reach beyond nonprofits to the many organizations and individuals who benefit from their programs and services," said Dr. Deborah Crown, dean of the Crummer Graduate School of Business at Rollins College. "Our incredible staff at the Edyth Bush Institute embrace this opportunity to further guide our local nonprofit leaders to continue to spark innovation and create jobs for our economy."

Demand for goods and services from nonprof-

munity. The survey found 93.73% of the 287 participating nonprofits reported moderate to significant impact on programs, services or general operations. In addition, 194 nonprofit organizations reported an anticipated revenue decrease of \$48 million to \$54 million between February 2020 and June 2020.

"Nonprofits play a vital role in directly improving the lives of individuals. Their contributions to this community and our economy cannot be overlooked. Yet, the struggles with increasing demand for services and maintaining a robust workforce were real," said Min Sun Kim, executive director of Crummer's Edyth Bush Institute of Philanthropy & Nonprofit Leadership. "This program will allow us to address pandemic and post-pandemic challenges as well as to help leaders position their organizations for long-term success."

For more information and to access the program application, visit empowering-good.org



Orange County's Communications Division has been recognized for its efforts in planning and executing the #IGotMyShot Campaign to Combat Vaccine Hesitancy by the Public Relations Society of America (PRSA) with the highest national honor, the Silver Anvil. The Silver Anvil celebrates the best strategic public relations campaigns of the year, as well as outstanding organizational excellence. A full list of winners can be viewed here.

Despina McLaughlin, senior public information officer, and Sarah Dillon, digital specialist, led the campaign which rolled out in April 2021 during the height of the COVID-19 vaccine distribution. The two accepted the award on behalf of the Communications Division at the historic Edison Ballroom in New York City.

"I am so proud of this national honor bestowed on Orange County. But beyond that, this innovative campaign brought about life-saving results. By encouraging Orange County residents to get COVID-19 vaccinations, the #IGotMyShot campaign saved lives," said Mayor Jerry L. Demings of Orange County.

The #IGotMyShot communications campaign has also received an Award



of Excellence from the Florida Association of Counties and an Achievement Award of Excellence from the National Association of Counties. Locally, the Orlando Chapter of the Florida Public Relations Association awarded Orange County both an Image Award and the Grand Image Award. In April 2021, COVID-19 vaccines became available to Florida residents 16+. Research revealed that hesitancy was growing, especially with minorities under 50 years old, due to the spread of misinformation and the speed of vaccine development. However, research also uncovered that this demographic

could be swayed once armed with facts. The Orange County Government Communications team set out to reach minority residents and encourage vaccination. Efforts paid off as Orange County minority vaccinations more than doubled and the overall vaccination percentage increased from 28% to 71% by the campaign's conclusion on September 14, 2021.



Presenting Sponsors: Dr. Judith Marlowe & Gordon Blitch Don't miss this exciting 4-day festival that will showcase six brand new musicals from around the nation! June 23 - 26, 2022 One act of each musical will be fully read and sung concert-style, without staging, by varying casts of professional actors and musicians. \$10.00 per show /\$50.00 for 6 six shows 407-645-0145 | winterparkplayhouse.org

Five Social Security Resources That Can Protect Elders From Scams

By Angelita Pacheco

Social Security District Manager in Orlando, FL

World Elder Abuse Awareness Day is on June 15. On this day, communities, seniors, caregivers, governments, organizations, and the private sector unite to prevent the mistreatment of and violence against older people.

Social Security scams are widespread across the United States. Scammers use sophisticated tactics to deceive you into providing sensitive information or money. They target everyone – especially the elderly – and their tactics continue to evolve.

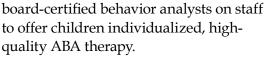
Here are five easy-to-use resources to prevent Social Security fraud:

- Check out our Fraud Prevention and Reporting page to learn about Social Security fraud – and how we fight scammers at www.ssa.gov/fraud.
- Read our Scam Alert fact sheet to learn what tactics scammers use and how to protect yourself at www.ssa.gov/fraud/assets/ materials/EN-05-10597.pdf.
- Create your own personal my Social Security account at www.ssa.gov/myaccount to stay one step ahead of scammers. Please read our blog post at blog.ssa.gov/my-social-security-whatto-know-about-signing-up-or-signing-in for more information about creating or signing in to your personal my Social Security account.
- Learn about other types of fraud on our Office of the Inspector General's (OIG) Scam Awareness page at oig.ssa.gov/ scam-awareness/scam-alert. You'll also see how to report these scams to our OIG and other government agencies.
- Read our blog post to learn how to guard your Social Security card and protect your personal information at blog.ssa.gov/guard-your-card-protect-whats-important-to-you/.

Please share this information with your friends and family to help spread awareness about Social Security imposter scams.

Florida Autism Center Opens New Location In Winter Park

Florida Autism Center, a division of Blue Sprig Pediatrics, a provider of Applied Behavior Analysis (ABA) for children with autism spectrum disorder (ASD), opened a new center in Winter Park, Florida. The new location will have 20 registered behavior technicians and three



"We are excited to be able to offer our services to the Winter Park community and become a resource for families in the area," said Patricia Eberhardt, the center director at BlueSprig Winter Park. "We strive to provide the highest quality care





for children with ASD and understand that for many families, proximity to ABA services is critically important to helping their children succeed."

ABA therapy at FAC is individualized. A BCBA will design and oversee the program that incorporates the child's skills, needs, deficits, interests, as well as family preferences. Goals are adjusted as the child progresses and the BCBA will meet regularly with the family for caregiver guidance that will help them apply what is being done successfully in the center to the home environment and vice versa.

With locations across the country, Florida Autism Center's parent company- BlueSprig- is committed to delivering high-quality ABA therapy to children with ASD. Built around the process of behavior change using reinforcement strategies to increase and decrease targeted behavior while improving socialization, communication, learning skills, and other developmental milestones, ABA has become a standard of care for early intervention treatment of ASD.

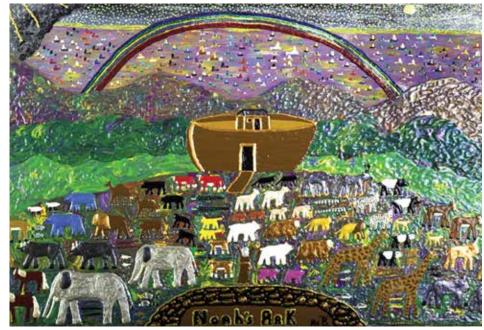
Located at 2305 Glenwood Drive, the Florida Autism Center in Winter Park will provide on-site services from 8 a.m. to 6 p.m. and in-home treatment from 8 a.m. to 6 p.m.

For more information about Blue Sprig Pediatrics or Florida Autism Center, visit www.bluesprigautism.com.

An Irresistible Urge To Create: The Monroe Family Collection Of Florida Outsider Art Opens At The Mennello Museum Of American Art

An Irresistible Urge To Create: The Monroe Family Collection Of Florida Outsider Art is the most comprehensive exhibition of Florida Outsider Art brought together for the first time into one travelling exhibition. The passion for Outsider Art runs deep in Florida, where self-taught artists have forged an indelible mark of special attention on the creative landscape of the state. Against the odds, many of these artists created obsessively to escape from their worlds that were often full of deep conflict and personal struggles The most comprehensive exhibition of its kind, organized by Boca Raton Museum of Art and traveled to Tampa Museum of Art; the Mennello Museum's presentation is the final stop through October 16, 2022. This is the first time the three museums have presented this definitive group of artists with an exhibition of this size and scope. "This exhibition brings to the forefront the importance, really the essentiality, of visual creation as a means of candid expression - open and available to everyone to use no matter their background or supplies," says Katherine Page, Curator of Art and Education at Mennello Museum of American Art. She continues, "The curatorial selection and essays by Kathy Goncharov (Boca Raton Museum of Art) and Joanna Robatham (Tampa Museum of Art) celebrates artists whose work and life experiences offer viewers an intimate look into amazing expressions of spirituality, environment, and private reality."

Shannon Fitzgerald, the executive director of Mennello Museum of American Art said, "The Monroe Collection of Florida Outsider Art reflects a deep connection to the origins of our museum with our pursuit, preservation, scholarship, and stewardship of the work of Florida Folk artist Earl Cunningham and the many folk artists and self-taught artists in our collection. We are proud to present the narrative of wonder, perseverance,



and creativity located from a distinctly Florida perspective of some of its most vulnerable, yet immensely creative figures. The lineage that unfolds in the Monroe Family collection urges the viewer a compassionate consideration.

Starting in the early 1990s, photographer Gary Monroe drove throughout Florida for more than ten years – from Key West to Jacksonville to Pensacola – on a mission to find what he calls "Florida's renegade artists." Thirty years later, after collecting, protecting, and archiving more than 1,000 works by outsider artists, the result

Artwork by Jack "Mr. B" Beverland (American, b, 1939), Untitled. Courtesy of the Monroe Family Collection.

is an expansive collection, which includes the over 80 objects by 44 self-taught artists whose work is on display, many for the first time, in this exhibition.

The artists in this exhibition were not interested in monetary gain or acclaim, they just wanted to create. "People who admire the independent spirit that unites these artists are awed by their sense of urgency. Their art is genuine. They let it flow from deep within their interior selves, they did not

Continued on page 9

Attorney Lauren Reynolds Named President-Elect

Attorney Lauren Reynolds of Winderweedle, Haines, Ward & Woodman, P.A. has been voted 2022-2023 president-elect of the Young Lawyers Section of the Orange County Bar Association (OCBA). She will serve as the 2023-2024 **OCBA** Young Lawyers Section president.



Lauren Reynolds.

Reynolds focuses her practice in the areas of bankruptcy and creditor's rights, where she represents creditors in chapter 7, 13, and 11 cases and trustees in complex chapter 7 cases; commercial litigation; and appeals. Reynolds was recognized by Florida Super Lawyers as a Rising Star and by Best Lawyers as "One to Watch."

She is admitted to The Florida Bar, the U.S. District Courts in Florida, and the U.S. Court of Appeals for the Eleventh Circuit.

Reynolds received her undergraduate degree, *cum laude,* from Barnard College and her law degree, magna cum laude, from the Florida State University College of Law, where she was inducted into the Order of the Coif, a member of the Law Review, and received numerous law student awards. She currently serves as treasurer of the Central Florida Bankruptcy Law Association and vice president and general counsel of ATHENA Orlando Women's Leadership, Inc.

Fact Sheets Added To Your Social Security Statement By Angelita Pacheco, Social Security District Manager in Orlando, FL

Your Social Security Statement (Statement) tells you how much you or your family can expect to receive in disability, survivors, and retirement benefits. It also provides a record of your most recent earnings history and other valuable information.

We also give you fact sheets with your online Statement. The fact sheets provide clear and useful information, based on your age group and earnings situation. They can help you better understand Social Security programs and benefits.

The *Statement* fact sheets cover the following topics:

- Retirement readiness for workers in four age groups.
- Workers with non-covered earnings who may be subject to the Windfall Elimination

From Page 8.

Provision and Government Pension Offset.

- Social Security basics for new workers.
- How people become eligible for benefits (for people who have not earned enough work credits).
- How additional work can increase your future benefits.
- Medicare readiness for workers aged 62 and up.

We recently released a new fact sheet specifically for people with limited earnings. The new fact sheet covers how they and their family members may qualify for benefits, including:

- Supplemental Security Income.
- Social Security retirement benefits.
- Children's benefits.
- Supplemental Nutrition Assistance Program.

 Help with health care costs – including Medicare, Medicare Savings Programs,

Extra Help with Medicare prescription drug costs, and Medicaid.

The best way to get access to your Statement and the new fact sheets is by using your personal my Social Security account. If you don't have a

personal my Social Security



account, be sure to create one at www.ssa.gov/myaccount. You can even view your full earnings history there. To learn more, visit our

Social Security Statement webpage at www.ssa.gov/

myaccount/statement.html.

Please share these resources with your friends and family.

promote their work," said Monroe. Mr. Monroe has written ten books about Florida art, including The Highwaymen: Florida's African-American Landscape Painters.



Artwork by Brian Dowdall. At right: artwork by M. Steele.

Mennello Museum of American Art and its exhibitions are generously supported by the City of Orlando and the Friends of the Mennello Museum of American Art. Orange County

Government provides additional funding through the Arts & Cultural Affairs Program and United Arts of Central Florida. Sponsored in part by the State of Florida, Department of State, Division of Cultural Affairs and the Florida Council on Arts and Culture, and Visit Orlando. The exhibition is funded in part by the generous

donors to the Frank Holt Fund, Strengthen Orlando and the City of Orlando. Mennello Museum of American Art is

owned and operated by the City of Orlando.

Opening Reception

Friday, June 10, 2022 Members Only Preview | 5:30 – 6:30pm Public Reception | 6:30 – 8:00pm Free for Members \$12 for Future Members Purchase Tickets at bit.ly/urge2create

Gallery Talk with Gary Monroe Saturday, June 11, 2022 | 1pm Free for Members or with Paid Admission

Currently on View

Contemporary Expressions: Prints from Flying Horse Editions (1996 - 2021) (January 21, 2022 - May 30, 2022)



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pop culture detours by George McGowan

A New Podcast Find And An Old Favorite Returns For Season Two

If you can believe it, according to earthweb. com, there are over two million podcasts worldwide. Other interesting podcast statistics/ observations: 7% of respondents to a survey listen to a podcast every day; men tend to listen to podcasts more than women do; and 33% of people who don't listen to podcasts aren't sure how to get started. So, it's basically impossible to not be able to find a podcast that might interest you. I tend to listen to podcasts about music, and I recently found a new one (to me) that I am enjoying. I would also like to remind you of another one that is back for its second season.

First, my new find, a podcast named "Discord & Rhyme" - you get bonus points for identifying the song and artist that the name references. This podcast has a rotating band of hosts and commentors who select one album to review song-by-song. I have listened to their shows on Crowded House's debut album, Tom Petty's "Wildflowers," Gram Parsons' "Grievous Angel," and the Police's "Synchronicity" to name a few. The folks who put together this podcast obviously have a vast knowledge of popular music and some of them admit to being fanatics for prog rock, They Might Be Giants and The Moody Blues, so they obviously come from varied music-loving backgrounds. They have a website which lists all of their episode topics at discordpod.com. They tend to select albums that are not necessarily the best album the artist ever released but those that have something interesting to set them apart in the

artist's catalog. For example, I especially liked their episode on Paul and Linda McCartney's album "Ram" which was panned on its initial release but has since become a favorite of many (including me).

The old favorite podcast that has returned for its second season, and which I have recommended before, is "Cocaine & Rhinestones" - the creation of Tyler Mahan Coe. This podcast bills itself as "a podcast about the history of country music made in the 20th century." While season one had episodes that each focused on one of the many early country music legends, such as Ernest Tubb or Loretta Lynn; season two is entirely about one artist. That artist? Only the person who was once dubbed the greatest living country singer, Mr. George Jones. In over 30 hours across 18

episodes, Coe also delves into the history of moonshine, bullfighting, chivalry, and soap operas while in his words "... subtly insinuating the ways these events created the American 20th Century, the stage which played host to the dramatic lives and careers of George Jones and his once-wife Tammy Wynette." While this podcast is a marathon to complete, it is worth every second. I don't even especially like country music, but I can certainly appreciate Mr. Coe's dedication to his craft and his impeccable research and insider's point-of-view. The star here is not necessarily the subject of the podcast but the breadth and depth which is presented by the podcast's host.

These are only two of the estimated two million podcasts out there, but I can certainly recommend them highly.





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

June – Named For Juno, The Roman Goddess Of Youth And Protection

As I sit here writing this, it's my children's last days of school.

The weather is clammy and hot already and the tides

are shifting towards summer.

I am, again, astonished by the passage of time.

My children are flying through their youth and I am watching it with my very eyes. By the day, I note differences in all three of them.

My eldest's vocabulary has elevated as of late. She is expressing herself in a way that's just a bit more mature now. It's beginning to feel as though we're talking to an adult as opposed to a little girl, as we navigate next steps in her life and, soon, in her college search.

My son's doing his hair like a teenager, his

they will be these ages? Where do our roles as parents end and our identities as individuals begin? What am I going to do to achieve my own goals and dreams once there is less need for me to help guide them in theirs?

Don't get me wrong - the eldest is going to college in a year but the next two still need much parenting and many years of oversight. But, still - as the clock ticks forward, there is something to the recognition that it's clicking ahead for me too.

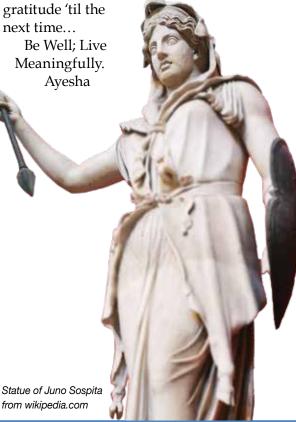
With the last couple of years having been ambushed by Covid, time has done something even more alarming. There are years that have been 'lost' in terms of planning that trip, making that move, accomplishing that goal.

When you look around at your own life... what is waiting for you to attend to it? Were there goals or dreams or plans or visions that have taken a backseat to the unconscious plodding forward of your days and nights and weekends? Has life taken on the autopilot setting without you even noticing having hit the button for it? Adults have a way of attending to the needs of our jobs, our children, our responsibilities and the tempo of keeping our lives 'running.' But very often we are not attuning to any of those things, let alone ourselves. If you slow down long enough to sit with yourself and hear your own thoughts, visit with your own desires and lean into what it would take to get you there... what do you find? Does it draw up fear within you? Would it require change? Do you believe in yourself enough to do it?

What would it take to get from here to there? Are you willing to bet on your own worthiness to pursue it?

The days and nights are passing ever more quickly. Life is fleeting and great change sometimes requires risk. Now, more than ever, your life is your own. Take it, own it, live it and love in it before time or chance takes the freedom from you to do so. Wishing you long, whole days and a luxurious summer full of those things and people who most deserve your attunement.

With my gratitude 'til the next time... Be Well; Live



voice has lowered and when he plays with his little sister it's with the confidence of a 'big brother' more than a playmate now.

And my little one is using complex constructs to express her thoughts. She's beginning to understand the nuances of the space between her and the rest of the world and it's beautiful and heartbreaking all at once.

I want to protect my youth(s).

I want to call upon Juno now and ask her to hold them and keep them in these spaces. Slow down time and let the summer wind slowly and languidly as we move into the next year.

So much is about to happen - I'm not ready.

I wonder whether it's because I want to protect them or I want to protect myself. There's an uncomfortable existential narrative that continues in our own lives when we watch others move forward. What does it mean that

Ayesha G. Shenk, M.A. practices at 2150 Park Avenue North as a Licensed Mental Health Counselor and can be reached at ayesha@livemeaningfully.net or 407-796-2959.



in the garden by Stephen and Kristin Pategas

Grasses To Ornament The Garden 3.0

Turn to ornamental grasses to please the eye and soothe the soul as they sway in the breeze. Be bold and create

Stephen & Kristin Pategas

sweeping masses instead of planting only one or a handful of plants. Use the fine texture of ornamental grasses to contrast with larger-leaved plants. Combine two or more types of grasses to create a more natural look. Note the mature heights so the shorter ones can be planted in the foreground.

Grasses are available in an assortment of mature heights and spreads. Their foliage comes in a variety of colors and textures from super fine to coarse. Small birds and other wildlife consume the seeds of many grasses, while some are host plants for butterfly larvae.

Grasses are typically deer resistant and grow best in sun. Propagation is typically by seed or division. Ornamental grasses are low maintenance, typically requiring only a once-a-year early spring haircut (about six inches off the ground) if the foliage looks tattered. The resulting new emerging leaves usher in the new growing season and are soon moving in the wind. If there is some old foliage to remove in between trimming sessions, reach into the clump while wearing rubber gloves and stroke the leaves to coax out dead ones. We find the trimmed off and collected leaves are useful as mulch in low visibility areas.

The following are clumping grasses, and they slowly increase in girth by creeping rhizomes. Some self-seed and in our garden, they provide a source for new plants. They all thrive in Central Florida and often beyond.

Mexican feather grass (*Nassella tenuissima*) is native to Texas, New Mexico, Mexico, and Argentina with foliage that reaches a two-foot height and an 18-inch spread. The leaf texture is super fine, and silvery-colored flowers in spring are so feathery they encourage frequent stroking. Mexican feather grass reseeds readily in areas with little or no mulch. It takes dry conditions and moist conditions when in well-drained soils. Mexican feather grass is a small-scale performer that seductively weeps over pot edges and is also used as a groundcover in our garden. To use as a groundcover, plant 18-inches apart in sun to light shade.

White fountain grass (*Pennisetum alopecuroides*) is native to Japan and much of southeast Asia. Including the flowers it grows to a two to three -foot height and spread. The flowers are white, and the green foliage turns amber in the fall. Cut flowers are good for arrangements. It takes a range of soil conditions. Plant it three feet apart in sun. There are many cultivars that offer a variety of sizes and leaf and flower colors.

Lopsided indiangrass (*Sorghastrum secundum*) is a Florida native with foliage that that reaches a two to four-foot height and a two to four-foot spread. Six-foot-tall flower spikes in early fall include tan, brown, and yellow colors that are striking, especially when backlit. It takes dry conditions and moist conditions when in well-drained soils. Plant three feet apart in sun to light shade.



- 1. Mexican feather grass at full bloom cascades from a container at Hortus Oasis.
- Our stone jungle cat peers through Mexican feather grass in our garden.

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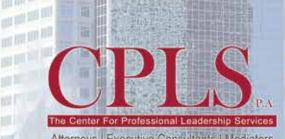
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- 3. Lopsided Indian grass has a colorful bloom.
- 4. Lopsided Indian grass creates a mound.
- 5. White fountain grass in a warm early morning light.

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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. All photography by Stephen G. Pategas/Hortus Oasis unless otherwise noted.



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schools

WPHS Graduating Senior Awarded Prestigious Most Promising Singer Award

Claire Crossman, a Winter Park High School senior, was presented with the Jossie Perez Most Promising Singer Award for 2021-2022 at the school's annual year-end awards ceremony.

The award, which is named for the world-renowned opera singer and actor Jossie Perez, recognizes someone as an extremely talented singer and actor.

Crossman has been an active choral student throughout high school and her talent was highlighted this past April by an outstanding performance in a leading role of the WPHS Night on Broadway production of *The Music Man*.

"I am overwhelmed with gratitude for this huge honor," said Crossman, who will be attending Palm Beach Atlantic University in the fall.

Night on Broadway is a professionally produced and directed musical performed annually by WPHS choral students after undergoing a month of intense rehearsals.

Jossie Perez is an international opera singer who has sung leading roles in many of the top operas in the world including The Metropolitan Opera.

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Winter Park Presbyterian PreSchool

Winter Park Presbyterian Church sponsored a VPK Graduation and Play Day event exclusively for our preschool families on a recent sunny Sunday. Our 53 VPK students were honored and performed three songs during the church service. Immediately after the service, a lunch of hotdogs, chips, chocolate chip cookies, ice cream and drinks were served in Fellowship Hall. Everyone enjoyed the outdoor activities which included bounce houses, PJ the Clown and his famous balloon creations, face painting by our talented preschool teachers, and testing skills on an obstacle course.

It is an exciting time as we transition to summer camps, family activities, and vacations. The teachers and staff have really enjoyed getting to know each of these wonderful children in our VPK classes and they will be greatly missed.











The obstacle course and bounce houses were a big hit at the Winter Park Presbyterian Preschool VPK graduation play day.

Alea

PJ the Clown made lots of amazing balloon creations at the Winter Park Presbyterian Preschool VPK graduation play day.