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Restore The Roar 2020 – Country Style



The Winter Park High School Foundation's fifth annual 2020 Restore the Roar adults-only event will be Saturday, February 22 at Showalter Field from 6:00-10:00 p.m. The foundation would like to thank the City of Winter Park, Orange County Public Schools, and the Winter Park community for their continued support in restoring Showalter into one of the best high school sports complexes in the state of Florida. And to celebrate the fifth year in hosting this event, our Cats are "going country!"

There will be food by Sonny's BBQ, decorations by Florida Event Decor, DJ, dance floor and photo booth by Brad Master J. Please consider being a personal, family, or business sponsor or donating a silent auction item to the event. Tickets, sponsorship packets, parking and drink bands available on Handbid: <https://handbid.app.link/rtr>.

This year, we will continue to engage all WPHS organizations by providing the opportunity to

direct the donations you make to any WPHS club, organization, or sports program. A percentage of table sales, sponsorships, and silent auction items will be directed back to either the group you designate or the group who secured the donation! We are thrilled to offer this benefit to the entire school population with the goal to build community and support all WPHS students.

In addition, the Foundation campaign is raising funds for these initiatives, which impact and benefit the entire school:

- WPHS Main Campus Student Media Center Renovations
- Further Investment in Showalter Renovations (i.e. concession stand, restrooms, etc.)
- WPHS Main Campus Landscape Beautification
- Student Groups & Programs

Continued on page 6

FIT Girls

By *Samantha Kearns O'Lenick*

Twice in two decades, I convinced some of my girlfriends that we should run a half marathon. No biggie. I said it would be fun. They fell for it the first time in 2009 and they have fallen for it again this year. At least this time, we have a clue what needs to be done and what to expect. It's like what mothers say about childbirth – the pain of it is long forgotten.

Much has happened in the past decade. A handful of us kept running, while others hung up their shoes for good. We've weathered job changes, ended marriages, experienced relocations, and have experienced way too many loved ones lost, including the passing of our beloved trainer, David Cassidy.

No one could say no to honoring him. The day of Disney's annual half marathon is January 11, which would have been Dave's birthday.

Dave loved us in spite of our strong personalities, our complaints, and our failure to show up for training, or to follow his elaborate workout schedule. He wrangled this collection of yakky, A-type controlling personalities like no one else could, laughing all the way.

It is for David Cassidy that we run this January 11, 2020. When we first reunited for our weekly training runs, it was immediately and painfully obvious that we are still A-types, all-controlling and completely all over the place. Our chatter, our focus on the level of bling necessary for our matching shirts and hats, coupled with the fact that we even have to have matching outfits has remained unchanged.

Dave made us strong; he made us believe that in

Continued on page 7

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Publisher's Message



Rick Cable

In my typical new year's routine, I find myself reflecting on the past year, while setting goals and trying to imagine what might lie ahead for the upcoming year. Last year was challenging for me, highlighted by having to deal with a hard-to-detect health issue that eventually led to neck fusion surgery. Over time, several disks in my neck had degenerated and the vertebrae began to bruise my spinal cord. My recovery has been very slow and steady. Even though I have joked that having the patience to deal with this type of recovery was getting on my last nerve, I cannot believe how fast 365 days go by.

So instead of just reflecting on the year-over-year pros and cons, let me weigh in on what life was like 100 years ago:

- The average life expectancy for man was 53, and 57 years for women.
- The average annual household income was \$687.00. There was no minimum wage at the time, however a few states were experimenting with it, but only for women and children.
- Two out of every 10 adults could not read or write.
- Only 6 percent of all Americans had graduated from high school.
- Only 14 percent of the homes had a bathtub.
- Only 8 percent of the homes had a telephone.
- The average cost of a car was \$2,005 (\$46,879 today).
- Gas was priced around \$0.15 a gallon.
- A dozen eggs cost \$0.34.
- A quart of milk cost \$0.09.
- A first-class stamp was \$0.02 (which equals \$0.47 today). How about a little nod to the United States Postal Service for staying thrifty!
- Ninety percent of all doctors had no college education.
- The five leading causes of death were: pneumonia/influenza, tuberculosis, diarrhea, heart disease, and stroke.

• Marijuana, heroin, and morphine were all available over the counter at local drugstores. It was said that heroin cleared the complexion, gave buoyancy to the mind, regulated the stomach, and was in fact the perfect guardian of health. What?

• A year's tuition at Harvard cost just \$150, while Stanford and many state universities cost nothing at all. Who said college isn't a business? NOT me.

• The overall consumer price index has had at least a 2,263% rise over the past 100 years, while the average tuition cost has seen an absurd increase of 42,930%. WOW!

In comparing our generation to those in 1920, it's quite shocking to recognize just how fast things have changed.

2019 is in the history books, and I'm looking forward to a healthy new year.

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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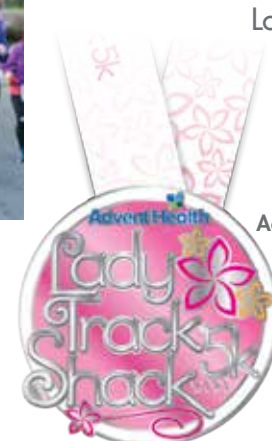
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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As we begin a new year and a new decade in our Great City, it provides us all with an opportunity to refocus our efforts on ways we can make the world just a little better than we found it. Read on for some ways we are leveraging partnerships to do just that, and ideas for how you can help.

Last year ended with 2019 elections in the City of Orlando. Mayor Dyer, Commissioner Sheehan (District 4) and Commissioner Ortiz (District 2) were all re-elected for another term. In the open District 6 seat, non-profit executive Bakari Burns won in the run-off election and will be sworn into office alongside Mayor Dyer and the other commissioners on Monday, January 13th at 10 a.m. I look forward to working with the Mayor and Council on ways we can make a difference here in our city.

As we think of people who made the world a better place, we can all celebrate an influential leader, Reverend Martin Luther King, Jr. by participating in or attending this year's downtown Orlando Martin Luther King, Jr. Parade sponsored by the Southwest Orlando Jaycees (swojaycees.org). This year's parade takes place on Saturday, January 18th at 10 a.m.

If your New Year's resolution is to get more involved, we have ideas for you! Here in Orlando, we have seen first-hand how a single individual can make a difference. If you are interested in a long-term volunteer opportunity, we have many citizen boards, appointed by the mayor, that advise our city in different capacities. For more information, to view current vacancies or to fill out an application, visit the City Clerk's webpage, orlando.gov/cityclerk.

For those with a green thumb or who just like working outdoors, our Keep Orlando Beautiful and Green-Up Divisions have projects throughout the year where volunteers are needed. One of their most impressive events each year, Trash 2 Trends, is also their biggest fundraiser. It takes place this year on February 1st at 6:30 p.m. at Sea World's Ports of Call. This fashion show with a twist showcases upcycled one-of-a-kind creations, which proves how one person's trash can truly become another person's treasure. This amazing night also helps educate the public about the importance of sustainability and the City's commitment to reducing our environmental impact.

Our Orlando Police Department and our Emergency Information Center also utilize volunteers throughout their division. From answering phones during an emergency such as Hurricane Irma, to working at a special event, in the mounted patrol stables, performing clerical work, or mentoring area students, there are numerous ways that citizens assist our City's public safety efforts. For more information on how to get involved, visit orlando.gov/volunteer.

If your resolution is to get out and be more active, we have many different amenities in our City parks. From disc golf courses at Bill Frederick Park at Turkey Lake to mountain biking at Lake Druid Park, there is something for everyone. Or visit one of our numerous community centers where you could work out in the gym, take a class—maybe in fencing or karate— or play in an athletic league. Visit orlando.gov/parks and orlando.gov/recreation for ideas and information.

One resolution we can all adopt is to help our

Orlando Police Department prevent crime in our neighborhoods, especially when it comes to vehicle burglaries. Please remember to remove anything of value from plain sight (consider placing items in the trunk), regardless of how small it is. The majority of these crimes take place overnight in our area. If anyone has any video that they think will be helpful, especially with the widespread use of RING-type doorbells now, please call the police department so that we can view it.

If you see something, anyone, anything out of the ordinary, regardless of what time of day it is, say something by calling 911 or the non-emergency number, 321-235-5300.

If you have not joined a Neighborhood Watch group, please consider getting involved. Call 407-246-2369 for more information.

The new decade also brings with it the U.S. Census and everyone's involvement is needed in the counting process. Since 1790, the United States has performed a census every 10 years to count every person living in the 50 states, the District of Columbia and five U.S. territories. It is mandated by the U.S. Constitution, and the 24th count will take place this year on April 1st. The results determine how federal funding flows to our community and how many seats in Congress we receive. For more information, visit 2020census.gov.

As we begin 2020, I look forward to joining all of you in making a few new resolutions and keeping some old ones, including my commitment to the Citizens of District 3. As you have probably heard me say, this is Your City, so thanks for giving of your time, energy and talents to make it a wonderful place to live, work, play and raise a family.

CHOOSE

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Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

Orange Avenue Overlay in 2020

Regarding the Orange Avenue Overlay (OAO) District, oftentimes when we discuss “change” to existing standards in Winter Park, we hear a variety of opinions.

The intent of the OAO is to provide revised standards to protect and promote the unique characteristics of the Orange Avenue area and create a distinct gateway into Winter Park. This OAO District is used to create a sense of place established through specific architectural styles, streetscape design, open space areas, setbacks, site design, landscaping, and other regulatory controls. This is similar to our Park Avenue and Hannibal Square districts.

The city has discussed the possible redevelopment of Orange Avenue for many years. In Policy 1-2.4.14 of the Comprehensive Plan, it states:

Policy 1-2.4.14: Mixed Use Designation

Within one year from the adoption of this Comprehensive Plan, the City will create a mixed use overlay or district for commercially designated parcels that would be intended to facilitate design and use flexibility to achieve pedestrian scale, innovative transit connectivity and maximizing open space within a commercially viable and architecturally desirable design. Complementary uses may include, but are not limited to retail, entertainment, office, civic and residential uses.

In May 2019, at the request of city staff, the City Commission appointed an 11-member, resident-comprised Orange Avenue Overlay Steering Committee to work with staff to evaluate the potential creation of the OAO District. Any changes would also likely necessitate modifications to the Land Development Code and Comprehensive Plan.

Throughout this process community input was vital. Over the course of the past eight months, there were 19 publicly advertised meetings where the public was invited to attend, provide input, comment, and ask questions. Additionally, there were two Planning & Zoning Board work sessions and City Commission work sessions, all open to the public.



At their final meeting on November 13, the committee voted 8-2 to recommend approval of the final draft language, with minor changes that were discussed at the meeting. The major topic that all members of the Steering Committee could not agree upon was whether or not the city-owned Progress Point property (which was appraised at \$5.69 million in 2016) should be developed, to what scale it should be developed, and whether or not it should be used as a park. The findings and recommendations from the committee were based on solutions to problems that have hurt small businesses in the area for many years. Additionally, the committee used the *Vision Winter Park* plan, the Sustainability Plan, and the Comprehensive Plan to create a new way of looking at development in Winter Park and allowing for development bonuses to be earned, rather than simply given through rezoning or variance.

There has been tremendous good will among all

participants in this process. It has been a transformative way of creating a community-based planning initiative. It was not driven by developers or in response to any sort of planned development. Instead, it was based on the input of the community through the guidance of Steering Committee members who volunteered to spend their free time to explore the challenges that have led to the economic stagnation of Orange Avenue. Thank you to the Steering Committee for your willingness to work together as a team to deliver a product that will enable us to create another special place in Winter Park.

For more information about the OAO District proposal:

- visit cityofwinterpark.org/planning
- watch educational videos about the process and project at cityofwinterpark.org/vimeo
- email your feedback to OrangeAve@cityofwinterpark.org



protection and service by Jim Whitman, Winter Park Police Department

Do You Have 20/20 Vision?

As we move into the year 2020 and start a new decade, we are afforded an opportunity to examine our lives to see if we are doing everything we can to ensure the safety of our families and ourselves. Winter Park has a reputation of being a safe community and by comparison we are relatively “drama” free. However, this reputation often fosters a lax attitude when it comes to securing our property and making sure we are not putting ourselves in harm’s way. So as we proceed into the New Year, let’s perform a self-exam on our property and daily routine.

When you leave your home each day, are you making sure the doors and windows are closed and locked and (if equipped) the alarm set? No matter how long you are gone, this should become second nature. Often we tell ourselves, “I am only going to be gone for just a few minutes,” or “I’m just going next door,” when in fact those few minutes are all a crook needs to enter your home and take valuables. So, no matter how long you are planning on being gone (even if you are out working in the yard), close the garage door and make sure your doors are locked. On the topic of valuables, take some time to document what you have (serial numbers if they exist, and photographs, and if you haven’t done it in a while, appraisals on jewelry).

Next to your home, your vehicles are probably the next most expensive assets you own. Take time to ensure that the doors are locked (even if it

is parked on your driveway) and the windows are closed. Remove valuables from the vehicle- **do not store guns, spare keys or fobs in the vehicle!** And this should go without mentioning, but remove keys from the ignition. When deciding where to park, make a conscious effort to park under a parking lot light if you plan on staying past sundown. When returning from shopping, place your packages in the trunk or storage area before heading to your next location. **Speaking of driving, remember texting and driving is illegal** and the penalty is even more severe within school zones and active construction zones.

Let’s make 2020 a great year! Remember, it only takes a minute to become a victim so let’s not make it any easier. We are going to continue our mantra of “See something, Say something” and as always, if something doesn’t look right, don’t hesitate to call the police.

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Advent Health

From Page 1.



five weeks we could train for and successfully complete a half marathon on the coldest day of the year. It was Dave who convinced each of us that if we could run eight miles, we could run 13.1. And he was right! We crossed the finish line wet and icy from sleet, sweat, and determination.

Our group – Females In Training or F.I.T. – could never have accomplished any of this without Dave. Now, a decade later, we still look just as we did back then (yes, yes we do).

We're a wee bit slower but we will do it again.

Dave won't physically be there to stretch us out, remind us about getting enough sleep, staying hydrated, and eating properly. He won't physically be there to take a few minutes to trot beside each of us for random conversation distracting us from our pain. But he is with us always. Each of us feels him pushing us forward ever so gently and letting us know that we can and indeed, will do this again....even a decade later. #DC10

FIT ladies pictured above from left to right are Sara Brady, Kari Conley, and Samantha Kearns O'Lenick. Other The FIT team members include: Leah Shepherd, Ali Polejes, Pam Saffran, Wendy Sullivan, and Dr. Aileen Field. Trainers: Track Shack owner, Betsy Hughes and Track Shack Vice President, Natalie Casey.

Edyth Bush Charitable Foundation Elects Brian M. Butler To Its Board Of Directors

The Edyth Bush Charitable Foundation unanimously voted Brian M. Butler to its board of directors. As an accomplished businessman, longtime Central Florida resident, and leader with a passion for philanthropy, Butler brings invaluable experience and a unique perspective as the newest member of the Edyth Bush Charitable Foundation board of directors.

Butler brings a wealth of experience serving on the board of directors for local community organizations – many of which the Edyth Bush Charitable Foundation supports – such as Ronald McDonald House Charities and Valencia College Foundation, among others. Butler's roots lie deep in the community, he grew up in Central Florida and attended Trinity Preparatory School, an institution the Edyth Bush

Continued on page 8

From Page 1.

Your generosity has enabled the WPHS Foundation to undertake projects, both large and small, that raise the bar for our students. We have completed, or are in the process of completing, many projects to improve the high school experience for all students. Some recent highlights include:

- Main campus shade structure over cafeteria courtyard and pool
- 90 TI-Nspire CX II and CX II Graphing calculators for the math department
- Main campus state-of-the-art collegiate weight room
- New lawn mower for WPHS Athletics
- New surrey bike for WPHS students with disabilities
- New chairs for the WPHS College and Career Center
- New lockers at Showalter Field

Our goal is to make Winter Park High School a best-in-class facility and couldn't do it without your support. We look forward to seeing you on February 22, 2020!

The WPHS Foundation was established in 1992 as a 501(c)3 organization (non-profit) to provide additional support to WPHS in order to bridge the gap between county and state educational funding for WPHS students. Its sole purpose is to provide additional financial support for the educational, extracurricular, and athletic needs that benefit WPHS students.

All gifts are fully tax-deductible and will qualify for an employer match, if your employer has such a program. Also, the Foundation is an all-volunteer organization with modest administrative expenses, allowing it to devote 98% of gifts to the school, fulfilling annual teacher "wish lists" and providing additional benefits not funded by Orange County.

Please follow us on Facebook for up-to-date information @WinterParkHighSchoolFoundation, or email us with any questions or if you would like a silent auction donation form: info@wphsfoundation.org
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Part 1: Jan. 14, 2020

The first step to planting your family tree is to take what you know into the unknown, discovering many surprises along the way!

Part 2: Jan. 28, 2020

Accessing online resources: How to use the internet as a source for information and a guide to finding material that is not online!

Part 3: Feb. 11, 2020

Let's dig a little deeper: Know your 4-Cs; Census, Courthouse, Church, Cemeteries

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or mowens@watercrestseniorliving.com**

Emergency Services At AdventHealth Winter Park To Expand

AdventHealth Winter Park plans construction of a new 32-bed emergency department that will upgrade current emergency services in the area. Crews will begin tearing down an older portion of the hospital in late January for construction of the new ER, which is scheduled to begin in spring 2020.

The new, approximately 27,000-square-foot ER will have all private rooms, two trauma/bariatric rooms, and a separate ambulance entrance from the public walk-in entrance. It will also include pediatric-friendly rooms and a separate pediatric waiting area to make visits more inviting for young patients. Generous community support through AdventHealth Foundation will help fund the renovations.

“This new ER will modernize and expand the whole-person care we provide to Winter Park and surrounding communities,” said Jennifer

Wandersleben, CEO of AdventHealth Winter Park. “AdventHealth Winter Park has a more than 60-year history of providing world-class hospital care to our community and the new ER will continue that tradition.”

Medical units on the first and second floor of the old building — including the nuclear medicine and cardio suite, dialysis, respiratory and acute therapy, BioMed and general offices — will be moved to new areas on property in preparation for demolition.

Throughout construction, all emergency services will continue to be available in the existing ER’s current location.

Once complete, the entrance to the new ER will face Mizell Avenue and include a second sculpture by renowned artist JEFRE. It will serve as a statement of hope and healing and act as a visual cue to the hospital’s emergency



department. JEFRE previously installed a halo sculpture near the corner of Lakemont and Aloma avenues.

The ER is the latest area of AdventHealth Winter Park to undergo renovations. Earlier this year the hospital opened the Nicholson Pavilion, featuring a first-of-its-kind inpatient rehabilitation unit in Central Florida.

From Page 6.

Charitable Foundation supports. Butler is an alumnus of Brown University where he received a Bachelor of Arts in business economics, and he earned an MBA from Duke University’s Fuqua School of Business.

As CEO of JCB Construction Inc., a family-owned Central Florida site development and construction management company, Butler will play an integral role using his construction experience to guide Edyth Bush Charitable Foundation as the Foundation builds its new headquarters in Winter Park. Construction is a major sector that drives the Orlando community, and Butler will help bridge the connection to

such an important part of the Central Florida business community.

Butler has received many prestigious accolades throughout his career including “Most Influential Businessman” and “Top 10 Businessmen to Watch” from the Orlando Business Journal, as well as “Outstanding Volunteer” by the MWBE Alliance. Butler is actively involved in community service and has volunteered for numerous organizations, championing helping others and bettering the community in which we live.

“I am honored to be elected to the board of directors and support Edyth Bush Charitable Foundation’s mission,” said Butler. “I have

served on the board for many of the amazing organizations Edyth Bush Charitable Foundation supports, and I’m eager to continue the remarkable legacy of Edyth Bush by doing good in the community.”

The Edyth Bush Charitable Foundation board of directors is responsible for fulfilling the Foundation’s mission of creating and supporting innovative civic solutions to help people help themselves and works to ensure the goals of the organization are met. The board is made up of highly accomplished thought leaders in the community who are dedicated to strengthening the nonprofit sector of philanthropy

throughout Central Florida.

“The board and I have the utmost confidence in Brian Butler, he’s a compassionate leader and will bring incredible insight to the board of directors,” said president of Edyth Bush Charitable Foundation, David Odahowski. “Brian is personally committed to our local community and takes great efforts to make Orlando a better place. He’s proved this through his long-standing history of supporting community nonprofits. The board and I look forward to the knowledge and expertise Brian will bring to the Edyth Bush Charitable Foundation.”

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Kelly Price

experience matters in real estate *by Kelly Price*

Welcome 2020!

It's hard to believe that we have entered a new decade. Over the past few years I've seen a dynamic shift in the real estate industry. Digital

marketing, social media, iBuyers, YouTube - the real estate market has become a vast technological sphere of influence, and with all these changes and advances, I'm left wondering what the future for residential real estate holds.

It's safe to say that times have changed. As we enter a new year, I am optimistic that growth and change will continue to have a positive impact on our local real estate market. In 2019 we saw Millennials - the largest group of buyers in U.S.

virtual staging, 3-D imaging and walk-thru capabilities. While I admire and appreciate the technology they've encouraged our industry to embrace, I also extend to them a minor caution: don't let technology make decisions for you. Walk-thru videos and 3-D floorplans are cool, but they can't replace the feeling of walking through a home and personalizing and envisioning it as your own. If you're looking to buy a home, visit an open house or two, schedule a private showing with your agent, and tour the home(s) you're interested in. Buying a home is more than a financial responsibility, it's your opportunity to create a future, a nest, and a home that is personalized to you.

No one can ever truly predict what the future holds, but as I look forward into 2020, I see nothing but great things to come our way. We are starting off the year with a healthy market, great interest rates, and Central Florida continues to be one of the nation's fastest growing communities.



1128 Preserve Point Drive, Winter Park, FL 32789

Kelly Price is not only the driving force and name on the door of one of Central Florida's most dynamic and recognized real estate companies, she also is one of the area's premier real estate sales professionals. Kelly launched her real estate career in 1989 with an established Winter Park real estate firm and over the next 12 years was one of the firm's top performers. In 2002 she was bitten by the entrepreneurial bug and started Kelly Price & Company. Starting with just herself and two other associates, Kelly Price & Company has grown to more than 40 sales agents and it has posted more than one billion in property sales. Kelly was born in Memphis, went to school at Winter Park High and received her MBA at Rollins College.

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Ron Frechette

cybersecurity awareness by Ron Frechette, The Cyber Coach

Having 20/20 In 2020!

As we roll in to 2020 it's important to have a crystal clear view of the cyber threat landscape ahead. One thing 2019 taught us was the cyber-criminal landscape is expanding, and the majority of cybercrimes have shifted towards the small-mid-sized business (SMB) world. This is primarily due to lack of cybersecurity awareness and education, and

not having basic security controls in place. As a result, the cyber-criminals view SMB's as "low hanging fruit" and we predict that more SMBs will become victims of data theft, ransomware, or malware attacks in 2020.

This is exactly why SMBs must begin implementing basic security controls to avoid becoming a target. So to kick off the New Year, I am officially challenging all SMB leaders to adopt the following 10 Security Controls in 2020:

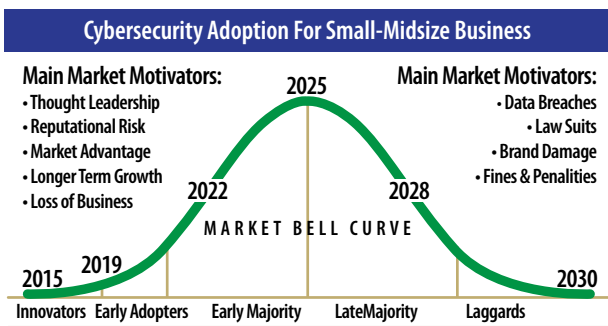
Top 10 Security Controls for SMBs to Have in Place in 2020

1. Have an Information Security Policy and Update Annually
2. Appoint or Hire an Information Security Officer that is Qualified for the Role
3. Conduct a NIST SP800-53 Security Risk Assessment
4. Conduct Quarterly Vulnerability Assessments of your network
5. Have an Access Privileges Policy
6. Have a Third-Party Service Provider Security Policy
7. Perform Annual Security Awareness Training with Executives and Employees
8. Encrypt Data in transit and at rest
9. Have a Multi-Factor Authentication (MFA) Policy in Place
10. Have an Incident Response, Disaster Recovery and Business Continuity Plan - Test Annually

These basic security controls, once properly implemented, will reduce the risk of a data breach by as much as 70%.

Cybersecurity Adoption for SMBs

The good news is in 2019, we saw Cybersecurity Adoption for SMBs begin to improve. That said, there is still a long way to go for market adoption as seen in the Market Bell Curve graphic:



Self-Assessment Resources

Here are four resources we have found to be effective for companies that are just beginning the cybersecurity program development journey:



FREE - <https://www.nist.gov/cyberframework/general-resources>



FREE & FOR PURCHASE - <https://www.cisecurity.org/>



FOR PURCHASE - <https://gcatoolkit.org/smallbusiness/>



FOR PURCHASE - <https://certikit.com/products/cyber-essentials-toolkit/>

These resources will provide the necessary guidance to get you started if you have a limited budget.

Ransomware Attacks on SMBs in 2019

I would sum up 2019 as the Year of Ransomware Attacks on SMBs. Here in Central Florida alone, we responded to more ransomware attacks than in previous years... and ironically, all of the victims were SMBs. In some cases, the victims were forced to pay the ransom or risk filing bankruptcy, due to not having proper backups in place. They would have lost every bit of data within their infrastructure. Some had to shell-out well into five figures for digital forensic & incident response services. That does not include the costs of lost productivity and potential lawsuits. Building a sound cybersecurity program would have amounted to a fraction of that cost.

As machine learning and artificial intelligence continue to evolve, we expect more ransomware attacks to take place on SMBs in 2020. So, here in lies my challenge for SMB leaders: step up and join us in our quest to implement the Top 10 Security Controls we've outlined in this month's article. This is our way of helping the SMB world have 20/20 in 2020!

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

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Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

Fun With Plant Names Part 2

We work with plants constantly and we usually use their scientific names which are in Latin. Many plants have common names that are also their scientific names: magnolia, camellia podocarpus, pittosporum. So, you are already speaking Latin when you discuss them. There

are also plants with interesting common names that provide an interesting description of one of its characteristics.

Many names relate to animals (bird, fish, horse) or their body parts (tail, horn, ear). There are also names that are physical shapes (bell, umbrella) or objects (string, balloon, feather). Some words are more ethereal or represent

locations or action (rain, desert, walking). The fun part is that when you hear the name and see the plant, you look for the relationship and when it becomes apparent you may even smile.

All of these plants can potentially grow in Central Florida, however some you may not want to grow. Always make sure you have the proper growing conditions.

Torch or candelabra aloe - *Aloe arborescens* (red and torch-like blossom)

Bird nest fern - *Asplenium nidus* (the upward arching leaf arrangement creates an open center)

Cast iron plant - *Aspidistra elatior* (one of the few plants that survived indoors when soot generating gas was first used as a light source)

Desert rose - *Adenium obesum* (colorful flowering succulent plant that is low water use and native to areas south of the Sahara)

Orchid tree - *Bauhinia blakeana* (large and orchid-like blossoms)

Shishigashira camellia - *Camellia hiemalis* 'Shishigashira' (Japanese for lion's head referring to the bloom)

Fishtail palm - *Caryota mitis* (leaves look like fish tails)

String lily - *Crinum americanum* (string-like blossoms)

Umbrella plant - *Cyperus alternifolius* (looks more like a segmented umbrella)

Horsetail - *Equisetum hyemale* (multiple stems grow upright)

Swiss cheese plant - *Monstera deliciosa* (serious holes in these large leaves)

Mexican feather grass - *Nassella (Stipa) tenuissima* (feathery leaves and blooms)

Walking iris - *Neomarica gracilis* (this plant spreads using drooping leaves)

Staghorn fern - *Platynerium bifurcatum* (leaves have the shape of antlers)

Balloon flower - *Platycodon grandiflorus* (blossoms are puffed up before opening)

Lamb's ear - *Stachys byzantine* (downy leaves)

Yellow bells - *Tecoma stans* 'Yellow Bells' (bell shaped bloom)

Cardboard plant - *Zamia furfuracea* (thick leathery leaves)

Pinecone ginger - *Zingiber zerumbet* (mature flower heads perched on top of the stems)

Rain lily - *Zephyranthes atamasco* (alludes to the fact that it first blooms following the first summer rain)

Let us know if you have other interesting common names to add to the list - and if you smiled.



Swiss cheese plant - *Monstera deliciosa*



Torch or candelabra aloe - *Aloe arborescens*



Shishigashira camellia - *Camellia hiemalis* 'Shishigashira'



Mexican feather grass - *Nassella (Stipa) tenuissima*

Hortus Oasis (FL26000315) 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@hortus oasis.com and visit www.houzz.com/pro/hortus oasis/_public.

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pop culture detours by George McGowan

Happy New Decade! (Or Wait? Does The New Decade Actually Start In 2021?)

Happy 2020! It'll just be another year until we begin the new decade. But it isn't too late to change your evil ways and take on some new resolutions. The year 2020 brings to mind the need for vision, which I'll equate to intention. Here's to an intentional New Year! What do you intend to do differently this year?

For me, after reviewing my Goodreads app (which I use to help track what I read throughout the year), I need to spend more time reading in 2020. I only finished seven books in 2019, a very poor year for me. Interestingly, the seven books break down into three novels, two books of short stories, and two non-fiction books. So my diversity is good, but my numbers are not. But, I think I deserve some kind of recognition for reading "Lonesome Dove" by Larry McMurtry which is over 800 pages and clocks in at an astonishing 365,712 words! (By the way, thanks for the suggestion, Sam Dolson, who shared that it was his favorite book -

so I had to read it!).

I believe I intimated that I would share my favorite music from the 2010s in last month's column. Well, I will give it a shot. But instead of picking albums, I am going to list the artists who I am glad shared music with us and whom I look forward to hearing more from in the future. In no particular order, they are Adele, Run the Jewels, Parquet Courts, Kacey Musgraves, Kendrick Lamar, St. Vincent, Frank Ocean, Solange, Jenny Lewis, Sturgill Simpson, Hurray for the Riff Raff,



Perfume Genius, Cass McCombs, Brandi Carlile, and Tame Impala. I could go on, I had to stop myself there. I guess I'm a chronic when it comes to music.

Let's pause here to have a moment of silence for some great musicians we lost in the last ten years: Amy Winehouse, Whitney Houston, Prince, Tom Petty, and David Bowie. Thanks for the music and the memories!

Looking ahead to the New Year, I intend to enhance my viewing experience and choose to watch more movies in an actual movie theatre this year. I believe I can count the num-

ber of movies I attended in 2019 on one hand. There are too many good movies out there to not see more than that, am I right? We have the wonderful Enzian Theatre in Maitland which is a splendid place to see a film. Time to see one there soon.

I have been enjoying taking my sweet time to watch some great TV series (and fighting the urge to "binge") and will continue to do so into 2020. I am currently in season two of "The Crown" (wonderful!) and season one of "Watchmen" (nuts in a good way!). I will review both of these series soon.

Finally, in 2020 (and beyond?), I hope to introduce myself (and therefore, you) to pop culture that should be checked out. That is one intention I make every New Year, no matter whether a new decade is beginning or not!

From left to right: Whitney Houston (1963-2012); David Bowie (1947-2016); Amy Winehouse (1983-2011); Tom Petty (1950-2017); and Prince (1958-2016).

theater in the parks by Paul Gicola

Do You Want Realism?

"Talk Radio" by Eric Bogosian - Theater on the Edge, through February 16, 2020

If you have been reading this column, you know that Theater on the Edge produces some outstanding shows. In addition to the fine performances of the actors, two main factors make this theater stand out from the rest. The theater is very intimate, holding only about 30 patrons, and the sets are amazing. The theater is part of Truthful Acting Studios just south of Orlando in Edgewood.

The current show "Talk Radio" takes place in the year 1987 in a world before social media, cellphones, texting, Facebook or Twitter. It was a time when people actually "talked" to one another in person or on the phone. People even wrote letters to each other. Radio, especially talk radio, was very influential in shaping people's ideas. In the show, Barry Champlain, played to perfection by Marco DiGeorge (founder of TOTE), is a late-night call-in radio talk show host. He speaks to a variety of troubled and lonely callers who are up late at night. Some give their opinions while others have problems that need solving. The host tries to steer the show in the direction he wants the show to go but is often led off track by the callers. There are some very intense conversations and the listeners don't always know what's real or fake. Can we believe anything we hear? The current term "fake news" comes to mind. The show is totally engrossing.

The set by Samantha DiGeorge is a marvel in itself. Her hyper-realistic designs are reminiscent more of a movie set with attention to every detail. I usually like to get to the theater early just to take in the set. Taken all together, the outstanding set, the intimacy of the theater, and some fine acting make for a great theatrical experience.

Fringe Winter Mini Fest - January 9-12 at Orlando Shakes:

This event is a smaller version of the huge festival held in May. It is a great introduction to Fringe for those who have not yet experienced this theatrical phenomenon. It also is an opportunity for regular attendees to get their "Fringe fix" without having to wait another six months. There are 22 shows- some are best-of repeats from past Fringe shows and some are new to Orlando Fringe. The complete schedule and tickets can be purchased at www.Orlandofringe.org.

I wish everyone a Happy New Year and a year filled with great theatrical experiences, starting with these January highlights:

"Beehive: the 60's Musical" (Winter Park Playhouse), "Violet" (Garden Theatre), "Becoming Dr. Ruth" (Orlando Shakes), "Men In Boats" (Mad Cow Theatre), "The Rover" (Theatre UCF), "The Great American Trailer

Park Musical" (Theater West End), "Aladdin the Musical" (Dr. Phillips Center), "The Lion in Winter" (CfcArts), "Moon Over Buffalo" (Osceola Arts), "Best of Broadway 1990-1995" (Breakthrough Theatre of Winter Park) and "Love Letter" (Penguin Point Productions, Oviedo). UCF Celebrates the Arts announces their festival schedule January 9, 2020.

The Winter Park Playhouse

Beehive The 60's Musical

January 24 - February 22, 2020

Told from the perspective of six women who came of age in the 1960s, this energetic Off-Broadway musical nostalgically recalls the days of miniskirts, transistor radios and flower power! Celebrating iconic female artists such as Aretha Franklin, Diana Ross and Connie Francis.

407-645-0145 | www.winterparkplayhouse.org

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

OTHER BEST BETS FOR JANUARY: "BEST OF BROADWAY 1990-1995" (BREAKTHROUGH THEATRE OF WINTER PARK; "LOVE LETTER" (PENGUIN POINT PRODUCTIONS, OVIEDO).

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



Ayesha G. Shenk

8:32 pm On A Tuesday...

What's your life look like at this moment in time at 8:32p.m. on a Tuesday...?

Are you just putting the kids to bed?

Just finishing after a long

day of work?

Cleaning dishes from dinner?

Out for an elongated happy hour with colleagues?

Sitting by the hospital bedside of someone you love?

Staring into space while trying to remember why you married this someone you used to love?

Dreaming of a better day?

Wishing this day would never end?

Tonight, after spending hour after hour in different moments with people, I found myself having to walk through the AdventHealth ER after work. It turns out it's all fine. I'm fine, my family is fine, we're all blessed... but there are a remarkable number of people, from all walks of life, who are struggling.

There is grief and fear and love and hope all flooding the halls of hospitals day after day. There are the anxious parents holding their child's 'booboo,' the exhausted caretakers who have seen the walls of this waiting room far too many times, there are the massive traumas and the minor stitches and everything in between. Here meets the intersection of the rookies and the veterans in a game neither ever wished for nor anticipated they would play.

At any given 8:32 on a Tuesday, life and love and good or bad fortune collide and, though it may seem like an insignificant time and another notch in the belt of the staid routine you have created, it is not for someone somewhere.

Someone is under grave stress. Someone's heart is breaking. Someone hasn't slept in days. Someone's fearful for the ones they love. Someone's falling in love! At this moment in time, anything and sometimes unfortunately, everything is possible.

It's been a hard week. I have had some heavy cases, one of my husband's dear friends is not doing well, we're running in a million directions to make sure all the kids activities/needs/concerts/games/attitudes/appointments/etc... are attended to. Sleep has been fairly elusive. And, I'm sure, I've allowed things to get the best of me. And then, I remember what 8:32 on a Tuesday looks like for so many people and I am recalibrated.

Don't get me wrong, we are entitled to feel what we feel: fatigue, stress, angst, frustration, fear, hurt, etc... And just because someone else has it harder at the moment, doesn't mean that those feelings aren't real. However, without perspective and gratitude some of those feelings and some of those weeks could swallow you up whole.

January begins a whole new year and offers a whole new view of the world and a fresh new beginning to make changes and narrate the way



our 2020s will be. A new year offers the ability to make certain things a priority. I've had 'coordinate date to make meal at Ronald McDonald House' on my list of to-dos for more consecutive months than I am proud to admit. There are so many things my highest and best self yearns to do, yet I am just as guilty of being 'sucked into the vortex' of life and find myself running just to keep up.

The new year 2020 offers the chance to have 20/20 vision on our lives. What matters? Who are you? How are you going to manifest an accurate reflection of the things that matter and the You who is true?

Wishing you and all those dear to you a truly joyful New Year. May it offer you crystal clear vision and direction with acuity and grace.

Till the next time,
Be Well; Live Meaningfully.
Ayesha

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.

schools

Audubon Park School
PRINCIPAL TREVOR HONOHAN

The students and staff at Audubon Park School were proud to host Skype friends from Buenos Aires, Argentina in December. Twenty students and teachers from The Wimbledon School of Language spent two days learning beside APS students. After a year of communication, the students met in person and participated in collaborative projects during their stay. The theme this year was Global Citizenship, focused on the UN's Global Goals and being an active citizen. Visiting students worked in curriculum areas, performed a show, worked in our school gardens, and even matched up against our students in a game of soccer.

The APS Performing and Fine Arts Department has been busy lately, with two standing-room-only winter music concerts in December. Our middle school art students were selected for their rain barrel design for the 2020 OUC water conservation Water Color Project calendar. Plus, our theatre department held auditions for the school spring musical, Annie and are gearing up for an April performance.

As we head into 2020, we want to thank community partners like Conquest Research for helping us implement fish tanks in each of our collaboration spaces around the school. Our students enjoy learning from the tanks each day. We hope you'll join us in 2020 in a celebration of wellness for our second annual Parklife Orlando Falcon 5-K on Saturday, February 1st. Registration is open to the community. All participants will receive a swag bag filled with a race shirt, commemorative medal, and treats from our sponsors. Check out our school website to register and join us for a fun, community 5-K.

Baldwin Park Elementary
PRINCIPAL ANNA FERRATUSCO

Baldwin Park Elementary kicked off their project-based learning program in each classroom! Every student is participating in a hands-on, student centered, highly engaged learning experience where they will experience learning for themselves. These projects included many STEM and STEAM based topics along with coding and robotics! Each teacher will pose a question to students and give them an opportunity to discover the learning behind the project. Some classrooms will have guest speakers from our community, while others will take field trips to enhance their learning. Our Bobcats plan to showcase their learning in April to our community!

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schools

Glenridge Middle School
PRINCIPAL CHRIS M. CAMACHO

I hope each of you had a wonderful holiday break with your families and loved ones. This certainly was a time to gather and give thanks for all that this time of the year brings. As I reflect on the holiday season, I hope each of you had the opportunity to engage in what I call the Three R's: Rest, Relaxation, and Rejuvenation.

I am so proud to share more Glenridge successes with you. Since the last publication, one of our chorus students earned the honor of participating in the Florida All-State Chorus ensemble. This is an incredible honor, as selected students from all over Florida will participate later this year in the ensemble performance. I am so proud of Ms. Gonzalez' leadership in preparing our students for such an honor. In addition, our theatre department, under the leadership of Ms. Hodges, participated in a district-wide thespian competition. I had the pleasure of watching them perform at Ocoee High School and I am amazed at the talent we have here at Glenridge. There is no doubt we have future stars in our midst. Thank you Ms. Hodges for leading our students to these amazing experiences. If you have not had the chance to attend a theatre event, there will be a spring musical and I hope you can join us.

Finally, I want to thank each of you for supporting our school and your students. Please continue to monitor your student's progress and contact the school if there is anything we can support you with. May each of you have a wonderful new year.

The Geneva School
HEADMASTER BOB INGRAM

It was another wonderful month at The Geneva School!

As an integral part of their study of Florida natives, the first-grade students traveled to Fort Christmas to meet Florida native, Jimmy Sawgrass, and saw a fascinating demonstration of life before the first European explorers arrived on the land.

Fourth graders visited Medieval Times in order to reflect upon their studies of the Middle Ages. Students toured a medieval village complete with artifacts, pictures, and historical specialists. Then they enjoyed an

educational presentation on medieval weapons and falconry. Finally, students were entertained by a live joust during a traditional feast.

Winter sports are in full swing with our basketball and soccer teams expected to make a strong showing in our district.

Don't miss our upcoming lower school and upper school open house events, or you can schedule a private tour today! Call 407-332-6363 or go to www.genevaschool.org/visit for more information.

Winter Park High School
PRINCIPAL TIM SMITH

Ninety-seven of our chorus students performed at the Disney Candlelight Processional. Our choral department auditioned and was one of only 23 honor choirs chosen in the Central Florida region. They appeared in five shows over three nights at Epcot. Kudos to our directors Matthew Swope and Hollie Pratt, and a big "thank you" to all the parents who volunteered to chaperone.

Winter Park is a proud recipient of a \$1000 Game On grant from Action for Healthy Kids (AFHK) for the 2019-2020 school year. The grant is made possible through funding by Saputo Inc. to expand student access to physical activity and healthy foods in school, improve knowledge and behaviors around physical activity and healthy eating, and engage parents in activities that reinforce healthy habits at home. Winter Park High School will use its grant to purchase ten Bosu Balls for the weight room that will be used by all physical education classes and all athletic programs.

We recognize the importance of health and well-being to our students' growth and learning and are excited to create a healthier school environment with the funding and resources from Action for Healthy Kids and Saputo. WPHS is one of 72 schools receiving a Game On grant along with program support from AFHK and funded by Saputo in the 2019-2020 school year. Since 2016, Saputo Inc. has supported school grants benefiting over 200 schools, impacting more than 135,000 students. For a complete list of this year's grantees, visit actionforhealthykids.org/grants.

Action for Healthy Kids is improving child health by bringing

together educators, parents, organizations, and communities to transform school into a place where children learn to lead healthy lives. To learn more about the ways this growing 140,000+ volunteer network is helping to make every kid healthy, active and ready to learn and thrive, visit www.actionforhealthykids.org.

Winter Park Presbyterian PreSchool

Classes are often seen playing games on the newly-fenced front lawn. Having a campus surrounded by nature allows us to take frequent walks to observe what is happening in our environment.

Our Nature Center and large outdoor garden boxes are the sites of a lot of digging, planting, and watering. Children love to see what their seeds become, and enjoy picking the fruits and vegetables and tasting them. Art and science experiences are frequently moved outdoors into the shady Nature Center where the children are surrounded by flowering plants that attract butterflies.

The playground is also treated as an active learning center in which teachers interact with the children, pulling language, science, math, and social studies skills out of running, skipping, climbing, swinging, and sliding.

Registration for ages six months through VPK classes for the 2020/2021 school year begins February 10. Our school day runs from 9:00 a.m. until 1:00 p.m. with early drop-off and

extended day available. After-school enrichment programs are offered in soccer, gymnastics, music & movement, mixed sports, Spanish, art, yoga, nature discovery, ballet, science, and cooking.

Please contact us for a campus tour at 407-629-0727 or submit a request online at winppc.org/preschool. Office hours are 8:30 a.m.-3:30 p.m. Monday through Friday.



Winter Park Presbyterian Preschool students enjoying the Nature Center.

The Park Press
Wishing you a happy, healthy, and prosperous **2020!**



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- Early and extended day hours available
- Enrichment programs include Spanish, art, soccer, ballet, cooking, nature, music, science, yoga, gymnastics and mixed sports

www.winppc.org/preschool

Registration For Fall 2020 Opens February 10

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COMMUNITY CALENDAR

Audubon Park Garden District Events

Ongoing Events

Every Monday night Community Market – 6:00 to 10:00 p.m. at Stardust Coffee parking lot located at 1842 E. Winter Park Road. For information call 407-590-8776.

Every Wednesday Plant Clinic - 3:00 to 5:00 p.m. at Harry P. Leu Gardens located at 1920 N. Forest Ave. UF/IFAS Extension Orange County Master Gardeners are available. Please stop by with your plant problem or soil for pH soil testing. For more information, please call 407-254-9200 or visit http://orange.ifas.ufl.edu/res_hort/.

Baldwin Park, College Park and Orlando Area Events

Ongoing Events

Every Monday and Friday Plant Clinics - 8:00 a.m. to noon; 1:00 to 5:00 p.m. at the UF/IFAS Extension Orange County, located at 6021 S. Conway Road. Master Gardeners are available. Please stop by with your plant problem or soil for pH soil testing. Call 407-254-9200 or visit http://orange.ifas.ufl.edu/res_hort/ for more information.

Monday - Friday Each Week Seniors' Program in College Park - 9:00 a.m. to 1:00 p.m. at the College Park Community Center located at 2393 Elizabeth Street. For information call 407-246-4447.

Every Monday Aerobic Gold - 10:00 a.m. at AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Call 407-303-2552 for more information.

Every Monday Smarty Pants - 10:15 a.m. story time for children ages birth-5 years at the Edgewater Branch Library located at 5049 Edgewater Drive. For more information call 407-835-7323.

Every Monday and Wednesday Lunch and Crunch - noon at AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Free for Health Village Fitness Center members. Call 407-303-2552 for more information.

Every Tuesday (through January 7-28) American Sign Language: Level 1A (adults) - 4:00 p.m. at Herndon Branch Orange County Library located at 4324 E. Colonial Drive. For more information, please call 407-835-7323, or visit <https://attend.ocls.info/event/3226035>.

Every Tuesday and Thursday Body Pump Express - noon at AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Call 407-303-2552 for more information.

Every Tuesday and Friday Tai Chi - 10:00 a.m. at AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Call 407-303-2552 for more information.

Every Wednesday Mills50 MidWeek Group Runs – 6:00 p.m. at Track Shack located at 1104 N. Mills Avenue. This event is free to runners of all abilities. For more information, please visit www.TrackShack.com.

Every Thursday Senior Stretch (Yoga Gold) – 10:00 a.m. at AdventHealth Health Village Fitness Center, located at 2520 North Orange Avenue, Suite 101. General public is welcome, and cost is just \$5. Call 407-303-2552 for more information.

Every Thursday College Park Farmers' Market – 5:00 to 9:00 p.m. located at 1600 Edgewater Drive. For information call 407-999-5251.

Every Friday Your Active City Seniors Dance – 7:00 p.m. to 9:30 p.m. at the Marks Street Senior Center, 99 E. Marks Street, Orlando. Singles and couples are welcome. Admission is \$5.00 for members and \$6.00 for non-members. Complimentary coffee and water are provided. Dress code is no jeans, tennis shoes, or tee-shirts. For more information, please call Joan at 407-339-5393.

Every Sunday Downtown Orlando Farmers' Market – 10:00 a.m. to 4:00 p.m. at Lake Eola. For more information call 407-246-3625.

First Friday of Each Month The Art Stroll of Ivanhoe Village –

FEBRUARY HIGHLIGHT

**13TH ANNUAL ORLANDO
OUT OF THE DARKNESS WALK
TO FIGHT SUICIDE
SATURDAY, FEBRUARY 1**

- Baldwin Park
- Registration begins at 7:30 a.m. across from 2420 Lakemont Avenue
- Register at afsp.org/Orlando

6:00 to 9:00 p.m. on Orange Ave. between Princeton and New Hampshire.

January 16-20 Orange Audubon Society's 4th Annual North Shore Birding Festival - The festival highlights the Lake Apopka North Shore, an important bird Area located at 24600 CR 448A, Mount Dora. Thirty-seven field trips allow driving into parts of the North Shore that are otherwise inaccessible except on foot or bicycle, plus to other parts of Central Florida in search of rare birds like the Florida Scrub-Jay and Red-cockaded Woodpecker. There is no overall festival registration fee. Field trips and keynotes have a \$20-60 charge, which is a donation to support Orange Audubon Society's nature and environmental center fund. For more information, please visit <https://www.orangeaudubonfl.org/festival/> or call 407-637-2525.

February 1 Walk to Fight Suicide - Check-in/registration starts at 7:30 a.m. with walk beginning at 9:00 a.m. in Baldwin Park located at 2420 Lakemont Avenue. **Registration is free and open to the public. Walk donations are accepted until June 30th.** For more information, please visit www.afsp.org/orlando.

February 29 Pet Fair-apy - 10:00 a.m. to 1:00 p.m. at Blue Jacket Park located at 2501 General Rees Avenue. Event includes: Food, drinks, music, games, vendors, and a pooch smooch booth. Proceeds benefit Talia's Legacy Children's Cancer Foundation and The Pet Therapy Program. For more information, visit www.taliaslegacy.org.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily.

Every Thursday Healthy Maitland Walk 7:00 a.m.; **Babytime** 10:30 to -11:30 a.m. and **Adventures w/Books Club** 2:00 at the Maitland Public Library. For more information, please visit www.maitlandpl.org.

Winter Park Events

Ongoing Events

Every Tuesday and Thursday Hands-on Gardening 9:30 a.m. - noon at the Albin Polasek Museum and Sculpture Gardens. For more information regarding this free year-round event please call 407-647-6294.

Every Tuesday, Friday and Saturday Winter Park Benefit Shop – The shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. - 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. - 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit various children's programs and the local branch of Orlando Blind. The shop is also looking for volunteers. For more information please call 407-647-8276.

Every Saturday Winter Park Farmers' Market – 7:00 a.m. to 1:00 p.m.

Every Saturday and Sunday Line Dance Class – 10:00 a.m. Saturday for experienced dancers, and 3:00 p.m. Sunday for beginners at the Winter Park Community Center located at 721 W. New England Avenue. Enjoy music, make new friends, and get some fun exercise at the same time! For more information please call 407-592-7835.

Every Sunday Winter Park Running Group – 7:00 at Park Avenue and Welbourne. The group now includes members who walk exclusively, those who both walk and run, and those who run exclusively. It is very eclectic, and has an age span from people in their 20s through 80s. New participants are always welcome to join. For more information, please email jackgallagher534@gmail.com.

Every Sunday Music at the Casa – This free event featuring professional musicians and performers is hosted

at Casa Feliz every Sunday from noon – 3:00 p.m. For more information call 407-628-8200 ext. 3 or visit www.casafeliz.us.

Third Thursday Each Month The Winter Park Neighborhood Jam – 6:30 to 9:00 p.m. Weather permitting, on the outdoor stage on the back (east) side of the WP Community Center located at 721 W. New England Avenue, with audience seating on the adjacent lawn. All voices, ages, abilities and instruments are welcome. A PA system with microphones will be provided along with a drum kit for drummers, but please bring your own instruments, amplifiers and accessories. For more information, please call 407-629-5194.

January 14 Planting Your Family Tree – 2:00 p.m. to 4:00 p.m. at One Senior Place located at 715 Douglas Avenue, Altamonte Springs. This event is hosted by Watercrest Senior Living. Please RSVP by January 8th. For more information, please call 407-644-5770.

January 15 Winter Park Garden Club General Meeting – 10:00 a.m. at the WPGC building located at 1300 S. Denning Drive. Featuring Todd Weaver, local entrepreneur, member of the University club and Winter Park City Commissioner, will speak on bees and their importance in our environment. For more information, please call 407-644-5770.

January 15 Carnegie Hall Comes To The University Club Of Winter Park – 1:00 p.m. at Winter Park University Club located at 841 North Park Avenue. Open to the public. Donations appreciated. For information, please call 407-644-6149 or visit www.UClubWP.org.

January 15-16 "Get Happy" Solo Cabaret Spotlight – Doors open at 6:30 p.m. for a 7:30 p.m. show at The Winter Park Playhouse. This show kicks off the Cabaret Series for the new year, and features musical director and accomplished entertainer, Christopher Leavy. For more information, please call 407-645-0145 or visit www.winterparkplayhouse.org.

January 18 Park Ave 5k Presented by AdventHealth – 7:30 a.m. at 251 N. Park Avenue. Experience the taste with food vendors, Finisher Medal, gender-specific tech tee, free kids run for ages 11 and younger, timed, AdventHealth Experts. Proceeds benefit the Track Shack Youth Foundation. To register, run to <https://www.trackshack.com/event/17>. Registration is required.

January 28 Accessing Online Resources: How To Use The Internet As A Source For Information – 2:00 to 4:00 p.m. at One Senior Place located at 715 Douglas Avenue, Altamonte Springs. This event is hosted by Watercrest Senior Living. For more information, and to kindly RSVP, please call 321-304-4898.

February 11 Let's Dig a Little Deeper: Know Your 4-Cs; Census, Courthouse, Church, Cemeteries – 2:00 to 4:00 p.m. at One Senior Place located at 715 Douglas Avenue, Altamonte Springs. This event is hosted by Watercrest Senior Living. For more information, and to kindly RSVP, please call 321-304-4898.

February 12 Winter Park Garden Club General Meeting – 10:00 a.m. at the WPGC building located at 1300 S. Denning Drive. Marty Folk, with the Bromeliad Society, will talk about bromeliad shapes and sizes and how to use them in your landscape, plus tips for success. He will bring bromeliads from his own collection to sell. For more information, please call 407-644-5770.



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— Winter Park Chamber of Commerce

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