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**Honor Flight**  
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**'My goal was to make more people smile each day...'**  
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# Publisher's Desk

RHYS LYNN



## Hello There, Nonahood!

Well, Nonahood, I can't believe that I'm actually writing this article for the first time as the Publisher of the Nonahood News. The path that led my wife Jenny and I here was certainly an interesting one. As excited

as we are to begin this adventure, we're also sad that in order for it to happen we had to say farewell to the people who started Nonahood News.

Jason and Lindsay Diven were some of the first people we met when we moved to Lake Nona. We've been friends ever since and it's hard to see them move away. Years ago, Jenny and I were walking by our new home to check the progress of the construction. Like so many of us who built or are building new homes here, we were always anxious to see what progress had happened. Every day seemed to bring exciting new milestones. The Divens greeted us and introduced themselves as our future neighbors.

When Jason told me that he was thinking about starting a newspaper part of me thought it was a little crazy. Everyone knows that print is a dying industry, right? That said, I was all for it - the idea seemed to resonate and I could tell that Jason's heart was in it.

I'm proud to say that I've been a contributor to Nonahood News since the beginning. I'll never forget the pride I felt when I saw that Jason had laid the first issue on my doorstep. It wasn't pride in my own small contribution, mind you. It was pride in the spirit that led Jason to take a risk and pull together a startup through sheer determination.

Nonahood News is something that means a great deal to me. One of the things that amazes me about

Lake Nona is the people I meet. We're home to an amazing variety of intelligent, interesting, enthusiastic, and energetic people. Nonahood News is a way for us to tell our stories and to learn the stories of others here. For me, that's one of the most compelling things about this publication. Lake Nona is an amazing place. I am confident that there will be no shortage of incredible stories for the next decade and beyond.

Living in Lake Nona causes an interesting thing to happen. You stop calling the people near you neighbors and you start calling them friends. I think it is undeniable that there's a little bit of magic here. In many ways the experience of building a home is a microcosm of living here - every month there's something new breaking ground or some exciting announcement. We're all living this shared experience - maybe that has something to do with how readily connections are made.

When you get down to it, connections are what life is all about. Being able to connect with one another on a meaningful level is vitally important. I don't think there's a better place to do that than Lake Nona. We'll do our best to keep telling your stories and bringing you news about what's coming around the corner. Thank you for being amazing.

*Hello, I love you, Nonahood.*



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# Local Leaders

## The Lessons of Residency – Trust, Patience, Courage and More Physicians for Our Community



Deborah German, M.D.  
Vice President for Medical  
Affairs, Founding Dean  
UCF College of Medicine

Dr. “Mo” said goodbye to his patients at the Orlando Veterans Affairs (VA) Medical Center in Lake Nona and reflected on what they had taught him. Patience. Trust. The power of

simple, compassionate words. As a resident in the UCF College of Medicine’s first residency program, Dr. Almatmed Abdelsalam, known to patients and colleagues as Mo, had cared for patients at the Orlando VA and Osceola Regional Medical Center. In June, he was among the first 16 physicians to graduate from our inaugural residency, which has helped inspire new graduate medical education programs across the state.

That residency, in internal medicine, began in 2014 in partnership with Osceola Regional and the Orlando VA. Its success led to a consortium between the College of Medicine and Hospital Corporation of America’s North Florida Division that is expected to add 600+ new residency slots to the state by 2020. In the past two years alone, we’ve added 14 residency programs and one

fellowship in Orlando, Ocala and Gainesville. We now have about 250 physicians in training and additional new programs are planned.

Residency programs are part of the promise we made to this community. If we have more residencies, we’ll have more trained doctors. We’ll become a net importer of medical talent instead of a net exporter. That’s because in order to practice, medical school graduates must complete residency training in a specific specialty for three to seven years. Florida’s number of residency programs has not kept pace with its growing population and increasing number of medical schools. In fact, we are 41st of the 50 states in residents per capita. That contributes to the state’s physician shortage and means many of our graduates leave Florida for their training.

Increasing residency programs can help ease that shortage because most residents set up practices where they train. That’s true for this year’s internal medicine graduates. Of the 16, nine are staying in Central Florida. Two will



practice in Gainesville. Three are going onto fellowships in specialties such as hematology/oncology and sleep medicine. Three are going out of state to practice.

These first groups of physicians were pioneers whose efforts are helping to improve the health of our community. Dr. Abdelsalam recently reflected on being part of a new program and about his patients over the last three years – especially the veterans he’d helped

with PTSD and depression on top of chronic conditions such as diabetes, obesity and heart disease. Many were initially tough to reach emotionally, which made caring for their complex medical issues even more challenging. But he had earned their trust by learning about their lives. He’d asked about their kids, their hobbies. He’d called and texted them. He’d become buddies with beloved Pearl, a veteran’s service dog who accompanied her human to every clinic visit.

“Saying goodbye, you realize you built up a relationship, a trust the past three years,” he said. “It wasn’t always

easy. But you can’t help someone take care of their diabetes if you don’t know and understand them. These moments together are what make you.”

After graduation, Dr. Abdelsalam is going to Macon, Ga., a medically underserved area, to become a hospitalist, an internal medicine specialist who cares for patients who are hospitalized with acute illnesses or complications from chronic diseases. He said the specialty allows him to treat and learn from multiple areas of medicine while still developing relationships with patients and their families. He hopes to return to the Orlando area in the future, perhaps to care for patients while teaching at the College of Medicine. With more residency programs, our community will have more physicians just like these.



## Local Leaders meet with Laureate Park Residents

RHYS LYNN



On April 27th, a group of local leaders met with Laureate Park residents for a discussion on public safety in our community. District 1 Commissioner Jim Gray, Orlando Police Department Chief Mina, Orlando Fire Department Chief Williams, Code Enforcement Manager Kory Keith, and Officer Edgar Malave were present. Each of these local leaders spoke with a group of residents who attended the meeting which was held at the Guidewell Innovation Center. One of the key points mentioned was “If you see something, say something.” Residents are encouraged to call 911 when they observe any suspicious activity.

Many Laureate Park residents expressed concerns about speeding cars on Laureate and Lake Nona Boulevards. Of note was discussion about the raised crosswalks, which are now installed. Installed at key locations in Laureate Park, the crosswalks help curtail speeders and in turn make our streets safer.

Other suggestions mentioned that can help encourage safety in our neighborhoods:

**Join a neighborhood watch - this is a great way to stay informed and in contact with your neighbors. Communication is key!**

**Surveillance cameras both deter and help catch criminals - thank you to those who have provided footage to law enforcement in the past!**

**Important: Do not leave item visible in your car. It only takes a moment for a potential thief to see something of value which can motivate a break-in.**

*Thank you to all of the local leaders and residents who attended the meeting!*

For more information about the Laureate Park Neighborhood Watch, find them on Facebook: [LaureateParkNeighborhoodWatch](#)



# Business & Real Estate

## Navigating Generational Diversity in the Workplace

TRAVIS JACOB

Understanding the generational makeup of the current workforce is critical when considering what kind of culture you desire for your organization. Building a winning culture takes effort to understand and respond positively to the four different generations currently employed (see the chart from the Pew Research Center below showing the number of people employed from each generation as of 2015). As you might have already experienced in your organization, this can be a very difficult and sometimes tricky road to navigate. Confusion, blame, frustration and downright anger are all part of everyday situations in workplaces all across America as a direct result of misunderstandings of the foundational worldviews held by each generation.

I would guess that you've heard one or more of these comments in just the past week: "She is not dedicated to her job." "He needs to quit expecting me to be just like him." "They don't value me as a part of this team." "They haven't put in their time." "It shouldn't matter what I look like as long as I am doing a good job." These comments are all indicative of a generational communication gap among the four (mainly three) generations in the workplace. Boomers (53-71 years old) accuse Millennials (17-36 years old) of being lazy and entitled. Millennials blame Boomers for expecting too much and being workaholics. Gen Xers (37-52 years old) blame Traditionals (74 years old-plus) for being way too out of date in their workplace values. Traditionals look at the other three and just wish they could have their world back.

The reality is the workplace generation landscape changes, and this is very hard on people. How can we navigate through this confusing mess of values and work ethics? A common answer to this question is to live by the Golden Rule: Do unto others as you want to be done unto. This certainly works, but there is another rule that is called the Platinum Rule. This rule says: Do unto others as they want to be done unto. Contradiction? No, the Platinum Rule actually compliments the Golden Rule. The Golden Rule says I will treat you with dignity and respect. The Platinum Rule says I will seek to understand you first.

The strength of generational diversity in the workplace begins with seeking an understanding of all the generations represented in your organization. Success comes when you seek to understand before being understood. We will all find that we are more similar than we think when we simply ask questions. People love to talk about themselves, their families, what things were like back in their day, what they value, why they've worked in one place for their entire career, why

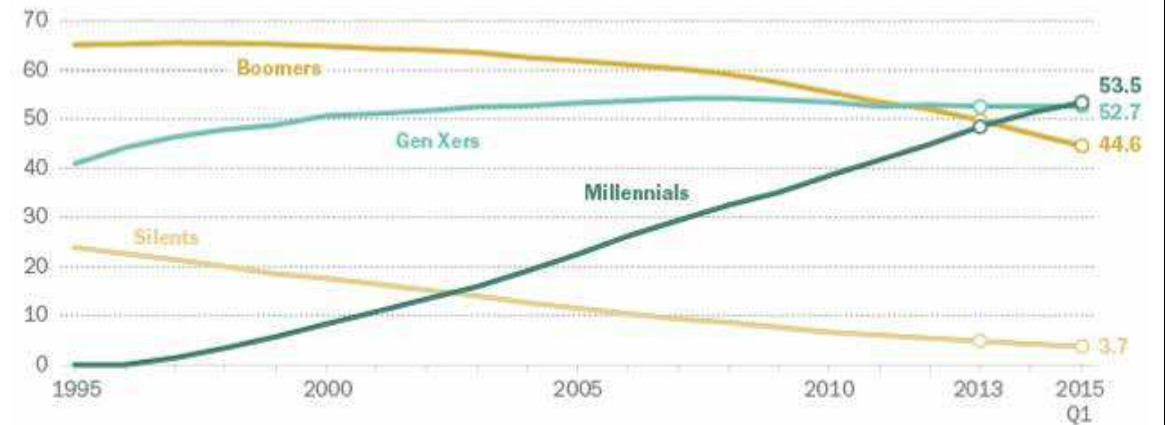
they bounce from job to job, what motivates them, their view of leaders, and I'm sure you can think of several more. When we seek to understand someone of a different generation, we begin to gain a greater respect for that person (and people of their same generation). We might not agree, but at least we understand and begin to treat that person, or people, with a greater degree of respect for who they are. And guess what? If you do that for them, they will do the same for you.

See where this is going? I have been dealing with conflict between employees for years and, without a doubt, the most effective way of dealing with situations between people is to have them sit down and first understand

where the other person is coming from. The same applies to misunderstandings arising from the generation gap. To the older generations in the workplace (Traditionals and Boomers), you probably have more money. Invite the younger generations (Gen Xers or Millennials) you work with to go out to lunch or coffee and pay. Ask them questions and seek to understand them. To the younger generations, seek out older generations and ask them for advice. You might be surprised with how much you learn about each other! One final word. Watch out; the next generation (Generation Z), which we know little about so far, is about to descend upon you, and this will change things yet again!

### U.S. Labor Force by Generation, 1995-2015

In millions



Note: Annual averages plotted 1995-2014. For 2015 the first quarter average of 2015 is shown. Due to data limitations, Silent generation is overestimated from 2008-2015.  
Source: Pew Research Center tabulations of monthly 1995-2015 Current Population Surveys, Integrated Public Use Microdata Series (IPUMS)

PEW RESEARCH CENTER

## To My Lake Nona Community

DR. WILLIAM FELIX



Recently, our practice was awarded the "2016 Patient Experience Medical Practice of the Year" by Florida Hospital Medical Group. Only a few out of approximately 170 practices in Central Florida receive this yearly honor. First of all, this was not an individual effort but the result of great and cohesive teamwork. I am blessed to have the best medical staff. I also have the unconditional support of my lovely wife, Becky, who still believes in and supports my initiatives. We knew Lake Nona was fertile ground to create something different and unique; and, in this process, we also found our home. Most importantly, I want to thank you, my Lake Nona community. I firmly believe our patients need to be treated differently; I should be held to

your highest standards. Thank you for the trust bestowed on me; thank you for welcoming my family with open arms. I promise to maintain my

commitment to serving and helping you at the best of my capacities. This award goes to you. From the bottom of my heart, thanks!

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## Business Spotlights

### Life Enhancing Dentistry Helps Enhance Your Smile and Your Life

NADYA ALDOCHINE, DMD



tal practice is now open in Lake Nona, and it is quickly revolutionizing the dental patient experience.

When Dr. Nadya Aldochine decided to open a new dental practice in Lake Nona, she knew the office had to provide something different. Something special. She knew that she had to create an office environment such that patients not only look forward to their appointment but also feel calm, comfortable and happy throughout their visit. Not to mention that she wanted to provide patients with dental care that makes an immediate and positive impact on their lives.

Prior to its grand opening, Dr. Aldochine spent many months and countless hours devising a plan for a dental office where patients not only receive the highest quality dental care but also where the service they receive actually enhances their lives.

Hence, the concept for Life Enhancing Dentistry was born. Now that the practice is open, patients living in and around Lake Nona are enjoying dental visits that are meaningful, valuable

and relaxing. At Life Enhancing Dentistry, patients describe their experience as extraordinary.

"When I decided to open Life Enhancing Dentistry, I was determined to create an environment where people feel happy about visiting the dentist. Because I truly enjoy all aspects of dentistry, I want to foster an atmosphere in which I can affect the lives of my patients positively. No matter the reason for their visit, I want my patients to understand the benefits of maintaining their oral health," says Dr. Aldochine.

Dr. Aldochine spends a great deal of time getting to know her patients on a personal level. She knows that when they feel comfortable, as if they were members of her own family, they feel much more positive about dentistry in general. She is honored to play such a vital role in enhancing the well-being of so many members of her own community.

#### Enhancing Your Life Through Dentistry

Have you ever looked in the mirror and wondered how your life would be different if your teeth and smile looked slightly different? If so, Dr. Aldochine is here to help. Life Enhancing Dentistry provides a full range of services, including general, comprehensive and cosmetic dentistry. As a patient of Life Enhancing Dentistry, you can sit back, relax and rest assured that you are receiving the highest level of care available in Lake Nona.

When you visit the office for the first time, Dr. Aldochine sits down and has an in-depth conversation with you about your oral health. She listens to your concerns, answers your questions, examines your mouth, and provides you with recommendations and treatment options. In many cases, simple changes or enhancements can make a significant difference in your appearance. They look forward to seeing you in the office and ultimately helping you enhance your life!

Whether you are looking for general dental care or advanced specialized care, Dr. Aldochine and the entire team at Life Enhancing Dentistry will provide you with excellent service. The dental practice was built on a solid foundation of strong principles and values. Life Enhancing Dentistry treats you like you want to be treated. It's a simple as that.



Life Enhancing  
Dentistry

Nadya Aldochine, DMD  
[www.LifeEnhancingDental.com](http://www.LifeEnhancingDental.com)  
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# Features

## 2017 Rotary Law Enforcement Heroes Gala

MAUREEN KARKOVIC



The Rotary Lunch Club of Lake Nona honored local law enforcement officers as they held their first annual Law Enforcement Awards Gala on June 17. Hosted at the Lake Nona Golf & Country Club, the event was a smashing success! Funds were raised benefitting Orange County Law Enforcement Youth Programs and the Ronald McDonald House of Central Florida.

All enjoyed a beautiful view of Lake Nona while bidding on items in a silent auction as live music serenaded. Popular radio personality Bobby Mitchell was the gala's master of ceremony. Guests were honored to sit with a member of law enforcement at each table while enjoying premium fare and a dynamic video detailing each of the award recipients. The night ended with a thrilling display of fireworks over the

lake as guests mingled on the balcony.

Rotary brings together a global network of 1.2 million volunteers from more than 200 countries who dedicate their time and talent to tackle the world's most pressing humanitarian challenges and make positive, lasting change in communities at home and abroad.

It is certainly fitting that the brave men and women of law enforcement in our Orlando community were honored, as they exemplify Rotary's guiding principles - service, fellowship, diversity, integrity and leadership - and are the embodiment of Rotary's motto, "Service above self."

It was an honor to be in attendance as the Lake Nona Rotary Lunch Club presented their 2017 Law Enforcement Officers of the Year Award to Lieutenant Scott Smith of the Orlando Police

Department and Orange County Sheriff Master Deputy Jeffrey Riggs.

A first responder at the scene of the Pulse nightclub tragedy, Lieutenant Scott Smith was also a key player in pinning down the suspect and bringing the massacre to an end. Master Deputy Jeffrey Riggs was honored for his heroic efforts as he saved an unconscious motorist who blacked out from an epileptic seizure, hit a pole, and drove his car into a retention pond. He also helped bystanders rescue the man's two children from the back seat of the car.

As Orlando remembered the Pulse nightclub massacre, this inaugural 2017 Heroes Gala was dedicated to the fallen victims of Pulse, the families, and the law enforcement officers who risk their lives each day to make

our city safe. These officers remind us why we promote peace. They have displayed exceptional levels of bravery and courage as they risk their own lives to save others.

The title sponsor for the event was Law Enforcement Officers Services (LEOS) Protection Plan. Other sponsors included: The City of Orlando, Graham Chiropractic, Dan Newlin Law Offices, Armories, United States Tennis Association (USTA), Orlando Law Group, UCF College of Medicine, and Tweet Coleman.

The 2nd Annual Law Enforcement Heroes Gala will be April 21, 2018.

The Rotary Club of Lake Nona Lunch is a volunteer group doing good in the community. Contact members at [www.LakeNonaRotary.org](http://www.LakeNonaRotary.org) and info@LakeNonaRotary.org. Like them on their Facebook page: Rotary Club of Lake Nona Lunch.



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## 'Twas the Middle of SUMMER BREAK...

SHARON FUENTES



Sharon Fuentes is an award-winning writer, author of *The Don't Freak Out Guide to Parenting Kids With Asperger's* and *A Fan of Random Acts of Kindness, but not creamed corn.*

'Twas the middle of summer break  
And all through the house,  
Every creature was stirring  
Mom, both kids and her spouse.  
Wet bathing suits and towels  
Lying on the floor without care  
With hopes that the Laundry Fairy  
Would soon see them there.  
And I in my tank top,  
Pony tail and baseball cap,  
Wishfully dreaming that somehow  
I could just take a nap!  
When suddenly from the top  
of the stairs, I did hear  
Yelling and screaming,  
A gasp and then tears.  
I dashed up the steps  
To see what was awry,  
To see who did what to whom  
And for goodness sake, WHY?  
When what to my wondering  
Eye I did see?  
A pile of junk about  
As high as my knee.  
Books and electronics  
Sprawled across the loft floor.  
An empty pizza box  
Cheesy handprints on the door  
"What happened?" I shouted.  
"Just look at this mess!"  
My boy nonchalantly replied,

"I was looking for the board to  
play chess."  
As fast as lightning  
The anger it came,  
I shouted out loud  
Even used their middle names.  
I could feel my blood pressure rising  
I was starting to drool,  
And I snapped when I heard,  
"We're bored; can we go to the pool?"  
Steam spouted from my ears  
My face turned beet red,  
Another month of this  
And I'd surely need meds!  
30 something more days  
Followed by 30 something  
more nights  
Filled whining, complaining,  
Arguing and fights!  
With no time for working  
Or just to sit and think;  
Is enough to drive  
This Mama to drink!  
I took a deep breath  
And was about to turn around  
When my daughter held up  
An old album she found.  
"Mom, come here,  
Come take a look,"  
She said as she browsed  
Through her own baby book.  
And in spite of my mood



I could not help but grin  
At the picture of my newborn  
And the picnic basket she laid in.  
That cute button nose  
That round baby belly  
That shook when she laughed  
Like a bowl full of jelly.  
I sat down beside her  
Ready to travel back in time,  
She held out her hand  
I held out mine.  
She let out a sigh  
And crinkled her nose,  
As I talked on and on

About how quickly time goes.  
One minute a baby  
The next you're a teen,  
Filled with so many firsts  
And fun stuff in between.  
Before you know it they'll be in college  
Get a job, perhaps move away,  
They'll forget about old Mom  
Except on Mother's Day.  
So, fellow Mamas, remember this  
Summer break doesn't last,  
Enjoy your time with your kids  
Because childhood goes by way  
too fast!

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### What if Church...

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## What's Eating Your Lawn?

AMBER HARMON



In May, extreme drought conditions left lawns brown and patchy in Central Florida. In June, record-breaking rainfall brought back the flourishing green grass. Now, the lawn mowers are working double time to keep up, and so are the bugs. Many lawns are showing brown patches or yellow blades due to the changing conditions. There are a few different issues that could be affecting lawns and causing this condition. Typically, it's either insects, disease, a nutrient deficiency or a watering issue. Proper diagnosis is key to finding the most effective solution and bringing your yards lush green grass.

One way to determine if insects are the cause of lawn damage is to do a "soap test." Create a mixture of two gallons of water with two tablespoons of detergent soap. Use a watering can and drench a three-foot-by-three-foot area of grass. Then wait and see what types of bugs emerge. It is important to properly identify any bugs discovered. Follow this link to learn more about the difference between beneficial and

harmful pests in the lawn: [http://edis.ifas.ufl.edu/topic\\_lawn\\_insect\\_pests](http://edis.ifas.ufl.edu/topic_lawn_insect_pests).



Beware of using different pesticides in a shotgun approach to eliminate pests. Most of the time, this type of treatment does not work and it is damaging to the environment. As responsible homeowners, everyone is accountable for the pesticide runoff and pollution that winds up in our storm drains and aquifers. Being an informed consumer is beneficial even if you have a lawn service that makes these decisions for

you. If lawn pests need to be treated, choose treatments that are safer for the environment. Organic pesticides with the OMRI (Organic Materials Review Institute) label are recommended whenever possible to lessen the collective impact on our environment.

As a disease might be difficult to diagnose, take a lawn sample to your local County Extension Service Office, and they can help you get the sample analyzed properly (Orange County Extension Service Office – 6021 S. Conway Rd. Orlando, FL 32812; Osceola County Extension Service Office – Osceola Heritage Park, 1921 Kissimmee Valley Lane, Kissimmee, FL 34744).

Make sure that your lawn is properly fertilized in the fall to ensure the nutrients are available and the grass is healthy heading into the spring. This will help to reduce the stress in the grass and reduce the susceptibility to disease and pests.

Watering is another aspect of lawn care that is often miscalculated when there are large amounts of rainfall. Don't forget to dial down the number of lawn-watering days for months like June. Then watch your grass for signs of stress to determine the appropriate watering days for the season.



### In the Garden – Vegetable Spotlight

Have you ever heard of longevity spinach? Salad greens are nearly impossible to grow through the summer months when the summer heat is here. Just know there are some creative options for your summer garden like malabar spinach and longevity spinach. These are not true spinach plants, however they make such a good substitute and are used in place of spinach in recipes such as stir-fries, soups, side dishes and smoothies.

Longevity spinach gets its name because it is said to prolong life by helping to decrease cholesterol, blood glucose, hypertension, rheumatism and viral ailments. The leaves are thick and crisp like lettuce with a good flavor and none of the bitterness of other lettuce varieties. Longevity spinach will stay crisp for several weeks without any sign of rot and can be made as tea or an extract. As seeds can be difficult to germinate, purchase transplants and show off the spinach in your Florida summer garden.

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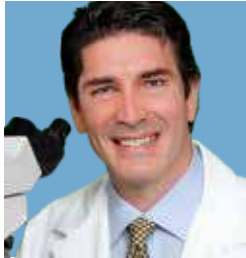
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## Skincare Safety in the Sunshine State

DR. RANJAN PERERA AND DR. MICHAEL STEPPIE



Dr. Ranjan Perera



Dr. Michael Steppie

Current melanoma incidence in older white men (65 and older) is about five times that of the general population.

Before age 50, the incidence of melanoma in women is higher than men, but by age 65, melanoma incidence rates are twice as high in men. By ages 80 and older, the rate is three times higher in men than women of the same age.

Why are older men highly susceptible to melanoma? Over a lifetime, men spend more time outdoors

accumulating ultraviolet exposure and are less diligent about wearing sun protection. They also might be less likely to perform skin self-exams and have physician check-ups. Also, research shows that melanoma might advance differently in men than women and that men's tumors might grow more rapidly.

Prevention through early detection of melanoma is especially important in reducing mortality in high-risk groups – older men being the largest high-risk group of all. Part of the reason for the high mortality rate is the difficulty in distinguishing benign skin moles from malignant melanomas.

Ranjan Perera, Ph.D., associate professor at Sanford Burnham Prebys Medical Discovery Institute at Lake Nona, pinpoints the problem: "Current tests are inconclusive at least 15 percent of the time, requiring repeated biopsies." His lab is researching

new biomarkers that could provide clinicians with earlier and more reliable diagnostics for melanoma. His approach focuses on micro-RNAs (non-protein coding genetic material) that might contribute to the formation and progression of melanoma.

Research suggests that the majority of melanomas – nearly 90 percent – are considered to be preventable, so following guidelines to limit exposure to damaging UV (ultraviolet) sunlight is the first line of defense. Severe sunburns, especially during childhood, increase your risk of developing melanoma and other skin cancer. Just one blistering sunburn can double your chances of developing melanoma later in life.

Perera and collaborator Michael Steppie, M.D., assistant professor of dermatology at Florida State University, are investigating various skin disorders. Dr. Steppie, a noted Florida dermatologist, offers these sun safety suggestions for people who live in warm weather regions.

### Follow these tips to reduce your risk of developing melanoma:

- Remember that all skin types can develop skin cancer, including people who tan easily or have naturally dark skin.
- Generously apply sunscreen to all exposed skin – even on cloudy days – year-round.
- Use a sunscreen that provides broad spectrum protection from both UVA and UVB rays and has a sun protection factor (SPF) of at least 30.
- Apply approximately one ounce of sunscreen (a shot-glassful) 15 minutes before sun exposure.
- Reapply sunscreen every two hours and after swimming or sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Seek shade when possible. The sun's rays are the strongest between 10 a.m. and 4 p.m.
- Sun-proof your car windows with UVA-filtering window glass or film.
- Water, snow and sand reflect and magnify the damaging rays of the sun, increasing your chance of sunburn. Especially during peak hours while at the beach, stay in the shade from an umbrella carrying a UPF 50+.
- Avoid tanning beds – there is no way to get a tan through UV exposure without increasing the risk for skin cancer. Using a tanning bed before age 35 increases your risk for melanoma by 75 percent.
- Be aware that certain prescription medications and over-the-counter drugs can increase your skin's sensitivity to sunlight.
- Wear a long-sleeved shirt, pants, a wide-brimmed hat (preferably sun-protective clothing, accessories and swimwear carrying a UPF 50+ label), and UV-blocking sunglasses.

Source: Melanoma Research Foundation, American Academy of Dermatology.

### About SBP

Sanford Burnham Prebys Medical Discovery Institute (SBP) is an independent, nonprofit medical research organization that conducts world-class, collaborative, biological research and translates its discoveries for the benefit of patients. SBP focuses its research on cancer, immunity, neurodegeneration, metabolic disorders and rare children's diseases. The institute invests in talent, technology and partnerships to accelerate the translation of laboratory discoveries that will have the greatest impact on patients. Recognized for its world-class NCI-designated Cancer Center and the Conrad Prebys Center for Chemical Genomics, SBP employs about 1,100 scientists and staff in San Diego (La Jolla), Calif., and Orlando (Lake Nona), Fla. For more information, visit us at [www.SBPdiscovery.org](http://www.SBPdiscovery.org), on Facebook at [facebook.com/SBPdiscovery](https://facebook.com/SBPdiscovery), and on Twitter @SBPdiscovery.



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## Bastille Day - Liberté, Égalité, Fraternité!

VANESSA POULSON

July 14, 2016, will go down in the history of France and the world as a day of terrible tragedy and heart-break. Following the terrorist attack in Nice, where 84 were left dead and so many others critically injured, it is hard to see anything about that tragic day in a positive light. However, with our world being in the dark state that it is in, we must try our hardest to look for those moments of brightness while we swim in a sea of tragedy.

The attack on July 14th in Nice was not the first, nor will it be the last time evil comes in with intentions of causing only bad. France remains strong, the world remains strong, and in the face of tragedy, it is often best to look back to previous times of anarchy and tyranny and remember the victories then and apply them to the now.

Bastille Day is a French national holiday, celebrated because of the

storming of the Bastille Jail on July 14, 1789, and is recognized by many as the start of the French Revolution. It was an act of rebellion against the forces of evil that had plagued France for years: food shortage, environmental problems, and, of course, the forces of a tyrannical ruling class whose greed and quest for vengeance kept fear in the hearts of the French people. In that moment in time, there was no better thing for the people to do than band

together against the harsh atrocities of their world and unite themselves as one undivided population dedicated for a better future.

**"Liberté, égalité, fraternité!"**

The motto stuck to the actions of those who were no longer afraid of taking the chance and being brave against all that they had once been taught to fear. There was no need to remain hidden while monsters ruled the streets. There was no need to be paralyzed in the apprehension of what might come of tomorrow or the day to follow. There was a light found in the voice of speaking up for the actions that would prove to be the right ones; the path carved toward a government for the rights of the population and not the politicians, the tranquil and not the terror, the future and not the fear.

July 14, 1789, and July 14, 2016, are similar in more ways than one. In this day and age, the plagues of terror, fear and warfare do continue to beat and erode at the shores of peace and democracy. Just as the storming of the Bastille was the start of a revolution, in this moment, we can also find ground to storm our own revolution. Our past might be our past, but it might also be one of the best places to find footing for our future. Tyranny and tragedy can only rule if you lend them the right to do so, and destruction will only occur if you bow down to the evil instead of storming it.

**"Liberté, égalité, fraternité!"**



*Bastille Day is a French national holiday, celebrated because of the storming of the Bastille Jail on July 14, 1789, and is recognized by many as the start of the French Revolution.*

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# The Amazing Race - The World is Waiting for You.

H. NANCY BREED



**"I think we would kick a\*\* on The Amazing Race."**... said everyone who watches the CBS reality TV show.

Chad and I met at an adventure race, The Urban Dare, and over a few beers we discovered that our mutual passion for adventure, extraordinary experiences, and unique challenges would forge a pretty amazing relationship. After ten years of armchair quarterbacking every episode of The Amazing Race, we finally decided to apply and make a run for that million dollars.

**"You miss 100% of the shots you don't take."** With a 99% chance of not being picked to be a contestant on The Amazing Race, we decided to heed the advice of the great Wayne Gretzky and go for it. We did our research. We thought about our game plan. We discussed what would make us great on the show - we're a funny odd couple with complementary skills - who wouldn't want to watch our shenanigans! We reviewed other applications and "winning" advice. We discussed the teams that we loved to watch and the teams we hated...but loved to

watch. We put lists together and more lists until finally we had our story. It was perfect...perfectly ridiculous. An American born Chinese tiger mom who speaks 5 languages and a laid-back college athlete/6th grade school teacher who work to travel around the world, compete in pub trivia, worship American Ninja Warrior, and enjoy jumping off things - the ideal team. We pulled out the video camera to film our application video and everything went pear shaped. Let's just say it is really hard to talk about why you would be awesome in three minutes without sounding like a total jerk. By the 14th take, we were ready to just submit a video of our dog doing tricks - it was not an amazing experience.

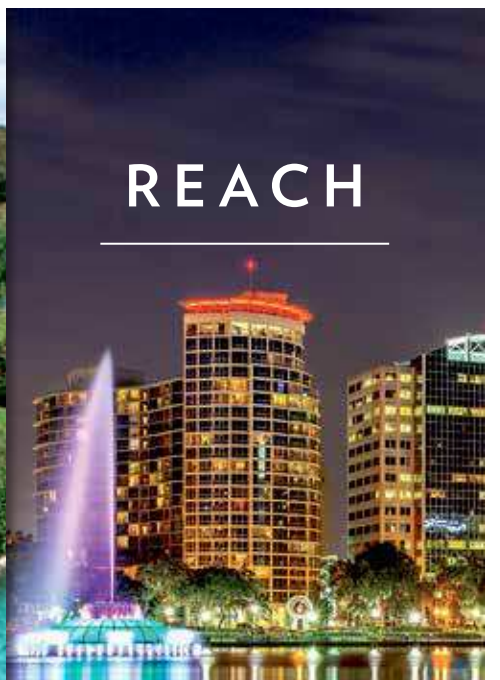
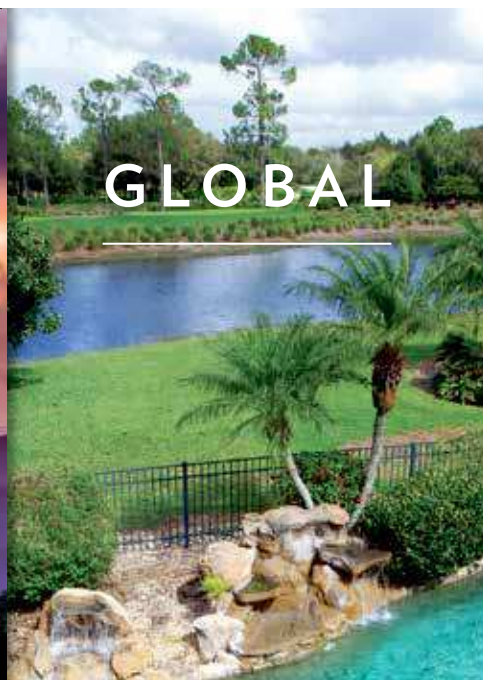
**"I'm ready for my close up, Mr. DeMille."** As luck would have it, the producers decided to hold open auditions at a local amusement park in Orlando and we decided that we would increase our odds by showing them in person what a unique couple we are. We arrived before 9am to be met with a Peter Pan's Flight level queue...oh, and it was already 94 degrees. There were tents and folding chairs and people who were rumored to have arrived the night before to camp in the parking lot overnight. There was a couple who flew in from California for their shot at fame. Looking over the crowd, you could see every type of themed team you could imagine - sexy nurses, sexy sorority girls, sexy CrossFitters... well, you get the idea. We saw people

from all walks of life - doctors, military, school teachers, cowboys, and bikers- you name it we saw it. A team in front of us was milking the Spice Girls theme with skin tight, cleavage baring sequined Union Jack and Old Glory flag dresses. A team behind us was exquisitely tattooed with a full calf Bob Ross portrait as the piece de la resistance. Some guy was in a full Iron Man costume - Full. Iron Man. Costume. As Channel 6 News strolled through the line pulling out teams to interview and shrugging off photo bombers trying to grab their fifteen minutes of fame.

**Wait? The producers aren't here?** 2 hours into the wait the crowd started getting restless. Rumor was that the producers didn't come - unlike Las Vegas, New York, or Los Angeles, the cast-

ing directors decided to send a small army of film crews to tape the teams instead of assisting personally with the open audition. That didn't sit well with many who were hoping for some guidance or tips on how to present themselves the most effective way. We still wonder how the girl with the US map as a prop managed to work that into her sixty seconds and how the singing ukulele couple fit that into their time.

**"We did it!"** After 2.5 hours, we were shuffled into filming where we had 60 seconds to present our case. We were feeling pretty good about our video (sizing up our odds) until I overheard the team next to us explain that they were twins separated at birth who found each other a year ago. Sigh... well, there's always next year.



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## Honor Flight Gives Back to America's Heroes

JIM MAZUREK



*"We can't all be heroes – some of us have to stand on the curb and clap as they go by." – Will Rogers*

Recently, on a beautiful Saturday in Washington, D.C., I spent a day in the company of heroes. On a mission with Honor Flight Central Florida, I got to act as a guardian for one of 24 honored veterans who were transported to the nation's capital for a day of touring the memorials dedicated to honoring their sacrifice and service.

Honor Flight, a 501(c)(3) national organization, was born in 2005 out of a desire to honor the Greatest Generation by getting as many surviving WWII veterans as possible to see their World War II Memorial that was opened in 2004. As both declining health and finances were oft-cited reasons that these heroes could not make the trip, Honor Flight began providing the trip as well

the well-deserved adulation from those generations behind them.

As Ed Riordan, the board chairman for Honor Flight Central Florida, stated, "We know the time to applaud the most senior veterans among us is dwindling, and so we believe it's our duty to see they are thanked in a way that pays them a tribute long overdue. We are immensely proud of that mission and committed to carrying it out."

Once we arrived and navigated the cordon in Baltimore, our group boarded buses and enjoyed a police motorcycle escort that parted the traffic as we made our way to the National Mall. Upon arrival, we had time to visit and reflect at the various memorials located there. Since the majority of the honored were either veterans of the Korean War or WWII, those two memorials were highlights of the trip. My personal veteran hero, Major (retired) Mel Franzen, is a fighter pilot and retired United Airlines captain. He joined the Air Force in 1953, one year after Korea ended, and was the only veteran on the trip whose sole wartime experience was in Vietnam. It was a deeply moving experience to visit the Vietnam Veterans Memorial with him and help him to find some of his close friends' names on the wall.

After a group photo at the WWII Memorial, we re-boarded buses and moved on to Arlington National Cemetery, where we watched the changing of the guard at the Tomb of the Unknown Soldier and finished up the tour at the Women in Service Memorial. Once again, everywhere we went there were those who went out of their way to thank our honored veterans, shake their hands and take pictures.

Once we made it back to the airport in Baltimore, the team at Honor Flight had another great surprise for our veterans. In the days before Skype and satellite phones, the highlight for any deployed military personnel was always "mail call" and receiving correspondence from home. Particularly in WWII, there were times where for several years this was the only connection deployed servicemen and women had. While waiting for our boarding time, Honor Flight conducted a mail call for the group of veterans, where they each received handwritten letters from local supporters and school children, again thanking them for their heroism, ser-

vice and sacrifice. Said Ed Riordan, "We owe it to our veterans to recognize that our freedom is not free, and in fact is paid for with the blood and sacrifices of the humble heroes who deserve to be honored for it."

Upon returning to Orlando, we were greeted again by yet another crowd, this time with bagpipes playing patriotic music, and finished up the evening on a high note, returning each veteran safe and sound to their families.

Since the Honor Flight Network was founded in 2005, the national hubs have collectively provided Honor Flights for more than 180,000 veterans. Honor Flight Central Florida is one of these

hubs and will have provided more than 800 veterans with free Honor Flights by the close of 2017. The next flight is scheduled for September 16.

Those who wish to learn more should visit their website at [Honor-flightcentralflorida.org](http://Honor-flightcentralflorida.org). Or follow the HFCFL Facebook page: Honor Flight Central Florida Hub.

To donate to this 501(c)(3) all-volunteer organization, they can be reached at:

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as daylong accompaniment and care free of charge, first with private pilots and funding and eventually through partnership with commercial providers and air charter services.

As one of Honor Flight's 140 national hubs, Honor Flight of Central Florida is committed to providing three trips in 2017 for 100 hometown heroes. I had the honor of going on the second of these three trips as a guardian, and it was hands down one of the greatest experiences of my life. From the first class treatment from Southwest and TSA at both Orlando and Baltimore airports to the cordon of active duty military, civilians and children expressing their gratitude for these heroes, it was a thrill to see the 24 veterans, the oldest of whom is 99 years old, basking in

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# Tough Things to Talk About: Human Trafficking

LILIANA PICKENS AND MELISSA ANTHONY

A few Fridays ago, I was running with my friend Melissa, and she shared with me how she has become involved with The Howard Phillips Center for Children & Families, a part of Arnold Palmer Hospital for Children. This was a Friday at 5:15 a.m., and our conversation revolved around human trafficking.

As a mother of three boys, I couldn't help but think of any of my boys in that situation. Immediately, I was drawn to the topic, and I wanted to bring out awareness and tell you about what The Howard Phillips Center for Children & Families is working on. I also wanted parents to read this article in hopes they can also make their children aware of this horrible thing that is happening around us. I know it is not easy to have a conversation with kids, especially small ones, about this topic, but I feel it is a necessary conversation. I would suggest calling the center or talking to your pediatrician or family doctor on how to address the subject according to your child's age.

I want to begin by showing you some statistics from the Children's Advocacy Center. This is not pretty. This will make you mad, and I hope it makes you VERY mad. So mad you will want to talk about it and see how you can help! Start by knowing that Florida is one of the top three states for human trafficking.

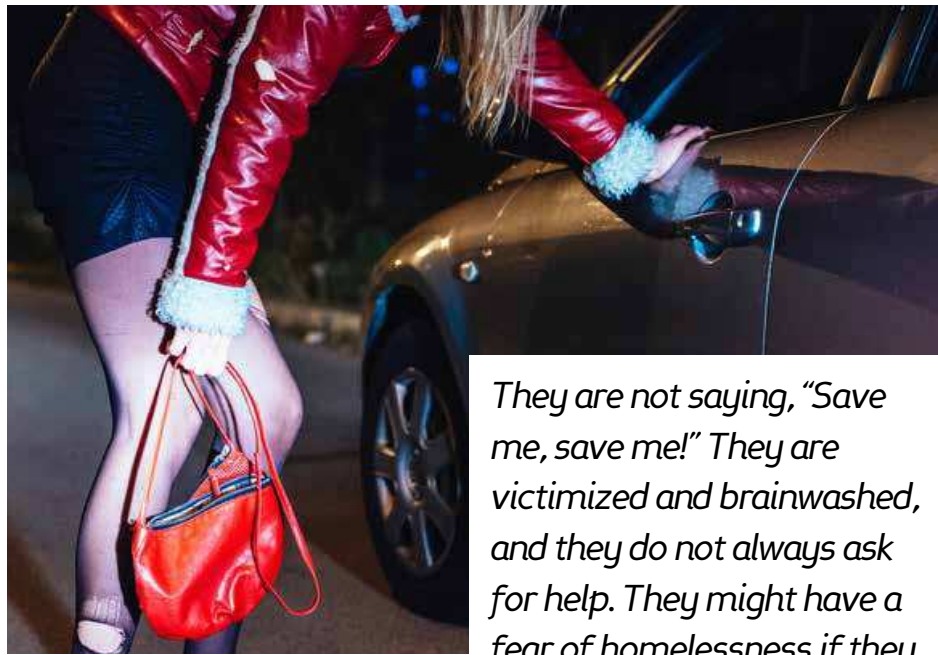
**"Although there is no way of knowing the exact number of trafficking victims, here are some staggering estimates:**

- It is estimated that 21 million people worldwide are in forced labor, debt-bonded labor, and forced prostitution.
- It is estimated that there are 100,000 to 300,000 youth in the sex trade in the United States each year.
- Women and children account for approximately 80% of trafficked persons.
- Most common age of entry into the commercial sex industry in the U.S. is 12-14 years old.
- Human trafficking is considered to be one of the fastest-growing criminal enterprises known today. After drug dealing, human trafficking is tied with the illegal arms trade as the second largest criminal industry in the world.
- Human trafficking is a form of modern-day slavery. Victims of human trafficking are subjected to force, fraud or coercion for the purpose of commercial sex, debt bondage or forced labor.
- Human trafficking is a business with a very high profit margin. Men, women and children are exploited over and

over again, to the financial gain of their trafficker.

- The most common misconception is that human trafficking is a foreign problem. Victims can be U.S. and non-U.S. citizens, documented and undocumented immigrants. Trafficking is happening right here in the United States.
- Cases of human trafficking have been found in all 50 states, Washington, D.C., and some U.S. territories."

The Howard Phillips Center for Children and Families focuses on three core programs: Child Protection Team, Child's



*They are not saying, "Save me, save me!" They are victimized and brainwashed, and they do not always ask for help. They might have a fear of homelessness if they say something.*

Advocacy Center and The Healing Tree. The Child Protection Team is the investigative reporters. These are the people who respond to every single case of abuse in all of Orange County. They are there to make sure the child only has to go through the forensic process, interview process, and documentation process at one child-friendly place. Before this team was created, kids would have to go through this process at a police station to tell their story or a hospital. Those are places that can intimidate kids, which can make their stories change. They are terrified as it is, and the purpose of having them tell the story in a child-friendly place is for the child to feel in a safe zone.

The center provides a Child Advocate, through the Child's Advocacy Center, and that advocate stays with that family through the whole process, which can take a very long time and will take them back to environments that are not ideal.

The Healing Tree is just that, the healing part of the process. Therapy sessions and education session socials help these

kids. "These kids are dealing with incredible situations, and that is how we started becoming aware of the human trafficking situation, a form of abuse," says Melissa. Human trafficking is not just sex slavery, it is also labor slavery.

Melissa explained to me one of the things she is now very aware of is children selling candy or some other stuff in parking lots at sports games, for example. Granted, some of these activities are legit! But, some are not. That's what I want to focus on - the ones that aren't and how we can differentiate one from the other.

starts at 9 years of age and usually by someone you know. They build trust where the kids think they are friends." What are signs for us parents to be aware and on the lookout? What's a red flag? Melissa explained: "Older boyfriends/girlfriends are a big one. Missing school. Getting new things, for example, 'My friend gave me this new pair of sneakers or jewelry.' Check their phones! All kids want to hide their phones from parents, but always check their phones."

On Sept. 21, 2015, there was a raid in a Lake Nona area neighborhood (<http://www.orlandosentinel.com/news/breaking-news/>). Authorities had been watching the home for two years before they went in and raided the home. Among all the disturbing things going on in the home, they were selling seven women and one teenage girl for sex. These things are/were happening in Lake Nona, and as a community we need to keep our eyes open and, most importantly, keep our kids informed.

There is a supply and a demand. As long as there is demand for children, there will be child human trafficking. There are two types of buyers: The "Johns" have very specific targets, and they can use kids for labor or sex. They are shopping for what they want in a kid the way you shop for what you want in a car. You have people in communities looking for the type of kids these "Johns" are looking for. They want healthy and young, vulnerable and friendly kids because they tend to be more trusting. That's why 12-14 is the main age. Then you have the "pimps" using the kids specifically for sex.

Human trafficking is a business, unfortunately, like any other. The First Amendment, freedom of speech, allows these criminals to hold an annual conference in Miami called The Player's Ball, which is to teach them what is new and how to make their techniques more effective, best practices to recruit the kids, etc. Yes, someone thinks financing this type of event is a good idea. There are books about how to become involved in human trafficking, a tutorial! These things ARE happening. Some people think this is okay. Supply and demand. They have growth plans, business plans.

I asked how much money are they asking for the kids? Melissa explained prices could be all over the place. I researched a bit further. According to Ark of Hope for Children, this is a \$32 billion dollar industry, and it is happening in all 50 states.

The center is starting to work with the school system on training children concerning signs to watch for human trafficking. For now, it's an hour a year, which is not enough, but it's a start. Melissa is working with Village Walk Town Center to host an event to bring some awareness to sexual abuse and human trafficking. Once we have concrete information, we will post on the Nonahood News calendar of events.

The Howard Phillips Center offers training on spotting human trafficking and how to be aware of it. You also can schedule a tour of the center, where you can learn how to be involved. If you want to get involved at a national level, check out [www.wearethorn.org](http://www.wearethorn.org), which is Ashton Kutcher's initiative. If you want to learn more, contact Melissa at [melissamarieanthony@gmail.com](mailto:melissamarieanthony@gmail.com).

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# ReThink Life

## A Conversation About Life, Leadership and Relationships

RODNEY GAGE



Rodney Gage is an author, speaker and the founding Pastor of ReThink Life Church. His passion is to help people live life on purpose. To learn more, check out rethinklfe.com.

### ReThink... Honor

When I was a kid, a former Major League Baseball player by the name of Pete Runnels gave me a baseball I have treasured for years. Pete was a two-time American League batting champion for the Boston Red Sox. Dur-

ing one of his All-Star appearances, he had some of the game's greatest players of all time sign the ball. To name a few, legends such as Joe DiMaggio, Mickey Mantle, Bob Feller, Bobby Brown, Roy Sievers, Luke Appling and Pete Runnels himself signed their autographs to the ball. This baseball is something that has great value to me not only because of the names on the ball but because of the person who gave it to me. Over the years, that baseball has become one of my most treasured possessions.

I would never take that special ball and play pitch with it like an ordinary ball or use it for batting practice or to field grounders. Why? Because of the value and importance of that particular baseball. Therefore, I treat it differently.

What would it look like if we treated people in our lives like that baseball? What if we placed a high value on our spouse, children, co-workers, employees, boss and people in general? It would not only change the way we see them, it would change the way we treat them with our words and our actions.

Honor is defined as value, respect, or highly esteemed: to treat as precious, weighty or valuable.

Dishonor means to treat something or someone as common or ordinary.

One of the greatest temptations in all of our relationships is to treat each other as "common or ordinary." Familiarity is the enemy of honor. The more we are around people, the easier it is to take people for granted. Let me encourage you to rethink and restore the value of honor in your home and workplace. **Here are three things I have learned about showing honor.**

1. The level of honor we give is determined by the amount of value we perceive. Imagine if the "perceived" value of every person in our life along with every person we meet was someone of great importance. Our attitude and actions toward them would reflect respect and honor. Let me encourage you to view your spouse, children, co-workers, employee or employer with a renewed sense of value. Treat them as someone who should be highly esteemed, someone who carries tremendous weight and value in your eyes. You will be amazed at how your relationship with them will change along with the atmosphere of your home and workplace. Showing honor to others unlocks the potential in their lives.

**Here is another lesson I've learned about honor:**

2. The level of value you receive is determined by the amount of honor you give. If you find yourself wishing

others treated you with more respect and honor, ask yourself this question: "How much honor and respect am I showing others on a consistent basis?" When you make the commitment to become a person of honor and go the extra mile to show honor toward others, you will be amazed at how people will respond to you with honor. Honor is such a lost virtue in our society that when you begin to show it toward others, they can't help but notice.

**The final principle I have learned about honor is this...**

3. Honor is what you decide, not what they deserve.

It's easy to hold back from showing honor toward others, especially when they have hurt us, offended us or have shown disrespect toward us in some way. Most people would say, "How in the world can you show respect or honor toward someone who has brought so much hurt or disappointment to your life?" Here is my response: We don't give honor to people because they deserve it, we give honor to people because WE ARE HONORABLE. When we choose to become a person of honor and we begin to speak words of honor over people's lives, we will be the person who reaps the rewards of life-giving relationships that will ultimately become our legacy. Let's bring honor back!



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# Rock You Like a Hurricane

H. NANCY BREED

## Local Group Spreads Love and Happiness



It's hurricane season in Florida. Studies have shown that on rainy days, people report lower satisfaction with their lives. Luckily for us, we have Lake Nona Rocks! Founded by Candice Haeske, this grassroots happiness movement brings unexpected joy and positivity to everyone it touches. I had the opportunity to chat with Candice and Pam Guyton about this spot of sunshine to get us through any rough patch.

**Nancy:** Tell me about Lake Nona Rocks! and how you came up with the idea.

**Candice:** I had read an article about Lakeland Rocks and the wonderful response the community was having to finding these rocks. It was making a difference in people's lives. It is an activity that brings families and the community together. I have two kids and I want them to see how doing something so small such as painting a rock can bring joy to the people around you. We hear a lot of negative news so it is nice to hear and see people doing something positive for the community.

**Nancy:** With 364 members and counting, did you face any challenges when first getting the group together?

**Candice:** When I started the Facebook page last November for the rock group I shared it in a couple of local groups. I actually got banned from a local site for sharing the info!

**Pam:** I saw a colleague in the pan-handle post on her local page, so I looked to see if we had one. And fortunately we did.

**Nancy:** Is there a goal or end in mind for Lake Nona Rocks!?

**Candice:** My goal was to make more people smile each day and to build a stronger community. Bring peace and happiness to our area!

**Nancy:** How do you get kids involved with this?

**Candice:** When we first started hiding rocks my kids would want to go check to see if anyone found the rocks constantly. I would have to drive to different locations just to check on the rocks! When one was picked up my kids were so excited and we talked about hoping it brightened someone's day. We actually placed one last week and checked on it every day. It is still there!

We went to Saint Augustine a couple of months ago and found two different rocks. One was from Martin County so it was fun to see that communities from all over are participating. I know someone from this group is doing a great job traveling and placing rocks from our area! We are traveling to Boston soon and my kids want to make and take patriotic rocks with them to leave on our trip.

**Pam:** I'll be beginning my 28th year in the classroom this fall as I open the new Innovation Middle school. This summer I have the privilege of teaching the upcoming Calculus Project cohort. This group of amazing Algebra students gave up their summer to prepare for their upcoming 7th grade year as Algebra Honors students. As part of a cohort whose end game is AP Calculus, these kids will have many math struggles and frustrations ahead. But we are each other's support! We have each other's back. We are each other's positivity. Thus the need for painting rocks!

I shared the Nona Rocks page with the students - in hopes that the students learn that good deeds and spreading positivity is what the world needs. It will benefit us as we go through these 5 years of math and hopefully we can share a bit of positivity ourselves, by placing these rocks around our town. It was a bonding experience. The kids loved it, and are excited about spreading the love, and happiness.

**Nancy:** With everyone so busy nowadays, how much time do you need to commit to be part of Nona Rocks!

**Candice:** I was an elementary school teacher and currently I homeschool my two kids. It does take time to complete the rocks, but the reward of making someone else have a better day is why

"... the reward of making someone else have a better day is why we keep doing it. How can you find a rock and not smile?"

we keep doing it. How can you find a rock and not smile?

**Nancy:** Some of these rocks are amazing. Do I need to know how to draw or paint?

**Candice:** It has amazed me to see all the different artistic styles. Each rock is different and unique. We have found some that are just words to more complex artwork. I love the fact that you do not have to be a great artist or have a ton of resources to participate. This is something that everyone can do! Also, my kids have wanted to explore our area more to see if others have put rocks out. They seem to always be on the look out.

**Nancy:** I love this "pay it forward" spirit, are there any rules for Nona Rocks!

**Candice:** Anyone that finds a rock can keep it or re-hide it. Some of the rocks we have found had a special meaning so we have wanted to keep them to remember our day!

**Pam:** Funny story: Kaela, a student in this cohort, found a rock last week at Tijuana Flats. She said that she was so excited to leave hers so she can pay it forward. She painted the bee and the strawberry.

**Nancy:** Finally, what inspires you?

**Pam:** What inspires me? Kind kids who want to learn. And Lake Nona has an abundance of them!

**Candice:** My dream goal is to foster a stronger community where people take the time to show each other they care. This quote sums it up, "Without a sense of caring, there can be no sense of community."

To learn more about Lake Nona Rocks! search for Lake Nona/St. Cloud Rocks! on Facebook!



### NOMINATE AN ARTIST

We are looking for interesting artists who live in the Nonahood to be featured. Are you or do you know someone to nominate to be a Nonahood News Featured Artist?

Send in your nomination including name, contact information along with any photos to [info@nonahoodnews.com](mailto:info@nonahoodnews.com) or by visiting <http://onahood.to/artist>.



# Health, Fitness & Sports

## What You Need To Know About Treating Skin Cancer



Dr. David Weinstein is a board-certified dermatologist specializing in skin cancer treatment and reconstructive surgery at UCF Health's Lake Nona office. He completed a year-long fellowship accredited by the American College of Mohs Surgery (ACMS), making him uniquely qualified to treat rare and difficult tumors with the Mohs micrographic surgical technique.

As a Florida resident, you either love the sun, or learn to love it. But all that time in the sun increases your risk for skin cancer. The U.S. has the second highest incidence rate of skin cancer, and until people take a more preventative approach to sun safety, skin cancer screening and treatment will remain an important aspect of your overall health.

### Treatment Options for Skin Cancer

There are a variety of ways to treat skin cancer. Your doctor will determine the best method of treatment for you based on the type of cancer, its location, and your past skin cancer history. Common options include scraping and burning, surgical removal, X-ray treatment, and cryosurgery (freezing). About nine out of 10 cancers treated by these methods will be cured.

These procedures often prove ineffective because they rely on the human eye to determine the extent of the

cancer. In an effort to preserve healthy tissue, too little tissue may be removed resulting in recurrence of the cancer. If the surgeon is overcautious, more healthy tissue than necessary may be removed causing excessive scarring.

Some skin cancers do not respond well to common treatments, including those greater than two centimeters in diameter, those in difficult locations and skin cancers complicated by previous treatment. Removing a recurring skin cancer is more complicated because scar tissue makes it difficult to differentiate between cancerous and healthy tissue.

### When Mohs Surgery Is Best

Mohs surgery is a state-of-the-art treatment in which the physician serves as the surgeon, pathologist and reconstructive surgeon. It is the most effective treatment available for both basal cell and squamous cell carcinoma. The technique offers the highest cure rates while preserving healthy tissue and minimizing the cosmetic impact. This is achieved by removing thin layers of skin one at a time and examining the skin for remaining "roots" of cancer. With all the roots removed, you leave knowing you are cancer free.

It is important to emphasize that no



technique, including Mohs surgery, can promise 100 percent cure rate. However, of all the available techniques for removing skin cancer, Mohs surgery preserves the greatest amount of healthy tissue and has the highest cure rate, up to 99 percent.

Since sun and UV exposure are the greatest risk factors for these cancers, it's not surprising that 80 percent of these cancer cases occur on the face and neck- areas that most people do not want to be left with holes or scars on their skin. With Mohs surgery, only the affected skin is removed. This preserves the greatest amount of healthy skin and allows for a better cosmetic outcome.

### Choosing Your Surgeon

While any board certified dermatologist may perform Mohs surgery, only members of the American College of Mohs Surgery have completed an extensive fellowship of at least one full year of hands-on training under the guidance of an accredited physician. During this time, the physician gains a breadth of experience with the full spectrum of skin cancer, including rare tumor pathology, difficult tumor locations, and complex wound reconstruction.

You can view a list of fellowship-trained Mohs surgeons at [www.mohscollege.org](http://www.mohscollege.org). These physicians have had at least one year of extensive, hands-on training from highly qualified instructors. To successfully complete the fellowship, physicians participate in a minimum of 500 Mohs surgery cases, and provide a wide breath of reconstructions, ranging from simple to complex. By choosing a fellowship trained Mohs surgeon, you can be assured that you will receive the highest standard of quality and competency, as well as an optimal outcome.

## UCF Health

College of Medicine Practice

UCF Health offers dermatology services at its offices in East Orlando and Medical City. For more information about available services, visit [ucfhealth.com](http://ucfhealth.com).

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## Pet of the Month



PET NAME: Liberty (Libby)

PET AGE: 5 Years

PET QUIRK: LIBERTY (LIBBY IS WHAT HER FRIENDS AND FAMILY CALL HER) IS A CAREER CHANGED LEADER DOG FOR THE BLIND. SHE HAS A LOT OF THE SERVICE DOG TRAITS BUT WE LIKE TO CALL HER OUR "OUT OF SERVICE" DOG LIBBY IS VERY SOCIAL AND HAS A GREAT DOG PACK OF FRIENDS ON OUR STREET. WE WERE SO FORTUNATE TO BE CHOSEN TO ADOPT HER, HER HOBBIES ARE EATING (OF COURSE) AND GETTING LOTS OF ATTENTION (FROM CANINES OR HUMANS)

SUBMIT YOUR PET FOR PET OF THE MONTH AT <http://nonahood.to/pet>

## Mindfulness at Your Fingertips

ODETTE VACARRO

Technology is so pervasive in our society today that it would be hard, if not impossible, to find someone who doesn't use it on a daily basis. We are constantly busy, and when we're not, we make ourselves busy by tuning into our phones, iPads and laptops. There is information overload, and it is way too easily accessible. Undoubtedly, this can interfere with our ability to be present in the moment and distracts us from practicing mindfulness.

What if we spin the story and choose to use the technology at our fingertips as an aid in our mindfulness journey? Here are some mindfulness apps I love that can help you establish or maintain your mindfulness practice. All of these apps are free, easy to use, and most include the option of in-app purchases. Give them a try and see if they finally get you meditating. Perhaps they can take your current mindfulness or meditation practice to a new level, or just refresh it. Remember with mindfulness, there is no right or wrong, it's all about you and getting you to be here, now.

### Insight Timer

Insight lets you access guided meditations or set your own quiet meditation time. As soon as you log on, you can see how many users are meditating with Insight right now and where in the world they are. The app allows you to invite friends from your contacts or through Facebook and also to add your location to see how many meditators in your area are practicing. Insight has more than 5,000 free guided meditations you can choose from and allows

you to search for one using keywords based on what you would like to meditate on right now. There also are meditation playlists that include a set of rec-



ommended meditations for a particular purpose. Some featured playlists include Relax, Mindful Eating, Pregnancy and Parenting or Sleep, to name just a few. With the Bookmark option, you can store your favorite guided meditations, music tracks or talks within the app.

For your silent meditation option, you can choose a start and end sound or meditate in complete silence. If you prefer ambient sounds during meditation, Insight has you covered, too. You

also have the opportunity to add interval bells at desired time periods to let you know how long you've meditated thus far.

Within your Insight profile, you can monitor your progress by viewing your stats with surprising detail.

### Calm

The name of this app is spot on with what it promises and delivers. The first thing you see when you open Calm is a home screen that says "take a deep breath" – such a simple but lovely reminder. Calm lets you choose a scene from a variety of calming backgrounds with or without sound. You will see a Daily Calm and Featured Story on your home page, which you may access for a subscription fee. There are,

however, several alternatives within Calm that are free. The Breathe option helps you practice controlled breathing by creating your own "breath bubble." It lets you set a number of breaths per minute and a breathing pattern that includes in-breath, out-breath and breath retention. Then, it gives you a graphic representation of the breath pattern you selected so you can follow along. Meanwhile, it tracks the time spent on monitoring your breath. The

Meditate option offers guided meditations that vary in focus and length. Finally, a Sleep Story is an option for guided meditation created specifically to assist in transitioning to sleep. Your profile on Calm tracks your longest streak in days meditating, the time you've spent in meditation and the total number of sessions you've had. A helpful feature is the ability to add a Mindfulness reminder at a desired time to help you stay on track with your mindfulness practice every day.

### Stop, Breathe & Think

This app provides a quick overview on the basics of meditation. The most unique feature of Stop, Breathe & Think is that it allows you to check in with how you are feeling physically, mentally and emotionally at the moment, and then it suggests a guided meditation based on your current state. The recommended meditations range in length, focus and narrator. You also have the option to meditate on your own by customizing a meditation timer. This alternative lets you choose the length of time, a chime sound for start and end as well as a soundscape for ambient sounds. The app does have in-app purchase options for a monthly or yearly fee that include more guided meditations, chimes and soundscapes.

Stop, Breathe & Think also tracks your meditation progress with your daily streaks and meditation times. It also keeps track of your check in feelings for the week, month and all-time so you can monitor how these have changed over time.

## Women in the Saddle – A Woman's Viewpoint on Cycling

DEBRA LOWE



In November 2015, I was on a flight bound for Tucson, Az., to participate in the 100-mile El Tour de Tucson cycling event as a member of Rotary International's Miles to End Polio team. El Tour de Tucson is a 40-year-old cycling event with more than 9,000 entrants. I was in my mid-50s, and the majority of my thoughts involved questioning my sanity.

This was my perspective on this day...I had never ridden a road bike until less than two months prior to boarding this flight. I had not used clipless pedals until a month prior and had the road rash and bruises to prove it. Yet here I was enroute to ride a 100-mile course that was basically the perimeter of the city of Tucson.

Why was I doing this?

Two reasons: I had raised a substantial amount of contributions in support of my organization, and a large group of people were counting on me to complete this ride. There was no backing out. But just as important, a women cyclist told me there was no reason I could not do this.

Despite being athletic and an avid spin-class attendee, in reality, there were many reasons to believe I could not do this; I had never ridden an open course with a group of people, I was not knowledgeable about how a road bike worked...and I was clipped in to those pedals. Yet, early on a Saturday morning, I was at the starting line along with 9,000 other cyclists of every shape, size, age and ability. The gun went off, and so did we.

I had five teammates – three of whom were women younger than me. They were not the svelte women you see in cycling magazines, but they knew how to ride. I did not, and for the majority of the next eight hours I rode alone through the gorgeous desert of Tucson, through the traffic of downtown Tucson, up and down hills. I rode alone at a painfully slow pace. But I did not crash, and after nearly nine hours in the saddle, I crossed the finish line. And I was not the last to do so.

During the brief time I was training, I rode with a guy. His way of encouraging me consisted of tell-

ing me there was no way I could ever ride 100 miles. Yet I was there, and he was not. The first thing I did when they put the commemorative medal around my neck was text a photo to him. There was no need to add commentary.

I learned a great deal during the eight-plus hours I was in the saddle. I learned to silence the voice of doubt in my head. I learned to keep pedaling, no matter what the pace. I learned that people are far less judgmental of us than we are of ourselves. I learned that there is great power in people telling you it is possible to do something you don't believe you are capable of. I learned to listen to those people and not the ones who, for whatever reason, feel they need to negate your dream.

Later that evening, after my teammates and I were showered, fed and giddy over what we had accomplished, I committed to repeating the ride in 2016. And I did. I was a better rider this time and had at least one companion the entire ride. Most importantly, I was able to encourage those women who were me a year prior: uncertain, questioning their sanity, doubting their ability. Over and over, I said to complete strangers, "There is no reason you cannot do this."

If you are a woman who believes you can never get on a bike and ride even 10 miles, I urge you to ignore that voice of doubt, find a cycle group or one positive rider with some experience, rent or borrow a bike, swing your leg over that bar and ride. You are stronger and more capable than you believe you are.

Do you like to cycle? Join the Nona Cycle group for weekly rides: <http://nonahood.to/nonacycle>

## Prom Night at Arnold Palmer Hospital for Children

LILIANA PICKENS

Prom night! Such a staple in our culture for teenagers. An event we parents look as much forward to as the children do. Prom is a rite of passage. The moment they enter senior year, prom is a prominent topic of conversation for the kids. Girls start looking for dresses and boys start looking for which trend to follow...the no-sock-and-shoes trend was a big one this year.

Prom is a "normal" activity that we all do, right? Well, not every kid gets to go to prom, and in our busy lives, we forget about those kids. We take for granted the normalcy in our lives. We don't think about the kids who can't make it to prom night because of a serious illness they are battling. We don't think about immune systems that can't handle being around hundreds of healthy kids. These kids are missing out on prom night – a rite of passage!

Thankfully, the Arnold Palmer Medical Center Foundation stepped in for the teenagers in their hospital. This past May, the foundation decided to throw a prom for its teenage patients – a real prom with a DJ, catered

food, pictures, dresses and tuxedos. "You expect excellent clinical care at Arnold Palmer Hospital for Children. They have a reputation for that. Child life is clinical care meeting compassion, making sure when they leave the hospital they are not missing out on too many things from life. They don't want kids resenting the hospital. They want kids to think of the hospital as their family. Hence, the idea of prom came to life. The child life specialists have to think of everything. This is not as simple as just throwing a party. They have to take into consideration types of foods, how kids who have eating difficulties can't swallow foods that others can, and how that can make them feel different or out of place at the event. All these different things, like floral, balloons...the depth these child life therapists have to know these kids to make sure they are all walking into a safe place is incredible." – Melissa

My friend, Melissa Anthony, who is an epic human, works for the foundation. There are two parts of her job: one is to make sure the people who are already donating to the hospital or involved in some way understand how they are making an impact and making sure they are engaging appropriately; the other part is going into the community and making the community aware of their mission and explaining why the foundation is special and why it's worth investing your time in it. She explained how people come to her and ask how they can help, and she shows people how to start. "You don't have to invest \$100,000 in order to help. \$10 or \$20 is great! Investing your time volunteering is great!" says Melissa.

Back in April, Melissa shared with me that the foundation was doing prom for the first time. They didn't want to make it a big, public event because this was about the kids, not about fundraising nor promoting the foundation. They didn't want to promote this event. This was something being done totally altruistically to make sure the kids didn't

miss out and get to dress up and feel beautiful. However, they came across kids who wanted to participate in the event but couldn't afford buying clothes, and that's when she reached out to the Lake Nona Run Club, which she is a part of, and a few close friends to help out. In less than 48 hours, we had raised \$1,200 for the five kids who couldn't afford to go shopping for prom night. "What I really loved about it was the heart of the club and this community. It was all about 'thank you for giving me the opportunity to help.' It wasn't about 'show me pictures,' it was about being able to help."



Prom night came. XL106.7 provided a DJ, and the kids had a great time dancing the night away. They got to feel glamorous, and they got to feel normal for a few hours. They even had a parents' zone, at a separate room in the hospital, so the kids really got to experience prom as it is! No parents allowed! The foundation catered to the

parents and the siblings as well with food and massage chairs. "Knowing that we were able to help parents give their kids a sense of normalcy was almost as gratifying as what we were doing for the kids," Melissa said.

Now that they have done this and the kids received it so well, the foundation will do it again. Typically, teenagers get less attention in hospitals. People gravitate towards sick babies or sick little kids, but it is almost as if they think teenagers are old enough to understand their situation and handle it. We forget they are still kids having to face their own mortality on a daily basis. Let that sink in.

If you want to learn more about how to get involved with The Arnold Palmer Medical Center Foundation, feel free to contact Melissa Anthony at melissamarieanthony@gmail.com.



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# Blast Off Fat This Independence Day

BY NELSON MORALES, TPI-1; C.A.F.S. A.C.E.-PT

The month of July is one known largely for the documentation and celebration of the United States' independence from British rule. Now, it's got a new meaning, your turn for independence from that nagging fat showing up in troubling areas. You've seen the fireworks take flight into the dark, beautiful sky, and now you're going to see the explosion of a new and exciting body with this firecracker of a workout.

This circuit will get your heart rate shooting up quicker than a rocket and have your body thanking you for all the new possibilities coming forth to it. Here's the kicker: This whole circuit only requires some towels and a little creativity. Time to upload an interval training app on your phone and maybe even download John Phillip Sousa's Stars and Stripes Forever for motivation. But enough of that, time to put the countdown on 15 seconds of work and 75 seconds of rest (1 minute, 15 seconds) and get ready to eight rounds of each exercise. Let's get started.

### Exercise #1: Face Towel Drummers:

Start by standing in an athletic stance, feet shoulder distance apart with knees slightly bent.

Arms at side bent into L-shaped position. With two face/hand towels, one in each hand, start pretending you are drumming. Progress slowly to get a steady rhythm and then increase your pace. Take a look below for your setup and get those arms pumping. Hint: go as fast as you can while keeping your body sturdy. This will give you a great ab workout as well.

### Exercise #2: Bath/Beach Towel Power Slams

All right, this one can be a little tricky with the multiple steps, but hey, you can do it! Find your nearest beach towel or bath towel. Again, get into that athletic stance. Remember the one with knees slightly bent. Then, with hands holding two ends of the towel, pull the towel up high overhead. While you're doing the above upper body action, your lower body is going to go high up onto the tiptoes.

Take a quick look at the accompanying picture for a good description. As you come down powerfully with the arms, towel in hand, you will squat down and slam the towel into the ground aggressively. Do this quickly for the prescribed time and watch as that heart races and the legs get a nice, good workout. Want to make it more challenging? Then just hold two separate beach/bath towels, one in each hand, and do the above described exercise.

### Exercise #3: Runners' Lunges With a Towel

Caveat here before we get started: You are going to need a tile, laminate, or wood-based floor to do this exercise. You'll need a little slip and slide going on with your feet. Okay, now that we have that solved, put the towel on the floor. Get into a lunge position and put your back foot on the

towel. Here, you can use any towel, beach/face/bath, you decide. With a sturdy and stable semi-bent front leg, slide the back foot to a comfortable distance away from the front foot. Slide the back leg back until the front leg goes to 90 degrees and pull the leg back to the starting position. I know, I know, have a look at the pics for a little better description of start and finish. Do one leg for above-mentioned work period and then switch legs and do for the other round. Keep switching up legs each round until eight rounds are down. Reminder: Do at a quick pace, but don't sacrifice form for the speed. It will come eventually.

Before beginning this workout, may I wish you a big "May the 4th Be With You" as it's not going to be an easy one. Good luck on burning not just the wick of the fireworks but some serious fat. Until the next workout!



## Group of the Month



GROUP: Nona Cycle	WHAT IS IT?: A Cycling Group
<p>ABOUT THE GROUP: The official cycling Group of the Nona Brew Crew, Nona Cycle organizes weekly rides for cyclists of all skill levels. Riders also participate as a team for the charity rides that occur in Lake Nona, notably the Ride for Ronald and Tour De Cure. If you like cycling (or want to learn how), join the group and say hello!</p> <p>WEBSITE: <a href="http://nonahood.to/nonacycle">http://nonahood.to/nonacycle</a></p> <p>SUBMIT YOUR GROUP FOR GROUP OF THE MONTH: <a href="http://nonahood.to/group">http://nonahood.to/group</a></p>	

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## National Junior Tournament Highlights Momentous July at the USTA National Campus

DANIEL PYSER

On the horizon in July is the biggest junior event to come to the USTA National Campus in 2017. From July 17-23, hundreds of players will descend on Lake Nona for the National Clay Court Championships. The National Campus will play host to the Boys' 12s singles and doubles draws, while other age divisions will be staged throughout the country. The National Level 1 tournament is one of the marquee events of the junior calendar and will attract the best of the best.

The junior circuit serves as the proving ground for the next crop of elite American tennis players. The USTA National Campus already has hosted two National Level 2 tournaments as well as the USTA Florida Junior State Singles Championship so far this year, but the National Clay Court Championships will certainly be the most prominent. "We're thrilled to be hosting this tournament at the USTA National Campus," said



USTA Director of National Tournaments Lew Brewer. "The best players in the country deserve to play at the best facilities, and they'll be getting that here in Lake Nona."

The USTA National Campus also celebrates a major milestone this month as July 5 marks the six-month anniversary of the state-of-the-art facility calling Lake Nona home. That's six months of welcoming lifelong players, tennis novices, professional players and everyone in between.

The facility has been revolutionary for the game of tennis, not only for the local Orlando community but both nationally and internationally. Since the grand opening in January, some of the biggest names in the world of tennis have visited the 64-acre campus and have had nothing but the highest of praise. "The new Home for American Tennis is spectacular," said former world No. 1 and current U.S. Davis Cup captain Jim Courier, a longtime Orlando resident who has frequented the facility since its opening. "We're standing on the site of the best tennis facility on the planet."

"It's just mind-blowing," commented Mike Bryan, one half of Bryan brothers, the record-breaking American doubles pair. "Truly phenomenal," echoed the legendary Ivan Lendl.

The 100-court facility has hosted dozens of events, ranging from USTA Pro Circuit events, to national junior tournaments, to premier college matches. The complete 2017 calendar boasts more than 100 local, regional, national and international events. One of the programs to have already come to the USTA National Campus in 2017 is the USTA Pro Circuit, the pathway to the US Open and tour-level competition for aspiring tennis players and a frequent battleground for established professionals. The National Campus has thus far hosted 540 Pro Circuit matches spanning four tournaments and featuring players, both male and female, from around the globe.

In the world of collegiate tennis, more than 5,300 fans attended six marquee College MatchDay events that featured some of the best NCAA Division I programs in the country, including the eventual national champion Florida Gators women's team. More than 1,700 fans attended a single match between the Florida and Florida State men's teams in March. "I think this is a huge boost for college tennis, to get these top teams together at this phenomenal facility," said Patrick McEnroe, who was a member of the ESPN commentating team for the Florida-Florida State match. "I'm just blown away by how the campus looks. To see

it all come together and to know it's only going to get better over time is truly amazing."

In addition to the College MatchDay showdowns, the National Campus hosted the American Athletic Conference and Atlantic 10 Conference championships, as well as supported "Spring Break Tennis," which gave more than 300 universities, ranging from Division I to NAIA, the opportunity to play matches at the National Campus throughout the spring.

USTA Player Development also has called Lake Nona home since the campus opened in January. A number of top American pros have moved to the Orlando community to train full-time at the National Campus. CiCi Bellis and Frances Tiafoe, the youngest players in the WTA and ATP Top 100, respectively, are two of the five Top 100 players who now reside in Central Florida. Bellis, who, like Tiafoe, is having the best season of her young career, has called the new training facility "a toy store for tennis players" and the state-of-the-art European red clay courts "the best thing that has ever happened for American tennis." Bellis reached the third round of the French Open earlier this year in her first appearance at Roland Garros. "It's really better than we thought," said USTA Player Development General Manager Martin Blackman. "We knew it was going to be special. We knew we had the facility we needed. But I think that it's the response, every time a new player comes here and sees it for the first time and really feels like, 'This is my home.'"

In addition to the National Clay Court Championships, July also will begin the second session of summer programming for both youth and adults. Youth programming at the National Campus has been a major success. The facility has averaged 500 children per week in various programs, including the first session of summer camp. Adult programming continues to develop as well, with expanding league play and more "social play" options. All evening adult programming throughout the summer has moved indoors to the six indoor courts in the Player Development building to account for the unpredictable Florida weather.

With more than 50,000 visitors through the first six months, the USTA National Campus has truly cemented itself as a premier sports destination in the heart of Lake Nona, adding to Orlando's array of sports venues and rivaling tennis facilities around the world. Former world No. 1 Chris Evert summed it up best at the grand opening event, saying, "This is nirvana with nets, tennis heaven."

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## Never Stop Never Stopping

### A Mother's Story of Love, Hope, and Dreams.

H. NANCY BREED



to discover that I was over six months pregnant, past the danger zone of my previous pregnancies and the baby was a little girl. Visions of me brushing her hair and she being my little mini-me, chatting long into the night, filled me with such hope.

**1st percentile.** As a working mother, I cherished every moment that I had with her and was overcome with guilt every day when I dropped her off at daycare. She was thriving – growing like a weed and developing at a pace that far exceeded anything in the books. She skipped crawling for walking at 10 months, potty trained (Asian style) at 13 months, and began reading real books at age 2. I was constantly amazed at her ability to focus and her will to do things on her own. Her first real sentence was “Hannah do it all.” She seemed unstoppable – the world was her oyster.

**Something's wrong.** From birth to age 3, she was a dream. She ate well, she slept soundly by herself in her own room, and could keep herself entertained for hours. Then everything started falling apart. At first, I thought she was being quirky and funny... trying to be the center of attention. She began clicking her tongue all the time. Telling her to stop just made it worse. We noticed obsessive compulsive type of behavior – constant counting, obsession with time, the need for order, and an intolerance to different foods touching. Then my personal nightmare began. My little girl who I brought everywhere with me, strapped in a Baby Bjorn, refused my touch. She couldn't bear to have me touch her. She would give me hugs on her terms but if I touched her she would recoil.

These behaviors soon escalated into tirades and tantrums...unable to express why she felt paralyzed until things were exactly the way she needed them to be, she dissolved into desperate crying fits. Unable to understand what was happening and assuming it was the terrible 3s and 4s, we catered to her needs and tiptoed around to keep her happy. A close doctor

friend finally came to me and said that she needed to be seen, that in his opinion something was wrong.

**Different yet the same.** At age 5, Hannah was diagnosed as having secondary or “high functioning autism”. I was heartbroken and devastated. I had no idea what that diagnosis meant. The only thing I knew about autism was Dustin Hoffman in Rain Man. So, I did what I always do. I read. I read a lot. Yet no amount of reading could answer my question – what kind of life would my little girl have?

I was fortunate enough to have access to many resources to teach me skills and techniques to help her cope with her rituals and patterned behavior. She had her trusty rubber band and a watchful mother who talked her into being more flexible and adaptive. I made sure to help her navigate human social interactions as things like reading facial expressions and knowing when someone has lost interest in a conversation are foreign to her. I learned to help her harness her incredible brain into learning – her obsession with numbers grew into a very comfortable relationship with math and science while her struggle to sometimes express herself channeled itself into art and creative writing. As she grew up she knew she was different than the other kids yet the same.

**Trust in hope.** Just a month ago, I watched as Hannah received the Orange County Sunshine State Scholar award which is bestowed upon the top high school junior in our county. Just two weeks ago, I watched as she rode the UCF shuttle bus to her internship at Dickerson Biomechanical and Biofluids Lab. Next year she hopes to attend MIT. Just as I trusted in hope to get her through her the difficult times. I trust that all her hopes and dreams will come true.

To learn more about autism, visit:

<http://www.autism-society.org/>

**What to expect when you're expecting.** Almost seventeen years ago, my daughter Hannah was born. At a whopping 10.5 lbs. but three weeks premature she was ready to take on the world. I fell in love instantly. Being the first among my friends to have a baby, I didn't have many points of reference to take on this new adventure so I read. I read a lot. In fact, I must have purchased every baby manual at Barnes and Noble and religiously scoured babycenter.com for more information on how to take care of another human being. At 28 years old, I was still struggling with taking care of myself properly...how would I raise this child to be the best version of herself?

**You can try again.** After three late term miscarriages, Hannah was my miracle baby. The baby that I never thought I'd have – the baby that I subconsciously refused to believe I was carrying because of fear of yet another loss. Reluctantly, I visited my doctor



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## Education

### Eagle Creek Elementary

#### EAGLE CREEK ELEMENTARY SCHOOL JULY UPDATE

- Our Girls on the Run team participated in their spring Community Impact Project on June 5. The girls decided they wanted to participate



in the “share-a-meal” program at Ronald McDonald House. The girls planned and cooked a meal for the families staying at Ronald McDonald House while their children are receiving medical care at Nemours Children's Hospital. The girls cooked spaghetti and meatballs with garlic bread, salad, brownies and lemonade. The “share-a-meal” program is a great way to give back to the community. Groups or families of up to seven people can sign up to cook a meal for approximately 15-20 guests by using this link: <http://www.takethemameal.com/meals.php?t=OANR7960>.

- Congratulations go out to our art teacher, Ms. Jacqueline Schauer, for



winning the 2017 Grand Bohemian Scholarship for Elementary Visual Arts. The OCPS/Grand Bohemian Hotel Scholarship is awarded to

professionally grow in their field of expertise. Ms. Schauer continues to do an amazing job at ECE!!!!



- Our chorus, led by music teacher Ms. Darlene Grande, ended the school year with their Jungle Book performance. The students did a fantastic job and received standing ovations on both of their performances.



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# Entertainment

## The Ultimate Nona Bar Crawl

MATT TROY JONES & AARON FERG



For this month's installment of the Nona Food Challenge Series, Aaron and Matt divert from food, and shift focus to the local bars. The challenge this time was to partake in as many local "Happy Hours" as possible, all within the span of one day's worth of happy hours. At first mention, this mission seemed pretty simple, get a few drinks at a few bars. We soon discovered that there were at least nine local bars and restaurants that offered happy hour specials, as well as different start and end times, and some located a few miles apart. The logistics took some serious thought and obviously needed to be mapped out before starting.

Since Canvas' happy hour started at 3 p.m., we decided it would be best to start there to give ourselves the maximum amount of time to tackle all nine locations on our tour.

DISCLAIMER: Aaron and Matt are a team of trained professionals under strict supervision. Do not attempt to drink at nine bars in four hours. Also, do not drink and drive, rather use your friends, family and professional transportation services, or walk, but good luck walking after nine happy hours.

### Arrival at Stop #1 at 2:59 p.m.: Canvas Restaurant and Market

Happy Hour is weekdays from 3-6 p.m. and includes discount draft beer,

house liquor and wine, as well as a selection of bar bites. Matt ordered the Nona Brew Crew signature tap offering of O-town Brown from Orlando Brewing. Aaron had a Jim Beam and Diet. We shared an order of chips and dip while DJ, the bartender, kept us company at the bar for our single drink. A very unique feature of Canvas is that they offer travel provided by what the locals have dubbed "The Canvas Express." It is Tavistock's complimentary golf cart pick-up and drop-off vehicle, servicing Laureate Park, and a perfect way to travel between Canvas and Chroma, two of Tavistock's original restaurants. So, of course, we asked for a ride!

### Stop #2 at 3:34 p.m.: Chroma Modern Bar and Kitchen

Happy Hour is weekdays from 3-6:30 p.m. and includes \$4 drafts, \$5



wells and \$3 off cask wines. Matt ordered a Crooked Can Stout, and Aaron got the North by Northwest cask wine. Brook patiently explained the happy hour to us five times. We also met a lot of the staff during our short stay. Matt made his first bathroom break, blaming overloading on water before the tour. It should be noted that "The Canvas Express" also can be arranged to pick you up from Chroma, but our tour had other plans. Luckily, Bosphorous was only a short walk across the courtyard.

### Stop #3 at 3:59 p.m.: Bosphorous Turkish Cuisine

Happy Hour is every day from 4-7 p.m., includes half-off almost everything, and also offers deals on the weekends for brunch. Rolando served us at exactly 4 p.m. so we could take advantage of happy hour prices. Matt chose the Bosphorus Brown Ale by Orlando Brewing, and Aaron had the Woodford Reserve bourbon. Unfortunately, we couldn't take advantage of the best happy hour alcohol prices for long, as we had a big list ahead of us. Travel to our next stop was provided by Matt's wife, by way of SR417 to Narcoossee.

### Stop #4 at 4:26 p.m.: Nona Blue

This locale offers \$5 Happy Hour selections (including select appetizers) weekdays from 3:30-6:30 p.m. We forgot to get our bartender's name, but he was a friendly young gentleman. Matt ordered the Sam Adam's Seasonal Summer Ale, and Aaron had a Hoegaarden Witbier. We also ordered Mama's Meatloaf Sliders, which absolutely hit the spot! Matt made his second bathroom attendance, claiming he just wanted to see it for a comparison to be used in this article. Our next round of travel was provided by Uber driver Kara by way of Narcoossee.

### Stop #5 at 4:53 p.m.: Giovanni's Italian Restaurant and Pizzeria

The Happy Hour food and drink menu is offered weekdays from 4-7 p.m. with \$3 house wines, \$4 calls, \$1 off draft beer and \$2.50 wells. Kelly was our bartender. Matt had a Motorworks Amber, and Aaron had Tito's vodka and soda. We shared an order of cheesesticks. Matt made his third bathroom inspection of the evening. We were starting to fear that we wouldn't have enough time to make every stop, so we left in a hurry and walked to our next stop across the plaza.

### Stop #6 at 5:17 p.m.: Outback Steakhouse

"No Worries Hour" (say that in your best Australian accent) weekdays is from 3-7 p.m. and includes \$5 single mixed drinks, signature cocktails, and sangrias, \$1 off house wine and "Big Bloke" (use your accent again) large draft beers. Elizabeth was our bartender. We both ordered a Big Bloke simply due to the name. Matt had Fosters and Aaron had Miller Light. Neither of us finished our beer. We also had an order of their delicious honey wheat bread with brown sugar honey butter. Whilst recollecting our night so far, we realized that saying "sixth stop" was not that easy. We also tried to convince a screaming child that his day was not that bad because he doesn't have to work or pay taxes yet. He was not convinced. Our next stop was also within walking distance. Unfortunately, it was raining, so we spent our walking trip arguing about whether or not umbrellas are useful and the likelihood that Aaron would lose his at one of the bars.

### Stop #7 at 5:41 p.m.: 310 Nona

Happy Hour here is weekdays from 4-7 p.m., and the list of deals is too long to mention. Matt made his fourth bathroom inspection and thinks he had a Yuengling for \$3, and Aaron had a Jack and Coke. We shared an order of \$6 black angus beef sliders. Wednesday night is Tasty Trivia night, and the host was playing all the best jams leading up to the game, such as: Electric Light Orchestra's "Mr. Blue Sky" and Michael Jackson's "The Way You Make Me Feel." We were only able to stay for the first five questions of trivia, which were all about Disney. We don't know if we got any of them right because

Continued on page 27



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## Make Nona: Custom Speaker Mount Fabrication

RHYS LYNN



Sometimes timing just works out. My small CNC machine had been sitting under a pile of assorted boxes and junk for several months. A busy schedule and lack of inspiration conspired to keep the little machine idle. Finally, I had a reason to dust it off and fire it up again. I recently ended up on the committee for the Lake Nona Chamber of Commerce Spring Festival. We held a burger showdown contest with trophies in several categories. Not wanting to have something too pedestrian, I volunteered to custom fabricate the trophies. I milled the festival logo into wood medallions. These were stained and placed atop the trophies.

While this job was running on the CNC, I received a Facebook message from my friend and neighbor, Van. He is lucky enough to work in a place that has fabrication capabilities but on that day their 3D printer was down. He needed an alternative way to make the parts he needed and he knew about my little CNC machine. The project: mounts that would allow installation of aftermarket speakers into his car. As someone who once spent more on the stereo system than the car that housed it, I felt compelled to assist. Besides, the timing was too perfect. After lying dormant for at least six months, my CNC had two jobs in one day!

Van emailed me the project files - these are vector-based layouts of what the part will look like. Vectors are representations of shapes that use math; this allows them to work with a CNC. After some minor editing to make the files work with the software I use, the project was ready to

start. Once he got home from work, Van brought his material over, a thin sheet of plywood. I measured the stock and laid the speaker mounts out in the software. Taking care to ensure that all four could fit on the single piece of wood, we finalized the project file.

The machine cut through the plywood with no drama and the parts came out just right. I handed them off to Van who went happily on his way. Later he sent me photos of the installation process which also went off without a hitch. All in all, the project took less than an hour of time and it felt great to help a neighbor out with a fun project.



## Canvas Meals To Go: Not the Same Old Song & Dance

JASON DIVEN



Imagine being super busy like you are almost every day of the work week. The tasks you thought you had to complete are taking more time than you planned, and you just received an angry text message from one of your clients that will require you to be at the office much later than expected. Not only that, you somehow have to figure out how you are going to get from downtown to Lake Nona to pick the kids up from daycare in 25 minutes. Guess what, it's not going to happen. Oh, wait! What are you going to do for dinner? The only thing quick and easy is take out, and you are sick of getting pizza on busy days like today.

For my wife and me, this was an all too familiar story until we found out

about the family to-go meals offered by Canvas Restaurant. With just a little planning, we were able to call in an affordable, delicious meal fit for royalty. It was the same situation as usual; 2 p.m. rolled around, we weren't close to being done with anything, and the window of opportunity to get a healthy, home-cooked meal was quickly closing. Just then, we remembered seeing the chalkboard at Canvas Market with all sorts of to-go options. We called and ordered the hot chicken dinner, complete with a salad (that was a meal in itself) and sides of macaroni cheese and collard greens. It was delicious! And best of all, it was definitely different from the typical takeout options we have grown tired of in Lake Nona.

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## This Summer, Keep It Simple

KATRICE TAYLOR

Summer 2017 is already bringing the heat. Dressing for warmer temperatures doesn't have to be a struggle, especially now that we have the luxury of websites like Pinterest, where you can make your own style board. When searching for summer style, it's common to find typical summer attire – shorts, sandals, sleeveless tops, etc. However, summer doesn't have to be all about showing skin. Here are some ways to be stylish and a bit conservative in the age of minimalism.

Jean skirts are back and better than ever. Check out Nordstrom Rack, 4036 Eastgate Dr., Orlando, FL 32839, to find jean skirts that fit your style. Pair your favorite with a plain white T-shirt and some wedges, and you're on your way to being comfortable and cute at the same time. Speaking of denim, jorts (jean shorts) are also back like they never left. I like this style because it shows off your shape without being too short. Pair them with a pair of Converse sneakers and a crossbody bag for a fun summer vibe. Jean jackets also are a fan favorite. Banana Republic Factory Store at Waterford Lakes is a staple for finding good quality jean jackets.



Summertime is also skirt season. However, you don't always have to show off your legs. Wearing a wrap skirt is a great idea if you're looking to be cool and stylish. Maxi skirts never go out of style, es-

pecially in Florida. Flowy maxi skirts with your favorite cotton tank top will always be a staple if you're in a rush.

### Traveling in Style

Ahhh, summer. The beach, the lake and the pool – they all bring summer fun in the most relaxing of



ways. Whether you're traveling by car, plane or boat, there are plenty of ways to plan your outfit ahead of time. Traveling is a blast, but if you pack the wrong items, it can quickly turn exhausting. Here are some travel style do's and don'ts:

**DO:** Wear something comfortable to travel in; think comfortable enough to sit for a few hours. If you're traveling by plane, wear something that has good circulation.

**DO:** Choose something you have worn before that looks good on you for your travel time, as you want to arrive on your vacation looking flawless!

**DO:** Pack a sweater or socks, especially if you're traveling by plane. Learning how to layer can make or break your travel time.

**DON'T:** Overpack; plan your outfits by day, time of day, and event.

**DON'T:** Be afraid to carry your favorite bag or new tote; now is the chance to see how it travels, and if you want to make a different bag choice for your next trip.

**DON'T:** Forget your fedora or sun hat!



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## Grilled Chicken Fajitas

KATIE JASIEWICZ, KATIESCUCINA.COM



en fajitas can be prepared 100% on the grill. I marinate the chicken in fajita seasoning and grapeseed oil in a plastic bag a few hours before I want to grill (or even 24 hours before grilling). If I prep the chicken the night before, I try to get ahead of the game and prep the onions and peppers, too. Slice them up and place them in a plastic bag with more fajita seasoning and grapeseed oil. I cook them with grapeseed oil because grapeseed oil has a high smoke point, so your food is less likely to burn.

If you prep ahead of time, all you'll need to do is pull out the chicken and veggies when it's time for dinner. Grill the chicken, place the onions and peppers in a veggie basket, and wrap the tortillas in aluminum foil. I grill everything on low on the grill, and within 15-20 minutes dinner is served! I also recommend placing the tortillas on the grill in indirect heat just before you're ready to serve dinner (it will only take a few minutes to get them warm).

As we enter July, I find my family grilling out most evenings. My recipe for grilled chicken fajitas is the ideal no-mess (very little cleanup) kind of meal, perfect for a quick weeknight meal, and best of all contained on the grill!

I've been making grilled chicken fajitas on the grill for the past few years. Since making them on the grill, I can honestly say I can't remember the last time I made chicken fajitas on the stove top. True story. You see, my grilled chick-

Don't forget to grab sour cream, guacamole, shredded cheese, and hot sauce at Publix. You can serve the chicken fajitas with a side of chips and salsa, a salad, or even rice and beans. If you're looking to simplify summer dinner and want to spice things up on the grill, I hope you'll try my recipe for grilled chicken fajitas!

**Yield:** 4

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

### Ingredients:

- 2 boneless skinless chicken breast
- 2 tablespoons grapeseed oil, divided
- 2 tablespoons fajita seasoning, divided
- 1 of each: red, yellow, orange, and green bell peppers, thinly sliced
- 1 red onion, sliced in quarters
- 12 flour tortillas (use corn tortillas to make these gluten free)
- Sour cream, guacamole, shredded cheese, and hot sauce (optional)

### Directions:

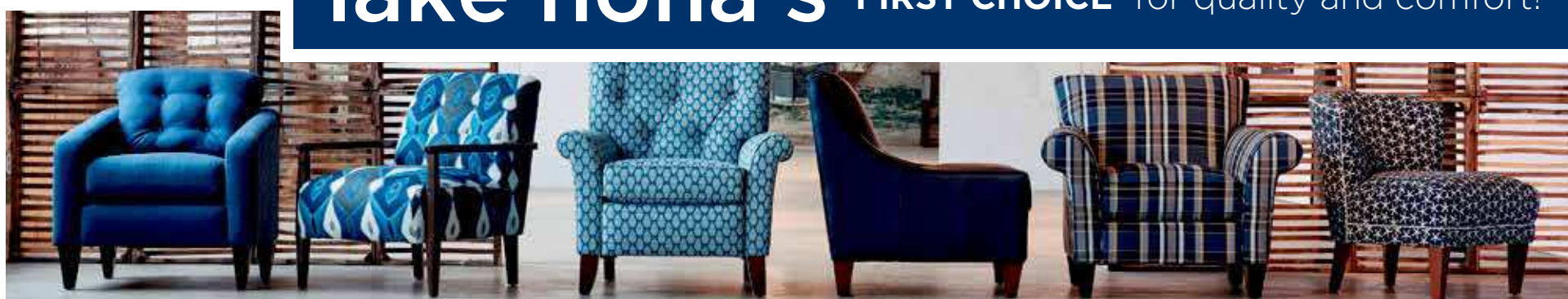
1. Rinse chicken and pat dry with paper towel. Trim excess fat. Place the chicken in a ziplock, gallon-size bag. Place one tablespoon grapeseed oil in the bag. Coat chicken with oil and sprinkle one tablespoon fajita seasoning. Seal bag and mix with hands to ensure the seasoning is coated all over chicken. Place in refrigerator until ready to cook (can be done up to 24 hours).

2. Place sliced bell peppers and red onion in another ziplock, gallon-size bag. Place the remaining one tablespoon grapeseed oil and fajita seasoning in the bag. Seal and mix well (refrigerate for up to 24 hours).
3. Preheat the grill to medium heat. Clean grill. Once the grill reaches 350 degrees, reduce the heat to low and place the vegetables in vegetable basket. Then, place the chicken on the grill and cook for 10 minutes, flip chicken and cook an additional 10 minutes. Use an instant-read thermometer to check the internal temperature of the chicken breast. Chicken should read 165 degrees Fahrenheit. While chicken cooks, stir the onions and peppers every 5 minutes to ensure they cook evenly and do not burn.
4. During the last 2 minutes of cooking, place tortillas in aluminum foil and place on the top rack of the grill (in indirect heat) with lid closed. Remove chicken and tortillas from grill. Let rest 2-4 minutes. Slice chicken and place on a platter or in a large bowl with vegetables. Assemble fajitas and add your favorite toppings, such as sour cream, guacamole, shredded cheese and hot sauce!

**Note:** You can use corn tortillas to make the fajitas gluten free. Always make your own seasoning or check the packaging of the fajita seasoning to ensure that it's gluten free!



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## Bar Crawl *continued from page 23*

our transport had arrived. Matt's manager, Alan, was on his way home from work and agreed to help us on our journey down Narcoossee. Before leaving, Matt decided to make another bathroom comparison, his fifth of the night, and second visit at the same bar.

### Stop #8 at 6:22 p.m.: Graffiti Junktion

This Happy Hour is from 4-7 p.m. (and 10 until close) with half-off domestics, \$12 buckets, \$3 whiskey, and many other daily deals. We both had a Bud Light. Aaron finally made a bathroom comparison test of his own, and Alan was nice enough to wait for us long enough to finish our drinks and take us across the street to our final happy hour stop of the night.

### Stop #9 at 6:44 p.m.: Nona Taproom

Happy Hour weekdays from 4-7 p.m. includes \$3 select drafts and \$4-\$5 select small plates. Matt immediately went to do the bathroom comparison test and then ordered a Blue Point Toasted Lager. Aaron had a Kona Big Wave Golden Ale. We had the bartender take 15-20 pictures of us sitting at the bar. We met a guy named Bob and explained how we were already at level 11 party mode by 7 p.m. on a Wednesday. Wednesday night is also free poker night with a chance to win a \$40 bar tab, so we decided to play since

our happy hour bonanza extravaganza had finally come to an end. Aaron took third place and Matt took second, which unfortunately was not worthy of any prize beyond bragging rights.

Return travel home was provided by Uber driver Nate back to Canvas. They had live music at this time, so we, of course, had to return to our starting location to enjoy the atmosphere one more time.

Mission accomplished: nine happy hours in the span of one day's happy hour timeframe. What we learned: I'm sure we learned a whole lot of something, but at this point it's a little fuzzy. We do want to go back to 310 and beat everyone at trivia and then go to Taproom to win a \$40 bar tab for playing poker. The trifecta bar crawl in Laureate Park by means of "The Canvas Express" is a pretty awesome bar hop in itself. The bottom line is that there is lots to enjoy in the area for Happy Hour any day of the week. If you're really motivated, you might even be able to do it all in the same day, just don't drive yourself. Seriously. Oh, and drink plenty of water.

P.S. Aaron did lose his umbrella, we just don't know where.

Tune in next month for our next adventure: Summer Ice Cream Showdown! If you have a challenge suggestion, please submit your ideas to: [nonahood.to/foodchallenge](http://nonahood.to/foodchallenge).

## Nonahood Calendar

Visit [www.nonahoodnews.com/events](http://www.nonahoodnews.com/events) for updated events and detailed information.

### July Events:

- 2 Great American Block Party
- 3 Celebrate Independence Day at the Monday Market
- 6 St. Supery Wine Tasting
- 8 Lake Nona Cars & Coffee
- 12 Breakfast Connections by Lake Nona Regional Chamber of Commerce
- 13 Give Blood Save a Life
- 14-23 USTA Tournaments (Adult 40 & Over 3.0/4.0 and Junior National 12s)
- 27 Homebuyer Workshop
- 29 8th Annual Baby Squirrel Shower
- 29-30 USTA Tournament (Adult 40 & Over 3.5-4.5+)

### TAI CHI

Sundays at 4 p.m. | Lakehouse in Laureate Park

### MARKET MONDAY AT LAKE NONA YMCA

Mondays from 4:30-8 p.m. | Lake Nona YMCA | 9055 Northlake Parkway

### LAKE NONA NIGHTS: LIVE + LOCAL

Live music, food trucks, and a farmer's market  
2nd Thursday from 6-8 p.m. | Crescent Park in Laureate Park | 8374 Upper Perse Circle

### YOGA NONA SPONSORED BY LAKE NONA LIFE PROJECT

Saturdays at 9 a.m. | Crescent Park in Laureate Park | 8374 Upper Perse Circle

### LAKE NONA BACK TO NATURE FARMER'S MARKET

Saturdays from 9 a.m.-2 p.m. | Valencia College | 12350 Narcoossee Boulevard

### ADD YOUR EVENT TO OUR CALENDAR

To add your Nonahood Event to our calendar, visit <http://nonahood.to/calendar> or email the details along with your contact information to [info@nonahoodnews.com](mailto:info@nonahoodnews.com).

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