

The Park Press

16
CELEBRATING
YEARS!

JUNE 2023

~ Positive news that matters ~

FREE

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Be A Player To Offer Free Sports Physicals



The non-profit organization Be A Player is hosting a free sports physical and ECG event for any K-12 student who needs their required annual physical so they can participate in school sports. 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 event is Saturday, June 10, 2023 at Oak Ridge High School, located at 700 W. Oak Ridge Road, Orlando, FL 32809. It is 9:00 a.m. - 1:00 p.m. Registration starts at 8:30 a.m. See links below for everything needed to participate.

- **ECG Pre-registration link:** <https://app.squarespacescheduling.com/schedule.php?owner=23794103&appointmentType=43477638&template=class> to schedule a specific time for an ECG, all other students will be seen on a first come-first serve basis.

- **Forms:** Visit <https://drive.google.com/drive/folders/1clz0bO5xPuQneqURNCA8oI1hS2ycV4> for all sports physical & ECG forms. They must be signed by a parent or guardian.

- **Volunteer:** for 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-ZZKjca-cgE5pg/viewform](https://www.beaplayer.org/k8azUF44mHANHMEvNjx4fIH3Bdg-ZZKjca-cgE5pg/viewform) to sign up to be a volunteer.

Since 2010, Be A Player has devoted its energy to passionately providing free annual sports physicals for kids who are uninsured or under-insured. They also have over 200+ medical and non-medical volunteers. All of their organization's staff and medical professionals generously donate their time to help achieve the mission and vision.

The physical exam begins with the basics of blood pressure, heart rate, vision, teeth, ears, nose and skin examinations, and culminates with extensive heart, lung and abdomen screenings. Musculoskeletal exams are used to detect any bone or joint problems, as well as the onset of scoliosis. ECG stations on site complete an ECG on any child and will help detect an abnormal heart rhythm or murmur. Onsite cardiologists will read the ECG and provide the results to the student via email.

If you or your company would like to get involved, be a sponsor, or volunteer, please email Jordan Klarfeld at JSJKlarfeld@beaplayer.org with any questions. For more information, please visit beaplayer.org.

Blood Donors Are First, First Responders Drives At OneBlood

Blood donors are the FIRST, first responders and help first responders save lives in our communities. This summer give blood and give life by donating on the Big Red Bus at select first responder blood drive locations June 1 through August 31. All blood donors will receive a limited-edition First Responders T-shirt and a \$20 eGift card.

Generally healthy people age 16 or older who weigh at least 110 pounds can donate blood. Photo ID is required. To learn more about the importance of blood donation and how donors can target the power of their blood type visit oneblood.org.



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Publisher's Message



Rick Cable

As I write this, I have high school and college graduation on my mind. The graduating class of 2023 holds special significance to me, as embers of this class 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 to win at the claw game JUST ONE MORE TIME. A few have had to listen to my "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.

My parents, as well as many other older adults around, kept saying how quickly this time as a parent would pass. I recall

the first time I was told this, I rolled my eyes, while bouncing a crying baby, who entered this world with some pre-programmed stuff, but didn't have an instruction manual. At that moment, a minute seemed like an hour. But, when I think back now over the past 18 plus years, an hour now seems like a minute.



Graphic by Jill Shargaa.

Each has been a positive influence on our community. They've worked hard and are well-prepared for their next chapter in life. I'm so impressed by each as they've grown into very capable young adults, and I'll always be one of their biggest fans.

Congrats to the families and graduates of the class of 2023! 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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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As we celebrate what is sure to be another great summer season in the City of Orlando, thanks for the opportunity to share with you what is happening all around our great community.

If you are looking for some last-minute summer camp ideas, check out the different amenities that make up our Loch Haven Park area. The Orlando Science Center (osc.org), Orlando Shakespeare Theater (orlandoshakes.org), the Orlando Repertory Theatre (orlandorep.com) and the Orlando Museum of Art (omart.org) all offer unique summer camp experiences. Leu Gardens (leugardens.org) and the Orange County Regional History Center (thehistorycenter.org) also offer great summer camp opportunities for school-aged children throughout the summer months.

On the topic of Leu Gardens, we are pleased to announce Jennifer D'hollander, the new

executive director. Jennifer is a veteran of several public gardens and museums throughout Florida including Bok Tower Gardens, Lake Wales History Museum, Sample-McDougal House Museum and the Young At Art Museum.

Please stop by Leu Gardens this summer and welcome her into our District 3!



If you are looking for a summer camp to help your child become more engaged in public safety, look no further than

the Teen Police and Fire Academy!

As part of the National Night Out Initiative, the Police and Fire Departments offer students enrolled in grades 10-12 a free nine-day course. This academy aims to foster relationships between the city's public safety departments and youth in the community. Visit Orlando.gov for more information.

For more summer fun, attend the Community Connections - City and County Training Opportunities event on June 10th. This workshop will shed light on all the opportunities to learn, engage and connect with your city and county. From one-on-one board

training and interactive hands-on training that can save your life, to community conferences and even food waste control. For more information, visit Orlando.gov

June is a time to celebrate dads! Both Leu Gardens and the Orange County Regional History Center offer free admission to all our resident dads. Join them for a fun family day touring gardens full of temperate and tropical plants or enjoy learning about Central Florida's history.

As you finalize your summer plans, it isn't too early to start planning your street or your neighborhood's National Night Out party! National Night Out is celebrated across America and is an evening when neighbors come together in a united stand against drugs and crime in their community. I believe strongly that getting to know your neighbors through National Night Out block parties and Neighborhood Watch meetings can have a direct effect on reducing crime in our City. Please register for a NNO block party at Orlando.gov.

Best wishes for a fun and relaxing summer with family and friends. As always, thanks for your support of our Great City!



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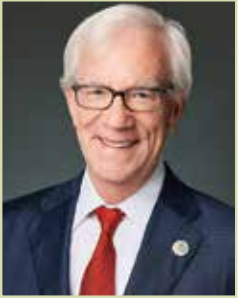
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Winter Park Mayor's Message

Mayor Phil Anderson



Phil Anderson

Welcome To The Start Of Summer!

School is out, vacations are planned, and the grill is going. Summer really speaks to enjoying our freedom and community in so many ways. Of course, we have the formal celebrations of Juneteenth and our annual

Fourth of July Celebration coming up shortly. These are great opportunities to remember how we all got here as fellow citizens. Please access more information about both of these celebrations at cityofwinterpark.org/events.

Here in Winter Park, we celebrate summer in many other ways. If you have chosen Winter Park to live or visit, you probably came for the sun, but also for the shade from our tree canopy. You probably chose Winter Park because of its arts and culture (and in the summer because of their air conditioning). And you chose to live here because of the outstanding people who work here and help make the community great. Our commissioners and staff work hard to make sure we have a great place to live, work, and play.

To make the most of both our sun and our shade, we recently committed to a comprehensive sustainability plan. One focus is on our tree canopy. Trees are so important - they keep us cool and drop the temperature about six degrees during the summer, they pump out fresh air. Our forestry team works hard to preserve trees and also plant new ones. In fact, on Earth Day in April alone, our team gave out 1,400 trees in celebration. We have also prioritized using the sun to generate power. By the end of 2025, the city will have a total of 20 megawatts of solar power to add to our electric utility's capacity. This utility serves around 80 percent of our residents and has some of the lowest power costs in the area.

We also celebrate summer as a great time to cool off, indoors and outdoors. Winter Park is proud of its thriving museums and arts culture, our library facilities, and of course our shopping. The new "Park Avenue District" has just been recognized as part of the Main Street America Accredited program. Outside, take a dip in the city pools at the Winter Park Community Center and Cady Way, or get out on the lake. And of

course, we are well on our way improving our two golf courses, the Winter Park 9 (WP9) and Winter Park Pines 18 (WP18), keeping their family feel, but making them better.

We also celebrate the people who make it all happen. We still have the best police and fire response times in the region. Our parks, lakes, and forestry teams are outstanding. Our streets teams are working hard to make our roads safer... and for the brick streets...smoother! And our senior management team and our commissioners are doing the job within a balanced budget. Our revenues are keeping pace with costs, even as some of those costs have increased with inflation.

Years ago, our residents identified the top two character traits that make us special:

- our history and heritage
- our small-town feel

These values continue to drive our decisions. 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!



protection and service by Jim Whitman, Winter Park Police Department

Time For A Vacation

A wise man once said, "If common sense was common, then everyone would have it." Now that we are entering the vacation season, it is important to not let our common sense go on vacation also. It seems that as soon as we enter vacation mode, our brains are ready to give up essential information and our bodies just go along with whatever pops into our mind. That vacation mode can prove to not only be dangerous but costly as well. So, as you start packing that luggage and begin to slather on that sun block, here are a few things to remember to keep you and your belongings safe this summer.

As you know, school is out during the summer and as they say, "Idle hands are the devil's workshop." Meaning, as kids find themselves with time to kill, they often do things or find themselves in situations that they wouldn't during the school year. We definitely experience an increase in calls involving juveniles committing thefts from open garages, unlocked boat houses, and unlocked vehicles during the summer months. So, re-engage that part of your brain and remember to close your garage door whenever you are not inside the garage and lock your boathouses and vehicles.

Speaking of vehicles, never get into the habit of leaving your keys in the car when you are not actually in the vehicle. With the advent of "push



to start" technology, it is easy to just leave the key in the center console or glove box. Unfortunately, when you don't keep the key on your person you forget that you left it in the car and not only are you unable to lock the vehicle with the key inside, but you make it that much easier for a would-be thief to gain a new set of wheels.

Lastly, vehicles serve all sorts of purposes. Obviously, they convey us and our "stuff" to wherever we wish to go and they serve as great mobile charging devices for our phones. But the one thing that they are not so good at doing is providing a secure area for storing firearms. Next to purses, firearms are some of the most popular things stolen during vehicle burglaries. Please secure your guns inside your home, away from children and out of sight of visitors. After all, that gun stolen from your vehicle is now a weapon that potentially can be used to commit even more serious crimes.

So, as you start to pack those suitcases and chart your route on a map (they still have those right?) for your vacation destination, don't forget to pack your common sense...and a little sun block also!

Stay Safe enjoy your Summer!



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The Park Press Wishes You A **Happy, Safe Summer!**

City Meeting To Seek Input On Proposed Smart City Initiatives

The City of Winter Park and its consultant, Magellan, will host an open house community meeting Thursday, June 15, from 5:30 to 7 p.m. at the Winter Park Country Club, located at 761 Old England Ave. Attendees are invited to stop by and talk with representatives about new ways the City can become “smarter” through the use of new technologies and data analysis. With the proper infrastructure in place, connectivity of these technological advancements can allow the City to optimize transportation, deliver municipal services, and provide next-generation utilities, all while improving the quality of life for its residents, businesses, and guests.

The City is asking for input related to the various types of smart city improvements being considered. In addition, the City will explore opportunities to improve high-speed internet access and connectivity to support these smart city initiatives. Whether it is the installation of fiber to homes/businesses, the addition of new electronic devices such as digital signage, the strategic placement of sensors and cameras, or the implementation of digital infrastructure improvements such as incident/outage management technology or 2-way citizen communications, the City is seeking feedback on the following four smart city pillars identified within its vision:

1. Intelligent Transportation

Measures, monitors and controls the flow of traffic through the city by reducing congestion, optimizing routes, detecting



accidents, avoiding idling pollution, as well as detecting and communicating available parking.

2. Public Safety

Equips first responders with the tools, technology and training to plan for and respond to emergencies swiftly and effectively, while balancing the public good with individual privacy.

3. Utilities

Offers next-generation utility services that are reliable, efficient, secure and

sustainable with exceptional customer service.

4. Quality of life

Fosters a welcoming environment that thrives on technical innovation and modern conveniences.

Please make plans to attend. More information and the opportunity to submit feedback online will be available beginning Thursday, June 1, by accessing cityofwinterpark.org/smart-city

The Winter Park Playhouse

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Orlando Mayor Buddy Dyer Gives His Annual State Of The City Address

Recently, Orlando Mayor Buddy Dyer delivered his annual State of the City address, highlighting “The Promise of Orlando,” a city where everyone and anyone has the opportunity to thrive.

“It’s an incredible time to be a part of our Orlando community,” said Mayor Dyer. “We have worked together to build one of America’s premier 21st century cities, a modern melting pot where we create unmatched quality of life, where we expand opportunity for everyone, and where we embody the uniquely American ideal that success doesn’t depend on being born into wealth or privilege, what you look like, who you love, or where you worship. It depends on effort, merit and opportunity. That is the promise of our Orlando.”

As part of the speech Mayor Dyer highlighted the stories of Orlando businesses, residents and city employees, all who showcase how the city puts that promise into practice.

“The promise of Orlando is hundreds, thousands, tens of thousands of individual stories that are being written in our community every single day,” said Mayor Dyer. “Those stories, our stories, are the best measurement of the state of our city.”

Through these different perspectives, the address emphasized Orlando’s continued commitment to provide an exceptional quality of life, further ensure a safe community, offer opportunity for all and invest in solutions to challenges, like affordable housing and homelessness.

Mayor Dyer noted that the city of Orlando continues to look ahead and has laid the foundation from which the city will continue to embrace differences, rise to meet challenges and further opportunity for all.

“In Orlando, we’re certainly proud of our history and our accomplishments, but we are fully focused on our future,” said Mayor Dyer. “We know that our best days are ahead of us. That’s because we choose collaboration and partnership over partisanship and division, that’s because we welcome everyone to take part in the incredible city we are building together and that’s because of the promise of Orlando. Because of that promise, the state of our city is as strong as it’s ever been.”

Highlights of the speech and “The Promise of Orlando” included:

PUBLIC SAFETY

DECREASING CRIME AND INCREASING OFFICERS

- Since Orlando Police Chief Eric Smith took over the department in 2022, the city has experienced a **22% decrease in shootings and a 7% overall decrease in violent crime.**

- By restructuring the department, OPD has **increased the number of police officers taking calls and patrolling Orlando’s streets by 20%.**

- And this fiscal year, the city will pursue funding for the addition of **more than 20 new officers and eight new 911 dispatchers.**

COMMUNITY RESPONSE TEAM

- Instead of a traditional law enforcement response, this new team is dispatched to give immediate help to nonviolent individuals experiencing a behavioral health crisis, along with follow-up support services.

- In just over two years, the team has responded to **2,000 service calls** and helped save more than **2,200 hours** of police time.

- Because of this success, the team was recently expanded by adding an in-house clinician who is able to triage calls directly at the 911 center.

QUALITY OF LIFE

INVESTING IN PARKS AND SHARED SPACES

- The city continues to invest in parks and neighborhood spaces. This includes **Prince Hall Park** in the west that includes new a playground and shaded picnic tables that are solar powered and outfitted with a free Wi-Fi hotspot and charging stations. In the southeast, the new **Poitras Park** will include a splash pad and pickleball courts. In the east, **Commander Drive Park** will include new fitness stations and a playground for everyone with wheelchair access.

- These investments also include the larger, signature parks like the newest regional park, **The Grove**, in the Packing District in partnership with Dr. Phillips Charities that will open later this month. And later this year, renovations to **Lake Eola Park** will begin.



Pictured above: Mayor Dyer. Photos courtesy of City of Orlando.



Orlando City Commissioners from left to right: Jim Gray (District 1); Robert Stuart (District 3); Patty Sheehan (District 4); Mayor Buddy Dyer (Center); Regina Hill (District 5); and Bakari Burns (District 6). (Not pictured Tony Ortiz (District 2).

- Equally important, the city is focused on improving the built and social environment to equitably enhance the lives of Orlando residents of all ages with the first-ever **Age Friendly Livability Plan** which will result in the expansion of services for adults aged 55-plus at the Jackson, Grand Avenue, Ivy Lane, Rock Lake and Dover Shores neighborhood centers.

Making Transportation More Efficient and Sustainable

- In just the last four years, the city has grown its bike trails by close to **70%.**

- In partnership with regional governments, the Northern Expansion of **SunRail** to Deland just broke ground this week. And the city remains committed to connecting SunRail to the airport, to the convention center and expanding service to weekends.

- This fall, **Brightline** will launch service between Orlando International Airport and South Florida. And the city continues to work with regional partners to help develop a Brightline route that will connect Orlando to Tampa.

Continued on page 7



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From Page 6.

**A HAND UP – PROVIDING OPPORTUNITY FOR ALL
INVESTING IN SMALL BUSINESSES AND ENTREPRENEURS**

- The city has committed \$7.5 million this year to support programs that help businesses start and grow here in Orlando.
- The city also remains hyper-focused on supporting the growth of minority-owned small businesses and entrepreneurs. This last fiscal year, minority-owned businesses received \$30 million in contracts from the city with **more than 60% to Black-owned firms, 37% going to Hispanic-owned firms, and 29% to women-owned firms.**

HELPING OUR HOMELESS

- Through **Accelerate Orlando** the city is leveraging \$58 million in federal funding to make a once-in-a-generation investment to work with local partner service providers to accelerate efforts to address homelessness. These investments in the Christian Service Center, Salvation Army and Coalition for the Homeless, among others, will help modernize their campuses to better serve those experiencing homelessness.
- Alongside Accelerate Orlando, the city has made great strides in **placing more than 1,600 people in the region into permanent, supportive housing with 97% remaining in those homes.**
- Since 2021, through a partnership with **First Step Staffing** the city has helped place more than 280 residents in jobs and help them overcome barriers to employment.
- To further these efforts the city continues to bring resources and partners to the table to develop shared solutions to these shared challenges. The city recently unveiled a **Homeless Action Plan** that establishes bold goals to **reduce the number of unsheltered residents by 50%** in the city and ensure that no child sleeps on the streets.



The answer is: Who is Ed Petersen? Jeopardy game show winner Ed Petersen seen here with Orlando Mayor Dyer. Mr. Petersen is an employee of the City of Orlando. Congrats, Ed!

INCREASING HOUSING

- To help further access for residents to affordable housing, in 2015 the city invested nearly \$7 million to purchase seven vacant, foreclosed, uninhabitable properties in the greater Washington Shores and Mercy Drive areas, with a goal to transform these sites into safe and affordable housing. Today that investment resulted in the creation of **600 new housing units and has yielded more than \$115 million in private investment** or a return of nearly \$16 for each dollar invested by the city.
- In addition to these investments, since 2015 the city has supported and championed the **construction or rehabilitation of more than 3,100 housing units either completed, in progress or planned.**

Watch Orlando Mayor Buddy Dyer’s 2023 State of the City Address at orlando.gov/soc.



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Orlando Magic's Paolo Banchero Named To 2022-2023 All-Rookie First Team

Orlando Magic forward Paolo Banchero, the 2022-23 Kia NBA Rookie of the Year, was named to the 2022-23 Kia NBA All-Rookie First Team. Banchero was unanimously selected, receiving all of the possible 100 First Team votes.

Banchero becomes the 11th player in franchise history to be named to the NBA All-Rookie First Team. He joins Dennis Scott (1990-91), Shaquille O'Neal (1992-93), Anfernee Hardaway (1993-94), Matt Harpring (1998-99), Mike Miller (2000-01), Drew Gooden (2002-03), Dwight Howard (2004-05), Victor Oladipo (2013-14), Elfrid Payton (2014-15) and Franz Wagner (2021-22).

Selected in the first round (first overall) of the 2022 NBA Draft, Banchero played and started in 72 games this past season with Orlando, averaging a team-high 20.0 ppg., 6.9 rpg. and 3.7 apg. in 33.7 minpg. He ranked among all NBA leaders in rebounding (T-38th) and minutes played (T-37th). Banchero led all NBA rookies in scoring and minutes played, while also rank-

ing among rookie leaders in rebounding (5th), assists (3rd), free throw percentage (7th), steals (4th) and blocked shots (7th).

Banchero became just the sixth NBA rookie in the last 50 seasons (since 1973-74) to average 20+ ppg., 6+ rpg. and 3+ apg. (minimum 50 games). He scored 20+ points 40 times and 30+ points six times this season, the most by any NBA rookie. The 40 20+ point games were the second-most by a rookie in team history (O'Neal, 60, 1992-93) and tied for fifth-most in NBA history for most 20+ point games by a rookie age 20-or-younger. Banchero's six 30+ point games were also second-most by a rookie in team history (O'Neal, 10, 1992-93).

Banchero was named the Kia NBA's Eastern Conference Rookie of the Month four consecutive times from December 2022-March/April 2023, joining Shaquille O'Neal (1992-93) as the only players in franchise history to win the honor four straight times.



Photo of Paolo Banchero from NBA.com.

New Board Members Join Central Florida Community Arts

Central Florida Community Arts, an organization with the mission to serve and build community through the arts, added four new members to its Board of Directors: Anna Eskamani, Sara Osborne, Luis Sousa-Lazaballet, and Jed Prest.

As CFCArts continues to see ongoing success and rapid expansion, it prioritizes having a board composed of a diverse group of individuals committed to their strong passion for the arts and their community. Board members are elected for a three-year term and can be re-elected for an additional three years.

One of the new board members and Orlando native, **Anna Eskamani**, is the daughter of working-class immigrants who came to the United States



Ana Eskamani

in search of the American Dream. She's known across the state and nation as a leader who's "unbothered, unbossed, and a bold fighter for Florida families and everyday people."

In 2018, Eskamani made history as the first Iranian-American elected to any public office in Florida. After winning her re-elections in 2020 and 2022 by an overwhelming majority, she's been championing critical issues like economic justice, environmental protection, climate change, healthcare access, equality for all, funding for public

schools, and support of arts and culture as a State House Representative in the Florida Legislature.

Eskamani joins the board of directors with Sara Osborne, the senior director of Orlando Health's Community Benefit of External Affairs, a not-for-profit healthcare organization. Osborne is responsible for oversight of the Orlando Health Community Grant Program and Community Health Needs Assessment for Orlando Health. Working alongside medical providers and community partners, she also serves the most under-resourced populations in the community and promotes health and wellness for all residents as a certified community benefit specialist from the Institute for Healthcare Advancement.

As a graduate of Orlando Health's Advanced Leaders program, **Sara Osborne** serves as co-chair of the All4Health Florida Collaborative in West Central Florida, a coalition of health departments and health systems across four counties, providing open access to data and improving



Sara Osborne

health by leading outcome-driven health initiatives through community health assessments. She also is a member of the Central Florida Community Collaborative, which promotes a culture of health by ensuring access to healthcare resources through the collaboration of healthcare organizations and providers, as well as ATHENA NextGen Orlando, an organization that strives to support, develop, and honor women leaders.

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Winter Park Resident Joins ABLE United Board

Local resident and parent advocate, Jenn Sikora, has joined the board of directors for ABLE United, Florida’s disability savings program.

As an advocate for parents and children with Down syndrome, Jenn has dedicated her life to helping those who need it most. She served on Congressman Bill McCollum’s legislative staff for over five years before becoming involved with the Down Syndrome Association of Northern Virginia. It was this same group of parents that advocated for the passage of the federal Achieving a Better Life Experience (ABLE) Act in 2014.



After returning to Florida, she became an active volunteer in the Down syndrome community as well as a Girl Scout leader and a member of AdventHealth Hospital for Children’s Parent and Family Experience Partners program. In 2022, she founded Britt’s Bunch Inc., a non-profit organization that helps children and families facing economic or health issues. Additionally, Jenn works in accounting at Magnolia Press (her family’s printing business) while also serving as Brand Ambassador for ABLE United – all while raising her son Sean.



Pictured above: Jenn Sikora

From Page 8.

Like Osborne, **Luis Sousa-Lazaballet** has always had a passion for theater, dancing, and “anything related to what happens on a stage” since youth.



Luis Sousa-Lazaballet

Sousa-Lazaballet explained he grew up being discouraged from participating in arts and culture but managed to balance both volleyball, which allowed him to come to the U.S. on a full scholarship, and his love of the arts. Through this experience, he realized many of the people he practiced with didn’t have the resources it took for him to be successful. At this point, he thought about how much talent was left untapped and undiscovered because of a lack of access to resources.

“I want to support an organization that fosters this type of freedom, joy and self-expression for everyone,” Sousa-Lazaballet explains. “CFCArts is making the arts accessible and affordable to all, and making the dreams of many a reality, and I want to be a part of that mission.”

Sharing the passion to further CFCArts’ mission is **Jed Prest**, a principal at Baker Barrios Architects. He was heavily inspired by co-worker and previous board member, Carlos Barrios, who always encourages community engagement among employees. Barrios has been a longtime volunteer and member of CFCArts programming.

With 30 years of experience, Prest has worked on a diverse set of projects, bringing a collaborative vision with a focus on creating



Jed Prest

sustainable, healthy indoor spaces, and overall responsible design. Active in the industry, he has served as vice-chairman of the Orlando Historic Preservation Board and on the Board of Zoning Adjustment for the City of Orlando’s National Trust for Historic Preservation.

“Baker Barrios Architects has a wonderful history of giving back to the communities that we serve,” said Prest, “It feels excellent to be able to continue in the footsteps of my mentor Carlos Barrios,

a recent CFCArts board member, and further CFCArts’ mission to serve and build community through the arts.”

Each new board member brings a unique perspective to the already diverse board, continuing to strengthen CFCArts’ organizational values. From Eskamani’s political and social leadership experience, Osborne’s drive toward health and wellness for all, Sousa-Lazaballet’s passion for accessible arts, and Prest’s vision for responsible design, the addition of these four board members represents an essential continuation of what makes CFCArts a thriving cultural institution and home for the creatives of Central Florida.

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Sounds Of Soul At The Winter Park Playhouse

In honor of June as Black Music Month and as a pre-Juneteenth celebration, The Winter Park Playhouse has teamed up with Barbara Chandler Productions to present *Sounds Of Soul* - an evening of storytelling through spirituals, drumming, dance, and spoken word. This one night event will take place at The Winter Park Playhouse in the lobby bar/cabaret space on Thursday, June 8 at 7:30 pm.

Curtis Branson will headline the event performing gospel songs, along with spoken word artist Jason "Tie" Davis, and the extraordinary talents of Ajose Afrikan Drum and Dance, featuring dancer Desiree Coleman and Osabi and Oba Ogunlani on the drums.

Barbara Chandler was born in St. Thomas, U.S. Virgin Islands and is a long time Central Florida resident. She has worked for the last decade as the manager and cultural arts educator for The Hannibal Square Heritage Center in Winter Park, Florida where she educates visitors on the African-American community's contributions and impact on the City of Winter Park. She is an organizer of many edu-

cational events and cultural celebrations and oversees all of the center's operations.

Additionally, Barbara is a well-respected leader in the community (the first African-

American commissioner candidate in 2019 since 1984) and is an advocate for inclusion, cultural experiences and creative expression. She has over 20 years of non-profit experience and a personality that lights up a room. Her most recent endeavor, Barbara Chandler Productions, creates performances of unique artists in cultural celebration.

"I am excited to present *Sounds Of Soul - Storytelling through spirituals, drumming and spoken word* - which is a musical performance inspired from the African American diaspora. Gospel is sung as a way to uplift the spirit and activate faith. Drumming along with chants and dancing are ways to communicate. Storytelling is an oral tradition used to preserve history, educate, and instill values and morals in Black communities," said Chandler.

Sounds of Soul is Thursday June 8, 2023, at 7:30pm at The Winter Park Playhouse. General Admission tickets are \$20 plus a one drink minimum. Seating is limited so advance reservations are strongly recommended. Doors open at 6:30 p.m. for a 7:30 p.m. show. Tickets sell out quickly so call The Winter Park Playhouse box office for tickets at 407-645-0145 or purchase online at www.winterparkplayhouse.org.



Photo of Barbara Chandler, courtesy of Winter Park Playhouse.

Polasek Museum Summer Exhibition

The Albin Polasek Museum & Sculpture Gardens is presenting a retrospective of the artwork of sculptor George Nock (American, 1946-2020), titled *George Nock: Breaking Barriers*. The exhibition will run through August 20, 2023. An accomplished artist and former NFL running back, George Nock devoted his life to the creation of realistic figures in bronze. Evident in his artwork is an appreciation of the human form and firsthand knowledge of the amazing feats it could achieve. Whether sculpting historic figures, forgotten people, famed athletes, dancers, or musicians, he captured the fundamental nature of his subjects with a pose or expression. Nock's career was tragically cut short by his diagnosis with the COVID-19 virus, resulting in his death in 2020.

The Polasek is honored to partner with The George and Mary Nock Foundation to present a retrospective exposition of Nock's artwork and celebrate his contributions as artist, athlete, and barrier breaker. The exhibition will highlight his final work, *Barrier Breakers*, a bronze sculpture commemorating the first racially integrated Little League baseball game in the deep South, played at the historic site of Lake Lorna Doone Park, Orlando.

Artwork will be available for purchase with proceeds to benefit the George & Mary Nock Foundation and the Polasek.

SPECIAL EXHIBITION PROGRAMMING:

Mary Nock exhibition tour, June 14 Wednesday 6-8p.m. - the artist's widow will provide an in-depth interpretive tour of the exhibition and share personal stories about the artist and his work.

Founded in 1961, the Albin Polasek Museum and Sculpture Gardens preserves the 200+ piece collection of world-renowned Czech-American sculptor Albin Polasek (1871-1965). Listed on the National Register of Historic Places, the museum offers guided tours of Polasek's home, studio, and sculpture gardens. Thousands of visitors each year come from all over the world to be inspired by Polasek's story of emigrating to the United States in 1901, becoming a celebrated artist, and continuing to create monumental works of art from his wheelchair after suffering a debilitating stroke at age 70. The museum is also home to the historic 1885 Capen House that was saved from demolition, renovated, and opened to the public in 2015. For more

George Nock: BREAKING BARRIERS

MAY 9 - AUGUST 20, 2023



George Nock (1946-2020)
An accomplished artist and former NFL running back, Nock devoted his life to the creation of realistic figures in bronze. Evident in his artwork is an appreciation of the human form, and firsthand knowledge of the amazing feats it could achieve. Whether sculpting historic figures, forgotten people, famed athletes, dancers, or musicians, he captured the fundamental nature of his subjects with a pose or expression.

information, visit polasek.org or find us on Facebook and Instagram. The Polasek is proud to be a part of #wpinspires, arts and culture in the City of Winter Park.

pop culture detours by George McGowan

A Mishmash Of Musical Thoughts For Your June

In this space, I usually present some new music for your perusal. I will again at the end of this missive. But first, let me tell you about two bands – one that is being rediscovered and one that I believe should be.

First, there is Steely Dan. The Atlantic recently referred to a “Danaissance” occurring in many online outfits (Twitter and YouTube first among them) while reviewing a new book by pop-culture critic Alex Pappademas. It is aptly named *Quantum Criminals: Ramblers, Wild Gamblers, and Other Sole Survivors From the Songs of Steely Dan*, which is a collection of illustrated essays on the songs of the band (with art by Joan LeMay). I am in the midst of reading this, and can report that it is a must-read for fanatics of “the Dan.”

Interestingly, it seems the “Danaissance” is also happening over in London town, as reported in Time Out London in an article entitled: “Why is everyone in London obsessed with Steely Dan right now?” The article describes a gathering where the host “... airs classic (Steely Dan) albums to eyemask-wearing audiences so they can shut



Steely Dan.

off all their other senses and fully appreciate every dimension of production magic.” The article also notes the many Steely Dan cover bands working throughout the UK, some of them with awesome names such as The Royal Scammers and Nearly Dan.

Over here in the USA, a quick Google search will show you that we Americans can also come up with clever cover band names: Hey Nineteen, Major Dudes, Steely Dane (from Dane County, Wisconsin), and my favorite: Brooklyn Charmers (although they are sadly from Chicago). The Brooklyn Charmers have a YouTube channel with videos of their work,

and all of them have webpages that flaunt their wares and music.

I’d like to be the champion of another renaissance. This time for the British band 10cc. Whfindf us know their hit songs (in America), such as “The Things We Do For Love” and “I’m Not in Love” and even (the



obviously non-PC) “Dreadlock Holiday,” I find their entire catalog very much worth diving into. I especially like the album “Deceptive Bends” which was released in May 1977 and contains their biggest hit in America, which reached #5 on the charts and was certified gold (500,000 units sold). Which one was that?

Again, I am just starting my dive into 10cc but I think they were obviously brilliant musicians who never quite made it big over on this side of the Atlantic beyond their few hits. Give them another listen and join me in the beginning of another rediscovery of a great seventies band.

Lastly, I would like to suggest you see and listen to a new video by a country singer with local roots, Charly Reynolds. Her video for the song “Flowers,” which is available on her website at www.charlyreynolds.com, is quite good and she has a great deal of other content to check out.



Ayesha G. Shenk

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

Summertime...And The Livin' Is Easy (?)

It's June. Summer is officially in full swing and we will be transitioning our eldest daughter to college this month, our middle son to high school in a couple of months and our little one to Kindergarten.

My word...there's a lot of life, transition and to-dos inherent in all those things.

The dorm essentials (and boho chic decor) have already been purchased, the summer camps booked, and the 'last' summer family vacation with all three under the same roof has been planned.

It's such a significant lifespace and brings a profound emotional charge all the way around.

And yet, most of the time - at present - is spent making lists and checking off to-dos.

The pace is fast and the stress is high.

But why?

I suspect there's something within us that causes us to focus on the things we can access and impact, more than the things we cannot.

Sitting and thinking about the passage of time, the life that we have spent, the memories made and the world that is about to unfold without us, feels like a far too vulnerable space to occupy most of the time.

It would bring tears, gratitude, loss, fear, angst, worry, etc...

Who wants to tackle all that when we can just make another HomeGoods trip?

And yet, I'm aware that everyone pays the toll. Whether we do it in real time or punt it for weeks, months or years... everyone pays the

toll when it comes to having to process hard things.

It may seem easier to put it off or stay busy, but I find that the more present and the more honest with ourselves and in our vulnerability we can remain, the better we are able to show up in our own lives and relationships with emotional integrity.

And the less emotional whiplash we end up having to endure along the way as we're doing the work intentionally and in real time.

All that to say, it doesn't make it 'easier' per se.

It makes it more honest and generally offers more opportunity to tell the people with whom we are in relationships, how we actually feel. Hence the emotional integrity.

If I were really being honest I would process my grief.

I miss our eldest already and she hasn't even left yet.

I feel sadness about the little boy who used to fit in my lap during sporting events but now towers over me.

I wistfully remember the nights my littlest would curl up in the crook of my neck as I rocked her back to sleep.

I don't miss the sleepless nights or the hormones or the angst... but I do miss the illusion of safety and the fallacy of so much time left to come.

I miss feeling the innocence of there always being tomorrow and the indulgence of wishing the hard times away. I miss feeling younger and more energetic. I miss the ignorance of

not considering how the world may have its way with each of them. I miss thinking that no matter what heartbreak they endured, we could fix it. I miss a lot of things... but mostly I miss the misperceived notion that it will always be this way.

I write all of this not out of despair or sadness - I couldn't be more excited for our eldest, nor believe that she is more ready. It will be a wonderful and necessary rite of passage for her and I look forward to seeing her thrive. I am delighted by who all three of these young people are. I just miss when I thought the only existential stuff I'd have to bear was my own.

I am grateful for who they are and who our family is. I am abundantly blessed by the time and treasure of our relationships... and I have faith that we will continue to grow and love and learn.

And also, I am reminded of the precious present and how fleeting it will become.

Grab the moment, tell someone the vulnerable truth, notice the time. Wherever this finds you - whether in your life or those of your children or grandchildren... you will never regret spending more time or being more present.

Do the work, say the words, spend the time.

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



Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

Grasses To Ornament The Garden 4.0

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

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) but only 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 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 Florida native 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.

Elliott's love grass (*Eragrostis elliottii*) has silvery-blue foliage that reaches about 18-inches high and 18-to-24 inches wide. It sports cloudlike pale tan to pinkish flowers in late summer to early fall. The light and airy flower stalks will drift about the garden like tumbleweeds after blooming. It takes very moist to dry soil conditions, tolerates salt spray, and is a caterpillar host plant for the zabulon skipper/butterfly (*Poanes zabulon*). Plant two feet apart in sun to light shade.

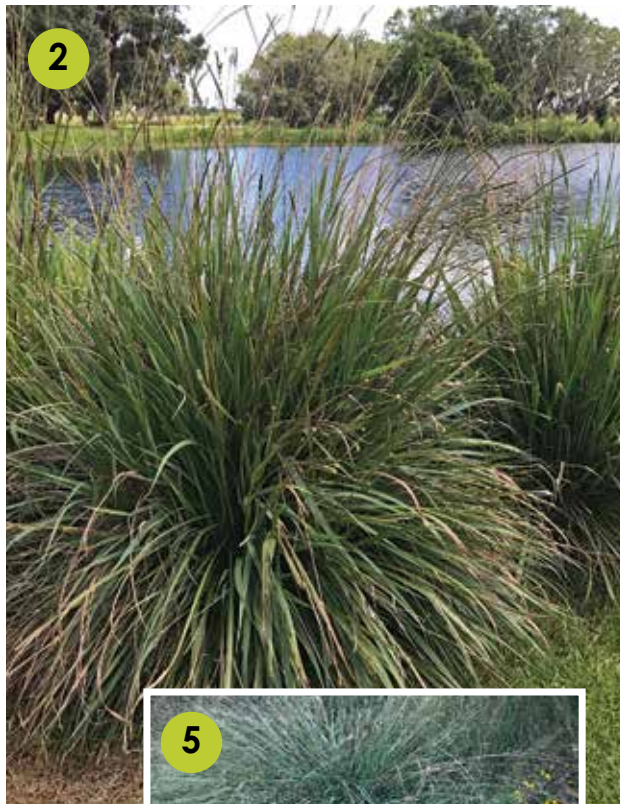
Purple love grass (*Eragrostis spectabilis*) reaches a 12-to-24-inch height and a 24-to-30-inch spread. It is topped by a purplish to pinkish haze of tiny blooms in mid-summer to early fall. The light

and airy flower stalks will drift about the garden like tumbleweeds after blooming. It takes dry soil conditions and moist conditions when in well-drained soils. It is a caterpillar host plant for the zabulon skipper/butterfly (*Poanes zabulon*) butterfly. Plant two feet apart in sun to light shade.

Fakahatchee grass (*Tripsacum dactyloides*) grows to a six-to-eight-foot height and a two-to-three-foot spread. This is a good substitute for pampas grass with its huge clumps of razor-sharp leaves. It does lack the showy plumes of pampas grass but in spring to fall it has interesting brownish-red flower spikes held well above the foliage. It takes moist and dry soil conditions.

Fakahatchee grass is a caterpillar host plant for the clouded skipper/butterfly (*Lerema accius*) and least skipper/butterfly (*Ancyloxypha numitor*). Plant three-feet apart in sun to light shade. This grass makes a good background plant.

Florida gama grass (*Tripsacum floridanum*) reaches a three-foot height and four-foot spread. Its flowers are inconspicuous. It takes dry conditions and moist conditions in well-drained soils. Plant three-feet apart in sun to light shade.



1. The Fakahatchee grass flowers are striking when backlit. 2. Fakahatchee grass is good as a background plant. 3. Florida gama grass should be spaced three-feet apart. 4. Purple love grass is a good addition to a pollinator garden. 5. Elliott's love grass shown here has cloud-like flower spikes above striking silvery-blue foliage.

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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