

nonahood news®

AUGUST 2017

Creatively and Independently Produced by the Residents of Lake Nona

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RECORD SETTER!

LAKE NONA'S FRUIT NINJA

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Fisher House

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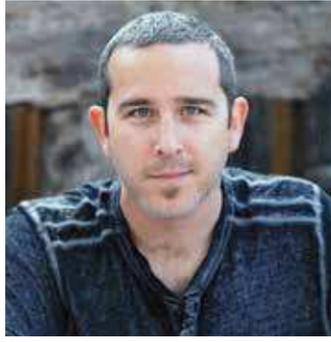
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Publisher's Desk

RHYS LYNN



The Nonahood Sticks Together

We have no shortage of exciting things coming to our community! Lake Nona is growing quickly - everywhere you look there is construction underway on something new and it can be tough to keep track of all of

the upcoming developments. As we power through the summer heat, it is important that we remember that a growing community like ours is bound to have some growing pains and the importance of sticking together.

We must remember that we are all in this together. I am always amazed by seeing the good we can accomplish when we put our minds to it. Here's a great example:



Several community members joined the Big Awesome Charity of Nona, or BACON, to raise funds for a local young adult awaiting a heart transplant. Over \$2,000 were raised. Way to go Nonahood!

Last month Lake Nona held the second annual Great American Block Party in celebration of Independence Day. The event was great - take a look inside Nona Connect for some more photos.



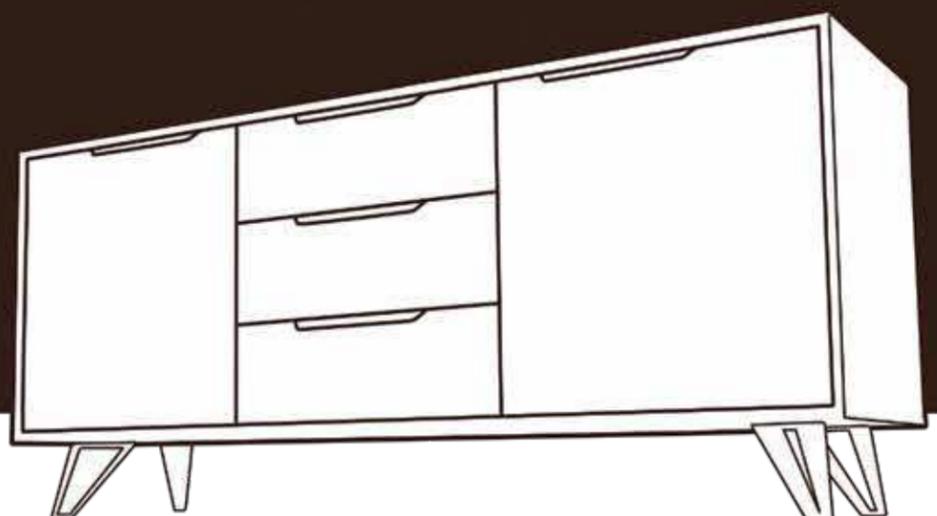
Another great event that some lucky young soccer players in Lake Nona were able to participate in was a visit from the Tottenham Hotspurs. While the planned practice session was rained out, 40 young players were able to spend some time with the team and participate in a Q&A session and get autographs. Be sure to keep your eye out for events like these through email, social media, and events calendars. There's so much going on here, it can be easy to miss things - Living in Lake Nona gives us all a unique opportunity to participate in so many great things. It's up to us to take advantage of that.



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Local Leaders

Summer Camp Teaches Youngsters to Dream Big



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

For Pablo Chusan, a UCF psychology and chemistry major, the road to college started in 2012 with our College of Medicine's Health Leaders Summer Academy.

The yearly program provides a week of hands-on education for about 70 Orange and Osceola County high school students from underserved areas who are interested in pursuing a health sciences career. Working with our faculty, the students get hands-on practice in lab science, including conducting evaluations of DNA to identify suspects in a hypothetical criminal case. They learn about the intricacies of the human heart and anatomy, talk to our M.D. students about pursuing a career in medicine, and conduct research on health science topics. The goal is to get underserved students excited and prepared for what it takes to be a healthcare professional and to

"At first I was attracted to the glamour – doctors are super cool and smart. But once I started getting deeper into it, I saw how much they really help people."

– Pablo Chusan

provide them inspiration and mentors who can help them. Not all will go to medical school – some dream of becoming nurses, dentists, scientific researchers, etc. Our job is to help prepare them to fulfill those dreams. With this year's sixth summer camp, we have now reached almost 400 young people.

When Pablo came to summer camp, he was a student at PATHS, a small professional and technical magnet high school in Kissimmee, where he was exposed to medical assisting classes. "I'm from humble means," he said. "I came from New Jersey when

I was six, and I've known I wanted to go into the health field since about the same time. Before I could spell the word 'doctor,' I knew that was what I wanted to be."

"At first I was attracted to the glamour – doctors are



super cool and smart. But once I started getting deeper into it, I saw how much they really help people. A doctor might treat one person, but that person has a whole family. You can literally change their lives."

Pablo's guidance counselor recommended he apply to the Health Leaders program.

As part of the camp, he visited Nemours Children's Hospital at Lake Nona. Five years later, he still recalls seeing a mother walking alone with her young son, a patient in a hospital gown.

"I noticed she was in tears, but trying to hide her sadness from him," he said. "And I was like, wow, that must be so tough. A mom should never have to worry about a sick child. You just want to be one of those people who can help."

The experience left him inspired to help children. Shortly afterward, he applied to and got accepted to UCF – the first person in his family to make it to college. He's currently conducting research on ADHD and eventually wants to become a child psychiatrist.

"I remembered watching the doctors at Nemours and how much they affect people's lives, and it just put me in my place," he said. "It just helps put into perspective why you're doing all of this. Being in school is one thing. Seeing what school leads to is a totally different thing."

Our goal with Health Leaders is to help youngsters like Pablo understand what it takes to get into a health career, to dream big and ask, "Why not me?" When I spoke to this year's class at their graduation in July, I told them that I had been the first person in my family to graduate from college. I urged them not to fear failure, to live their lives with courage, and to let their dreams soar.

And as I looked out at these bright young people and their proud families, I could only dream that one day some of them might be coming to the UCF College of Medicine.



A Message from Mayor Buddy Dyer

Dear Friends,

Working together, we've transformed Orlando from a place that was packed with potential into a city that is realizing its potential.

Today, I delivered my annual State of the City address and emphasized how we're transitioning from our role as the young upstart to being a more mature, global city. Incredible opportunities lie ahead, but so do big challenges.

The way we address these challenges will define our future. While many of these challenges aren't unique to Orlando, what is unique is how we're going to come together to address them and how you play a role in strengthening our community.

The list of ways that we can each make a difference is as diverse as our inclusive community:

- By joining your neighborhood associ-

ation or participating in a visioning study, you can help create strong neighborhoods with robust transportation systems

- Through youth mentoring programs, you can prepare young residents for the careers of tomorrow, and by shopping and dining in our Main Streets Districts, you can help grow and diversify our economy
- Working with the Orlando Police Department, which added 15 officers last year and will add 15 more in 2017-18, you can start a Neighborhood Watch Group, or make our City safer by receiving free hands-only CPR training from the Orlando Fire Department, which will add 12 new firefighters this year
- By supporting local agencies and the many nonprofit organizations that are investing in developing quality, affordable housing units and providing permanent support-

ive housing, you can help ensure that anyone who wants to live in Orlando can live in Orlando, regardless of their income

- After getting a free tree for your yard or a backyard composter, you can make Orlando a city of the future where sustainability and innovation drive our quality of life

Over the past year, the words "Orlando United" have meant so much to our community. "United" means many parts coming together to form a whole that is stronger than the sum of the individual parts.

Over the past year, the words "Orlando United" have meant so much to our community. "United" means many parts coming together to form a whole that is stronger than the sum of the individual parts.

If we are to overcome the challenges that confront us, then each of us has a responsibility to do our part to make the whole stronger.

Thank you for being an engaged resident and for all that you do to strengthen our community.

Sincerely,
Mayor Buddy Dyer



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Supporting Families of Critically ill Children

The Rotary Club of Lake Nona Sponsors Guestroom at Ronald McDonald House

DEBRA LOWE

At its June year-end meeting, the Rotary Club of Lake Nona Noon announced it had fulfilled its sponsorship commitment of Room Number 15 at Ronald McDonald House, Lake Nona, a full six years ahead of schedule.

In August 2016, the Lake Nona Noon Rotary Club made a seven-year commitment to sponsor Room Number 15, one of 15 rooms with private bathrooms for families of critically ill children located adjacent to Nemours Children's Hospital. Club members pledged a \$35,000 funding commitment payable over a seven-year period with an additional general support contribution of \$2,500 to ensure a tranquil, safe place for families to stay while their children undergo treatment.

Located on the Nemours Children's Hospital campus, Ronald McDonald House opened to families in summer 2016 and features:

- 15 bedrooms with private bathrooms
- Lunch and dinner provided by community volunteers when possible
- Spacious kitchen and access to a community pantry and refrigerator with donated food
- Healing gardens and playground
- Décor donated by local artists
- Indoor Lego-themed play area
- A gaming room
- Transportation to and from a nearby retail complex
- State-of-the-art media room
- Laundry facilities
- A large meeting room
- Planned family activities

In addition to sponsoring Room Number 15, the Rotary Club of Lake

Nona Noon supports Ronald McDonald House by providing on-site, home-cooked meals to those staying at the home, planting landscaping to enhance the courtyard, and building and stocking a "Little Free Library" to provide reading materials for guests.

The Rotary Club of Lake Nona Noon was chartered on Aug. 23, 2016, and now has almost 50 members. In addition to Ronald McDonald House, the club supports Pawsitive Action Ranch in part by sponsoring Rotary Ann, a service dog in training, the VA Hospital, the Orlando Police Department and other first responders. The club is part of Rotary International, a volunteer humanity service organization comprised of more than 1.2 million members in 22 countries whose motto is "Service Above Self."



Rotary is a global network of 1.2 million neighbors, friends, leaders and problem-solvers who come together to make positive, lasting change in communities at home and abroad. Rotarians believe we have a shared responsibility to take action on our world's most persistent issues. Our 35,000+ clubs work together to:

- Promote peace
- Fight disease, including leading the effort to eradicate polio from the face of the earth
- Provide clean water, sanitation and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Rotarians work differently:
- We see differently: Our multidisciplinary perspective helps us to see challenges in unique ways.
- We think differently: We apply leadership and expertise to social issues – and find unique solutions.
- We act responsibly: Our passion and perseverance create lasting change.
- We make a difference at home and around the world: Our members can be found in your community and across the globe.

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Breast Cancer Awareness Community Town Hall Meeting

BRITTANY BHULAI

On July 6, Guidewell Innovation Center opened its doors to Darren Soto, Florida's 9th District Representative, and his wife, Amanda Soto, for a town hall about breast cancer. The town hall was held to provide the Lake Nona community with information about options available to them if they or someone they know is diagnosed with breast cancer and to provide insight on cancer prevention.

Teaming up with Congressional Families Cancer Prevention Program and Amanda Soto, who is a member herself, the Sotos were able to provide an informative slide show presentation about cancer and issues common to those diagnosed with cancer. They also provided useful handouts such as reference guides on affordable health insurance and public health clinics.

Amanda was introduced to the program during one of her trips to Washington, D.C., where she quickly became fond of their mission. "The cancer prevention group was one that I took a liking to right away because I identified with their message," stated Amanda. Congressional Families Cancer Prevention Program, partnered with the Prevent Cancer Foundation, acts as a bi-partisan connection for members of the House, Senate and Supreme Court who all share a common interest in reducing the number of cases of cancer throughout the nation and in furthering technology and research that is geared toward finding cures and solutions for those affected.

According to Amanda's presentation, getting a mammogram is one of the most effective practices in keeping



an eye on oneself to make sure breast cancer development is not occurring. If there is a family history of cancer, the frequency of mammogram screenings increases. However, if someone does not have a family history of cancer, it does not mean they are off the hook in terms of the risk of developing it. In fact, more

cancer. She specializes in complex robotic surgeries and acts as an empowering image for women in the Latino community through her medical accomplishments. "Breast cancer can also happen in males," said Caceres. She went on to talk about how it is therefore important for men to feel their breast tissue every

than 85 percent of women with breast cancer lack a family history of the disease. It is advised that, beginning at the age of 20, women get scanned a minimum of at least every three years. By the age of 40, it is recommended to be scanned every year. The sooner breast cancer is detected, the greater the likelihood for a full recovery.

Dr. Aileen Caceres, a gynecologic surgeon at Florida Hospital located in Celebration, also was present at the workshop to share her insight on breast

now and then for any unusual lumps. If they have any concerns, it is in their best interest to schedule an appointment with their doctor to ensure that everything is okay. Caceres also added that, besides the medication and technology, a good diet and healthy exercise are great tools for hindering the spark that leads to breast cancer. She stressed that antioxidants are essential for maintaining a healthy system.

In addition, Amanda highlighted a great opportunity provided by Shepherd's Hope Health Center and Nemours Children's Health System. Beginning July 31-Aug. 10, Shepherd's Hope facilities located in both Orange and Seminole counties will be holding free back-to-school physicals for children under 18 years of age. Mothers present with their child also can receive a mammogram screening through the Florida Hospital for Women Mobile Wellness Coach. Families must be uninsured to fully qualify for these services. All appointments must be made ahead of time. The number to call and schedule a visit is (407) 876-6699. To find out more information about Shepherd's Hope and their free medical services and locations, head to their website at www.ShepherdsHope.org.

For more information about the Prevent Cancer Foundation, go to www.preventcancer.org.

"If you know something, you have the power to change your outcome," said Caceres. She and the Sotos all believe that, at the end of the day, no one should have to go through breast cancer alone and everyone should be aware of their options.



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Business & Real Estate

Amazon Warehouse

VANESSA POULSON

With Lake Nona continuing to be the fastest developing area in the region, it is no surprise that businesses from all across the United States are looking to get in on the development in and around the Lake Nona area, including international powerhouse Amazon.

Amazon has announced their plans to build a new fulfillment center right here in Lake Nona. The facility will be located at the intersection of Boggy Creek Road and Jeff Fuqua Boulevard just south of Orlando International Airport. The project is being developed in a partnership between Seefried Industrial Properties and an affiliate of USAA Real Estate Company. The facility, opening in 2018, will be equipped with state-of-the-art technology, such as Amazon Robotics, a collection of orange robots that work with employees to help move merchandise and fulfill orders. Lake Nona's facility will start by housing and delivering small items, such as books, electronics and consumer goods.

The building is set to look similar to the fulfillment center in Lakeland, constructed like a normal warehouse but with the kind of technological and robotic flare that only Amazon can provide. The technological advancements for the new Lake Nona facility will be intermingled with more than 1,500 new employees for the company, bringing the total number of Amazon employees in Florida to 9,000. These new employees will

be hired from the Lake Nona area and surrounding parts of Southeast Orlando, stimulating local job growth and economic advancement.

Amazon is now listed as the fifth most valuable company in the world, and with that kind of title, employees for the new Lake Nona facility will not run short on benefits from working with the online shopping giant.

Full-time employees will receive benefits such as health insurance, a retirement savings plan, 20 weeks of paid parental leave and tuition reimbursement in fields related to Amazon, such as game design, nursing and IT programming, among others.

The 850,000-square-foot fulfillment center will be built on 130 acres of land used for both employee and truck parking, as well as the facility as a whole, with the potential to expand an additional 2.4 million square feet. This project has coincided with the expansion of Boggy Creek Road, as Amazon will increase traffic in the area with trucks for delivery and employee commutes. The development of



this new facility is a big win for the Lake Nona area.

With regards to past Amazon expansion projects, the economies in the areas surrounding the new facilities have seen significant increase in not only the work force but the general health of the local economy. According to The Wall Street Journal, the online shopping giant saw annual revenue top \$100 billion last year, proving that Americans are favoring online shopping now more than ever before.

Not only will this be a significant addition to the current family of Lake Nona businesses, but also to the surrounding Orlando area. "This is a huge win for Central Florida and a wonderful oppor-

tunity for our entire community, including the 1,500 employees who will join the Amazon team and all those who will benefit from Amazon's well-known commitment to the local community," said Orange County Mayor Teresa Jacobs.

Amazon's selection of the Lake Nona area for their new facility further enhances the innovative, modern and cutting-edge reputation that the Nona-hood strives to uphold. "Lake Nona is a community focused on the future. From high tech to healthcare, we are developing new innovations to change our world. Amazon will find Lake Nona a good fit and keep our region moving forward," said Congressman Darren Soto.

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Certara Comes to Lake Nona

SOPHIA ROGERS

When we think of pharmaceutical research, it's easy to imagine scientists in a far-off land tucked away in a secret room. The location for this story: GuideWell Innovation Research. Far off and tucked away? Not so much.

Welcome Certara. Certara is the global leader in model-informed drug development and regulatory science. Certara optimizes drug development and improves health outcomes by providing decision-support technology and consulting services. A leading provider in the industry, their portfolio covers preclinical, clinical and post-marketing phases of drug development. Its clients include hundreds of global biopharmaceutical companies, leading academic institutions, and key regulatory agencies. With 19 offices in four countries and in business with 1,200 commercial companies, 250 academic institutions and many regulatory agencies around the world, adding Lake Nona to the mix is something for us to be proud of!

Certara sees the benefit of being part of Medical City and looks forward to working with other tenants. In a statement by Certara Chief Executive Officer



Edmundo Muniz, MD, PhD., he says, "There is a growing global demand for scientists who are skilled at using modeling and simulation to improve decision-making throughout the drug development process. The University of Florida's Center for Pharmacometrics and Systems Pharmacology in Lake Nona is doing an excellent job of training the next-generation of pharmacometricians." He also shares, "In fact, Certara just established an endowed professorship to support their work further. We are looking forward to expanding our offices, building upon our successful partnership with the Center for Pharmacometrics and Systems Pharmacology, and establishing new relationships with other tenants."

So, the next time you pass the beautiful GuideWell Center building, smile knowing that you are so close to the future of medical research and be proud to represent Lake Nona!

The Winning Culture of the Lake Nona Publix

TRAVIS JACOB

I teach a customer service class to corporate and government clients. Fairly early in the material, students are asked to name companies that give the best customer service. Two names have been at the top of the list of responses 100 percent of the time. Those two companies are Chick-fil-A and Publix Supermarkets.

If you are a Floridian (especially a native), Publix is in your top five "Best of Florida" list for sure. Publix has been ranked in Fortune's "100 Best Companies to Work For" list every year from 1998-2017. In 2016, Fortune even sent

The Publix motto, "Where Shopping is a Pleasure," is lived out every day. Every employee in every department at every level is trained and taught to have a focus on customers.

an undercover worker to the Publix at Lake Nona Plaza (13900 Narcoossee Rd.) to find out what makes this company such a special place to work and why it has such a strong culture (you can easily find the video by searching "Undercover Publix").

I recently caught up with store manager Alan Veith from the Lake Nona Publix. I asked him to give me the top five things that make the culture at Publix so strong. Here are the five things I learned from Alan that have created a winning culture at Publix:

1. It all starts with the founder, George Jenkins, making everyone owners in the company. "Mr. George," as they call him, passed away in 1996, but his philosophy of an employee-owned company has remained in place. When employees have owner-

ship, they take greater pride in what they do for the good of everyone.

2. Live and breathe the Jenkins philosophy to treat everyone as the most important person. This goes for fellow employees, customers, vendors...EVERYONE! No matter what position an employee holds they are all treated exactly the same.
3. The Publix motto, "Where Shopping is a Pleasure," is lived out every day. Every employee in every department at every level is trained and taught to have a focus on customers.
4. Daily huddles with department

managers. Every day, the department managers have a short meeting (huddle). During these huddles, they talk about business but also share something personal with the team. This creates team bonding and also maximizes communication for the day. Following this meeting, managers go back and have individual huddles with their departments, which is another way they maximize communication.

5. Community involvement. They are active in giving back through different community organizations, but community involvement does not stop there. They actively hire the children of their customers. They get to know families, watch their kids grow, and then make them part of the team.

As a regular shopper at the Lake Nona Publix, I consider it "my store." The overall shopping experience is truly best in class. Their winning culture shows in every aspect of their operations. They live it and breathe it! There is a reason this company is recognized for the following, among other things: A Fortune "100 Best Company to Work for"; one of America's Best Employers by Forbes magazine (2016); and one of the Great Rated! "Best Workplaces in Retail" and



"Best Workplaces for Millennials" (2015-2016). Thanks, Alan and the Publix team, for helping to make the business community in Lake Nona strong and proud!

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Business Spotlight

An Inspirational Story - The American Dream in Lake Nona

RHYS LYNN



current situation meant that a woman without a male guardian would not be able to attend school. The difficult choice was made to put Heidi up for adoption in America. It was a tough task to convince a six-year-old that moving away from her home country and family was a good idea. "You can go to school, where everyone is rich and happy," her Grandmother ensured Heidi. She was eventually adopted by an American family when she was seven.

The family who adopted Heidi had five children and adopted three more, including Heidi. Eventually, the family grew to a total of eleven children. After coming to America, Heidi's childhood was still tumultuous. Her Father was in the Navy, stationed in Guam. After a year they moved to Virginia where they moved around quite often. When Heidi was fifteen, they moved to Colorado.

Heidi worked hard in school. After completing special education classes to learn English, she got straight As and graduated Valedictorian at her high school. "We didn't have a lot of money... The one thing that I held true to my heart is the belief that if you work hard and get good grades, you can live the American Dream."

"Do the job right, support the customer, and good things will come out of it. Then I can support the charities that I want."

After graduating high school, Heidi decided to attend the Naval Academy to follow in her Father's footsteps and "To be able to serve the country that had given me so much..." In a surprising turn of events, in her senior year at Naval Academy, a friend who was stationed in Korea told Heidi that he had located her birth mother. Heidi decided that she would seek her out if she could.



While in the Navy she learned to be a more well-rounded person, the foundations of leadership, organization, and working with a team. She was stationed in Alameda, Korea, and finally Virginia. While stationed in Korea, she was reunited with her birth mother, but her Grandmother who was so important in her formative years had already passed on.

As her time in the Navy ended, Heidi decided that she wanted to face her fears of the civilian world and pursue an MBA. She didn't expect to get into Harvard, but when she did, she completed her MBA in finance and went to work for Merrill Lynch. Six days into her training, 9/11 happened. Shortly after that, 2/3 of the trainees were let go in a massive cutback. "I had a dream job on Wall Street and suddenly I don't... I'm \$100k in debt from school loans, an expensive apartment... It was scary."

Heidi didn't give up. She reached out to her network and eventually found a connection who was launching a Six Sigma Project Management program for their resort business. Landing here in Orlando, Heidi then spent the next thirteen years moving through the ranks, ending up on the executive team. Having met her career goals, she decided to transition from corporate life to retirement in 2015.

While leaving the corporate world, Heidi knew she wanted to stay involved in business. She and her husband (a NASA rocket scientist) loved Planet Smoothie when they lived in Hunter's Creek and they were disappointed that

there was not one in Lake Nona. Instead of going to Hunter's Creek three times a week, they decided to open one here. "I'm always on the move and multitasking... This is something you can take on the go; it's healthy and fun." While Heidi and her husband do not have children, she notes that many of the employees are young and this may be their first job. Heidi and Michael, the manager, feel that they have a responsibility to train them about responsibility, teamwork, and customer service. Being able to mentor and coach them is very rewarding.

Once the store was up and running smoothly with a strong team in place,

Heidi looked towards real estate to stay active and engaged. Living in the Lake Nona Country Club and focusing on the luxury market in Lake Nona, Heidi focuses on quality, not quantity. She also chooses to donate up to half of her profits to charity. "Do the

job right, support the customer, and good things will come out of it. Then I can support the charities that I want"

Giving back is important to Heidi based on her life experiences. She focuses on three categories: Education, military, and health. Her support of education-based organizations like The Nobile Foundation benefits underprivileged children, for example. She also served on the board of the Adult Literacy League.

On Lake Nona:

"Because I've been here since 2007, it has been so much fun to see the culture and community literally grow up together like a family. We're stitching this culture together and I'm grateful to participate in this transformation. Not many people get to experience that.

You can sense we're

on the cusp of something very exciting." Heidi and her husband are passionate about golf, tennis, and running (she's run no less than 7 marathons). With world-class golf courses, the USTA, and amazing trails all available in Lake Nona, they are in the right place to enjoy the American Dream. "You can reinvent yourself and have different interests. You can take risks and challenge yourself. It's a long life but also a short life, so have as many experiences as you can. That's what I feel like I'm doing now and it's great"

"You can reinvent yourself and have different interests. You can take risks and challenge yourself. It's a long life but also a short life, so have as many experiences as you can. That's what I feel like I'm doing now and it's great."

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Business Spotlight

It all Began with Four Souls Looking to Satisfy a Hunger Craving...

BRITTANY BHULAI



The creators of Pala Snacks – Nick Congelossi, Nicole Congelossi, Joshua Nafman and Paola Nafman – did not all just wake up one morning with a business plan to sell keto-friendly bars. It was a rather gradual process that happened and was a product of their personal journeys in the world of health and fitness.

Before going any further, for those who do not know what the “keto” diet is, it is an eating regimen that consists of a high-fat, low-carbohydrate and moderate protein intake. Over time, the goal is to train the body to run off of fat for fuel instead of carbs. With the absence of carbs, the blood produces what are called “ketones,” and the body slips into a state of “ketosis.” Not only does one experience fat loss, but a state of mental clarity and high energy are also common side effects.

Nick, a 31-year-old who works as an attorney in Florida, first heard about keto through a podcast by Joe Rogan, an ex-martial artist and commentator. He immediately picked up an interest and began to research more about the ketogenic lifestyle.



Prior to taking up a career as a lawyer, Nick packed on a lot of excess weight in law school. He tried many approaches that proved to be unsustainable, such as low-fat and low-calorie diets. Nothing seemed to work. However, after stumbling upon keto, he took the leap of faith and gave it a shot.

Unlike the diets before, keto seemed to work in Nick's favor. “It's crazy how fast it works and how easy it is to do once you get into the swing of it,” says Nick.

It was not long before his wife, Nicole, who works as a middle school teacher in Lake Nona, was thrown into the mix of things. Since she left most of the cook-

ing to him (due to Nick's passion to cook), Nick would create meals that were very keto-based. This meant a lot of greens and fatty meats, anything without carbs. He describes it as “learning to cook with a new pallet.”

Within the course of about two years, both Nicole and Nick, who are residents of Lake Nona, experienced fat loss. Nick took the cake (yes, a poor choice of words in this case) by losing almost 60 pounds. He ended up making a generous donation to his job afterwards. He ended up donating 22 suits to the public defender's office for clients that could not afford suits. “Hopefully, there are some big guys out there that need them,” he added in good humor.

After hearing about the positive results from the couple, Nicole's sister, Paola, who is also an attorney for a living, decided to take up keto as well. Besides wanting to burn off some fat, Paola describes herself as a very competitive person, so she wanted to beat everyone else and try to consume the lowest amount of carbs. She ended up dropping about 15 pounds. Her husband, Joshua, who works in marketing for a natural toothpaste company, caught onto his wife's changes in eating. Everyone seemed to be losing weight, and he had a few pounds that he wanted to drop, too. So, he jumped on the bandwagon. Joshua was able to lose at least 25 pounds of fat.

After all of them fell in love with the keto diet and would stick to it for the rest of their days they walked the earth,

they needed to create meals that would sustain their new lifestyle. “We wanted something to take with us so we could eat anywhere. That's why we made the chewy nut and seed bars,” states Nicole. Thus, the keto nut and seed bar from Pala Snacks was invented.

Not only did they eat them among themselves, but they also shared the bars with friends and family. Everyone kept giving positive feedback, and soon enough, the four put their heads together and decided to sell their creation to the public.

They all knew that the keto diet was not easy in terms of putting meals together. That took a lot of time, and it was a call for creativity since only specific ingredients could be used. Other people out there were struggling with this battle. They found a fix for themselves, and they wanted to share it with others. “It's something that we're proud of,” says Joshua.

The keto bar is truly something. It is 220 calories with seven grams of protein, 18 grams of fat and only 13 grams of carbs, which mainly derive from the fiber. It packs a flavorful taste thanks to some key ingredients such as a hint of agave, coconut oil and vanilla. These are what help give the bars their signature chewiness.

Pala Snacks launched in May 2017. They continue to expand their product and always appreciate the support from their community. To put in an order of Pala Keto Nut & Seed Bars and to read more about the product, visit their website at www.palasnacks.com.

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Homes Inspired by You

Features

Post-Op Drain Management and the Mamas of Kilimanjaro

CINDE DOLPHIN

It's amazing to see where life takes you. I'm a four-time cancer survivor – a three-time breast cancer survivor. The fact that I had cancer so many times, and survived, put me in a position to give back to the global community.

So far, I'm working on two fronts: being the owner of a patent on a medical device and empowering women to establish small business enterprises in Africa. Two products. Two tools. One developed to support a patient's recovery after surgery, and the second to drive entrepreneurship in developing countries.

Due to cancer, I've undergone nine surgeries that required me to wear wound-care drains for a few weeks during recovery. The drain is about the size of a large lemon. It has two parts: a plastic suction bulb and a drain tube that extends from the wound area and acts as a sort of a freeway. The two parts together use suction to remove unnecessary fluids from a surgical area, collecting fluids in the bulb.

If you've never heard about or seen patients with these drains, I'm not surprised. Because the job of the bulbs is to accumulate gross material, like blood clots and mucus-type fluid, patients



don't talk about it. The bulbs are so awful-looking, most people choose to stay home – out of sight for the two to three weeks they must wear them.

In 2017, almost 50 years after the invention of these drains, nurses still distribute safety pins for managing them. Pins are a clumsy and impractical solution for

managing the drains, but they're dispensed because there hasn't been a better alternative.

I invented something better. The KILI Carrier is a mesh apron. It's extremely effective at suspending even heavy bulbs and drains. Both gender-neutral and one-size-fits-all drains are safely contained when zipped into the apron pocket. The device can be worn discreetly under shirts and tops. Now, a patient is more likely to be mobile, and studies have proven that the sooner the patient becomes mobile, the more accelerated their recovery will be.

The invention, along with a companion phone app called DrainIQ, was recently selected "Best Active Solution Award" by GuideWell Innovation and American Cancer Society. GuideWell Cancer Challenge was launched in August 2016 with the goal to create a col-

laborative platform that would allow innovative ideas and potential solutions to come to the forefront with the ultimate mission of making it easier to navigate life with cancer.

My life was so touched by the medical community's response to the Medical Drain Carrier, I felt inspired to take another leap of faith. I volunteered to work for three months in a small remote village in Tanzania, Africa.

My volunteer placement gave me the opportunity to work with women in this rural village who had already established their very own micro finance group. Mkombozi Women's Group consisted of mamas (an endearing term for women in Tanzania and Kenya) living within a one-mile radius of the home base where I stayed. In a micro-loan group, members set aside a little cash each week and take it to weekly meetings in order to invest back into the group.

My job was to take both English language and business education to Mkombozi. In all honesty, they were the teachers, and I was the student. Our accomplishments were celebrated with families and included dancing, singing

and, occasionally, banana beer. I told the mamas about the Medical Drain Carrier. As a result, we designed and produced decorative versions of the carrier. The aprons were sewn from the bold, exotic and colorful fabrics made locally.

We had so much fun. Sewing was conducted on a treadle machine – allowing each mama to take a turn at being seamstress. In just two weeks, Mkombozi produced 40 spectacular aprons. Mkombozi is now a business as well as a micro-loan finance group. The endeavor gives mamas financial resources to pay school fees, buy more farming materials and improve their living conditions. And they feel so proud of their skills. The project opened the door to other endeavors and increased their understanding of business models.

The aprons are available to purchase here: www.KilimanjaroCarrier.com. More information on the Mkombozi women's group can be found on their website: <http://infomkomboziwomen.wix.com/-mkomboziwomen#!about-us/csgz>

KILI Medical Drain Carriers are now distributed in several hospital post-anesthesia care units and also available online: www.medicaldraincarrier.com.



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VETERAN OWNED BUSINESS

Orlando Fisher House at VA Medical Center Lake Nona

MAUREEN KARKOVIC

Because A Family's Love Is Good Medicine – this is the motto of the Zachary and Elizabeth Fisher House Foundation, established in 1993. A Fisher House is “a home away from home” for families of patients receiving medical care at major military and Veteran's Affairs (VA) Medical Centers.

I can describe first-hand the truth and power of that statement. As a single mother of four, teaching full time, my precious little family was thrust into multiple major medical crises that began in 2006. Not long after I had experienced two major surgeries, my oldest, John Patrick, decided to follow a dream to become a United States Marine. He had recently graduated from high school, and this was a huge deal to me as well as to my younger three children – the five of us have always been extremely close. It meant the four of us were there for his swearing-in ceremony, boot camp graduation, and School of Infantry graduation. His dream was a reality!

However, his dreams were derailed when he injured his knee in training, which required two major surgeries – one of which was a meniscus transplant surgery. It was during this time that I noticed he was rapidly losing a substantial amount of weight and had some worrying symptoms: hand tremors, fatigue, difficulty sleeping, nervousness, and sensitivity to heat. After numerous visits to medical officers, we finally learned that he had Graves' disease and also thyroid cancer, at the age of 21. There were some gaps in getting the proper diagnosis and care, and he was not in good shape.

Having gone through savings in order to travel to Camp Lejeune, N.C., to be there

for two knee surgeries, at this point I asked his battalion Family Readiness Officer if there might be any assistance available. A Fisher House had just been built at Camp Lejeune – this was the first Fisher House on a Marine Corps installation.

I had never heard of a Fisher House. Little did I know what a blessing it would be!

A few things I haven't mentioned: During this ordeal, my younger high school-age son was going through multiple surgeries and wound care for a cyst on the base of his spine; also, my youngest daughter Mary, then age 10, was diagnosed with Type 1 diabetes. Even though I am a fighter (I raised a Marine!) with a positive mindset, my head was reeling. You can imagine the full-time job I had raising kids as a single parent, working full time, plus managing multiple medical crises.

Enter the Fisher House.

Staying at the Fisher House alleviated so many burdens. I was there for my son. I had one less financial worry. I was on the grounds of the Naval Hospital. My son did not have to worry about where I was staying while he was hospitalized. Upon his discharge from the hospital, he and I had a place to stay until he was able to come back to Orlando for convalescent leave.

A place that provided a feeling of comfort – like home.

It's hard to put into words what it was like to feel cared for, even just being able to sleep well, which doesn't happen often in the middle of a medical crisis, but it did

at the Fisher House! I didn't have to worry about anything, except taking care of him.

You can imagine the impact on the healing process for my son, as well as the

Families like ours stay at the Fisher House for a variety of reasons: a patient might be receiving care for a major medical issue, have been in a car acci-



amount of stress that was relieved for our entire family! The Fisher House was a reprieve during an overwhelming time.

dent, wounded in combat, injured in a training accident, a mother and premature baby, or need surgery of physical rehabilitation.

There is no time limit on how long a family can stay – a family is welcome to stay as long as their patient is receiving care.

Fisher Houses are given to the U.S. government as gifts. Here in Orlando, the land was donated to the Fisher House Foundation. Upon completion, the Orlando Fisher House will then be gifted to the VA, which will be responsible for the operation and maintenance.

We are incredibly fortunate to have a Fisher House here to serve the 110,000+ veterans in the Central Florida area. Please learn more about the Orlando Fisher House, spread awareness, help us raise money to support the ongoing needs of the house, and please – volunteer!

www.orlandofisherhouse.org

About the Orlando Fisher House

The Fisher House Foundation is a 501(c)3 organization that ensures lodging is provided at no cost. Since 1990, the Fisher House Foundation has:

- Served more than 305,000 families
- Provided more than 7 million nights of lodging
- Saved military and veteran families more than \$360 million in lodging and transportation costs

Today, there are 71 Fisher Houses across the U.S. – 40 are located on military installations, and 31 are located at VA medical centers. There also are more currently being built and planned!

ReThink Life – A Conversation About Life, Leadership and Relationships

Parent Shift: How to Get Your Kids Moving in the Right Direction

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 rethinklife.com.

Several years ago, my wife, Michelle, and I were driving down the Florida Turnpike headed to Miami to go on a cruise to celebrate our 20th wedding anniversary. Only about 30 miles outside of Orlando, we suddenly came to a complete stop. As far as the eye could see we saw nothing but taillights. We literally were in a parking lot of cars both in front of us and now behind us.

We began to panic because we had a cruise to catch and were frantically searching our GPS trying to find alternate routes. There was one major problem: We were stuck. I noticed on the horizon there appeared to be a cut-through where cars were making U-turns. With cars in front of me, to the side of me and behind me, the only option was to maneuver my car out of the space I was in and drive down the narrow space next to the guardrail. I had to honk my horn to get people's attention to allow me to get by. Needless to say, we were given a bunch of dirty looks

and even had some obscenities hurled at us. Little by little, we made our way down that narrow space on the shoulder of the road to the cut-through. Finally, we were able to shift and make a U-turn. As we were now headed the opposite direction, it was amazing to see the hundreds of cars that were stuck in the traffic jam we had just escaped.

That experience serves as a reminder of how so many families today find themselves going with the cultural flow down the highway of life. Consequently, many families find themselves getting trapped by all the distractions, pressures and temptations that negatively affect their kids without realizing there is a way of escape. Here are 5 ways to make the SHIFT and get your kids and family moving in the right direction.

Start With the End in Mind
Zig Ziglar once said, “It's just as difficult to reach a destination you don't have as it is to come back from

a place you've never been. Great families don't just happen, they are purposeful. What is your vision for your family? Remember our decisions (not intentions) determine the direction and destiny of our family.”

Have Family Core Values
Our values drive our decisions and reflect what is important to us. What's on the inside will show on the outside. Having and holding core values is the only way we can keep our families moving in the right direction. Identify three to five core values for your family and post them in your home. Your core beliefs will help you fulfill your desired destiny as a family.

Identify Your Child's GPS
We all have gifts, passions and strengths. The earlier our children discover those abilities, the quicker

So many families today find themselves going with the cultural flow down the highway of life. Consequently, many families find themselves getting trapped by all the distractions, pressures and temptations that negatively affect their kids without realizing there is a way of escape.

their lives will take on a greater sense of purpose and direction. Don't confuse activity with accomplishment. Helping your kids find their strengths and passions will build their confidence and bring focus and fulfillment to their lives. When kids lose their why, they will lose their way!

Form Healthy Friendships

As the old saying goes, Show me your friends, and I will show you your future. As we can all testify, the old proverb is true: Bad company corrupts good morals. The best way to ensure your kids form healthy friendships is to get to know the parents of your child's friends. It's takes a village to raise great kids!

Teach by Example

If we're willing to admit it, our actions as parents speak louder than words. There is no such thing as a perfect parent, nor is there a perfect child. Let's remind ourselves that yesterday ended last night. Remember, as parents, it's never too late to start doing what is right for our family. Let's make the SHIFT as parents to lead our kids in the right direction.



Growing Innovation Ecosystem in and around Lake Nona

HABEEL GAZI

We all know about the Lake Nona Medical and Sports City plans, but not all might know about another nearby development in our region: The NeoCity, the new advanced manufacturing facility 15 minutes southwest of Medical City.

We moved to Orlando six years back to join the startup that is Lake Nona. On our first visit here for my wife's interview with the brand new UCF College of Medicine, she immediately recognized the unique opportunity to be a part of the new medical school. In addition, the grand scope of the experiment that was coming together here with the Medical City appealed to us. We had just spent two years in Houston at the Texas Medical Center (TMC), where my wife did her fellowship. The TMC is the largest medical center in the world with more than 13 health care institutions. So we had seen what this vision could look like and the challenges that came with it. We were excited by the holistic, long-term view the organizations in Lake Nona were taking in building out this vision.

One of the big attractions was the ability to live close to where you work. I also had just started my medical device startup and was looking for a place that could support our growth. I found great existing resources in Orlando with the UCF Business Incubation network, the BioFlorida network, and upcoming resources with the CANVS downtown co-working space and other start-ups in the region. In addition, the constant influx of so many innovative physicians and researchers who have been moving to the area has been exciting to see.

Of course, we also were looking forward to the innovation center that was planned for Lake Nona, now called GuideWell Innovation Center. It proved to be a great resource even before it opened since the director was a fellow neighbor in Laureate Park and a great guy to boot. I have been a member of the new center since it opened last year and have gotten a chance to see some great events and resources come through the building. And there is much more in the works. It is a beautiful facility, and if you haven't had



a chance to see it yet, I would encourage you to get the next available tour. The facility occupies 30,000 square feet on the first floor. Only a portion of that is used for the co-working space. The rest can be used to educate, inspire and GTD (Get Things Done!).

As a device company, we have to deal with regulatory challenges, production, staying innovative and, of course, software. We have been blessed to find a majority of the resources we need within a two-hour driving radius of Orlando from manufacturing in the Tampa region to

engineering design in Melbourne.

Another development that has me thrilled about the future of our region is the NeoCity project in Osceola County just south of us. The vision is based on the current explosive growth of smart sensors in connected devices. Often called Internet of Things (IoT), it is a system of computing devices, old or new machines, any objects living or otherwise that are connected using chips. As their applications become more sophisticated, the demands on them increase. For example,



Photo by Ana Jacome

medical professionals want and expect better wearable sensors to track activity levels or medical conditions in patients, and professional athletes want better data from sensors without it getting in the way of their performance. The mission of BRIDG is to bring some of the latest research and ideas from academia to the facility, study them, test them and have industry partners ready to help evaluate them and implement them if successful.

Recently, I was invited to be a panelist at a BioFlorida event titled "Bringing Designs to Life" held at the new BRIDG

(Bridging the Innovation Development Gap) facility. The NeoCity is a 500-acre research park being developed by Osceola County to build the future of advanced manufacturing technologies by bringing together academia (UCF, UF, USF, etc.) and industry partners (like IMEC, an international research institute that performs research in different fields of nano-electronics from Belgium). BRIDG facility recently opened its 109,000-square-foot laboratory. For our medical devices, we only needed to use a clean room that is

classified Class 10,000 (which means a controlled space designed to never allow more than 10,000 particles (0.5 microns or larger) per cubic foot of air). This BRIDG facility is working on certifying two large clean rooms totaling more than 36,000 square feet. The larger hall is 26,500 square feet and will be a Class 100 (no more than 100 particles per cubic foot of air),

which is essential for chip manufacturing. The second clean room will be 10,000 square feet, a Class 10,000 clean room and used for support. You can learn more about BRIDG at www.GoBRIDG.com.

At present, the clean rooms are completely empty as they wait to be certified. The enormous white clean room space looks like a set for a sci-fi movie where the latest innovations will materialize from thin air! I am excited to see what collaborations might spin out between our Medical, Sports and NeoCity and the people living in this great community.

Lake Nona Seed Packing Event

PHILIP LONG

The country of Tanzania, in Africa, is home to some of the largest lakes in the world. Lake Victoria, in northwest Tanzania, ranks third in the world for overall surface area. But while Lake Victoria's surface area is massive, it's dwarfed by the volume of Tanzania's Lake Tanganyika. This lake's depth delves so far into the fathoms that its volume is nearly seven times that of Lake Victoria's.

Yet in this country of lakes, in impoverished areas, children dig holes waiting for water to seep into their buckets - water that contains dangerous parasites.

This is why individuals with the Global Aid Network, which is the humanitarian arm of Cru (Campus Crusade for Christ headquartered in Lake Nona off of Moss Park Road), strive with local Tanzanians to build a life-sustaining infrastructure through agriculture. In the past few years, they have built nine wells and 22 community gardens.

But what does Tanzania have to do with Lake Nona? On Sept. 23, workers from GAIN (the Global Aid Network) are inviting us to join in the effort. Hosted by three Nonahood organizations (University Presbyterian Church Lake Nona, Cru and Pioneers), we will pack seeds for sustainable agriculture programs in Africa.

The seeds are vegetable heirloom seeds. They're called "heirloom" because they have not been genetically modified

(non-GMO), and they are open-pollinated. "Open-pollinated" means that these seeds will grow to be roughly identical to their parents, an extremely useful trait in gardening.

After we have packed our seeds in Lake Nona, GAIN workers will ship them on to countries such as Zambia, Zimbabwe, Tanzania, Mali and Rwanda. GAIN partners with people in these countries to make sure the seeds get to those who most need them. Along with the seeds, GAIN workers will provide agricultural training to locals on the receiving end so they can sustain future crops.

Most of the seeds we pack will be used in community gardens where multiple families work together to keep the vegetables growing. Some might go to schools, orphanages and families who will plant their own gardens to tend.

In addition to our seeds providing a variety of nutritious vegetables for struggling communities, successful gardens can generate an excess of vegetables to be sold at markets. This income can fund school repairs, supplies and student fees as well as orphan care, medicine and other community projects.

The power-packed heirloom seeds we'll be packing in Lake Nona can give a community long-term food security. GAIN workers estimate that each seed pack will grow 10 pounds of vegetables



Nonahood residents Christ Pratt and son Philip label seed envelopes at a GAIN seed-packing event in February at Cru's headquarters on Moss Park Road.

in the first harvest.

At a typical seed packing event, 300 volunteers can pack 40,000 seed packs in two hours. And each pack is expected to yield ten pounds of vegetables in its first harvest.

In Lake Nona, we're looking to have 450 volunteers packing 60,000 seeds. So it's likely, with a little water and good tending, that more than half a million pounds of vegetables will soon be growing in impoverished African communities.

But because these aren't just any seeds, we're expecting that the Lake Nona effort could grow into countless millions of African vegetables. Perhaps the volume that our heirloom seeds will produce will rival the depths of Lake Tanganyika.

The event will be Saturday, Sept. 23, at Pioneers, 10123 William Carey Drive, across from Walmart and RaceTrac.

For more information, visit upc-lakenona.com/seeds.

Tough Things to Talk About: Bullying

MOMS OF NONA

Bullying - a word used loosely most of the time. But do we really know what true bullying is? According to www.stopbullying.gov, "Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time." Bullying can come in many forms, such as name calling, teasing and taunting, spreading rumors about someone, embarrassing someone in public, hitting, spitting, stealing someone's things, etc. Of course, cyberbullying takes things to a whole new level.

sions, her child still didn't share what was going on. The bullying continued (and progressed) and eventually the child did speak up - but not to Mom. Not to Dad. Rather, the child told their best friend - a fellow fourth grader. The best friend's mother was then confided in, and she quickly notified the child's mother. And so started their journey toward intervention. And what a long journey it would be.

The mother learned that a neighbor and classmate had been harassing her child for an extended period of time. The once-friend had become verbally abusive toward her child and, worse

The scenarios the child described were heartbreaking. Name calling. Rumors. Shoving in school hallways. And ultimately, the unthinkable - the elementary-aged aggressor harassed the child by breaking into the child's home.

DID YOU KNOW:

When bystanders intervene, bullying stops within 10 seconds 57% of the time.

And finally, the question we, as parents, were desperate to answer, "What would've helped you to stop being bullied?" The child declared, "Speaking up. Not to be shy about it." And added, "My mom always says God gave us all a voice, so let's use that voice to speak up. When you speak up, you'll be free!" Brave words from a mighty brave kid!

What Can We Learn From This?

As parents, wouldn't we want to know why aren't schools doing more to stop bullying in its tracks? Why are parents not recognizing when their kids are the bullies? Or when their kids are the ones being bullied?

We imagined our own children in the scenarios which were described. Would our children have told?

We can honestly say that before meeting this family and hearing their story, we would've confidently declared, "YES! Of course, my children would tell me." But the time spent with this sweet child and mom had us thinking otherwise.

As parents, we want to believe our children would tell us if someone was

bothering them. But would they? And if not, why not?

(5 Reasons - see link)

<http://www.cfchildren.org/bullying-prevention/related-articles/why-kids-dont-report-bullying>

Communication is the key. We must start speaking up! Speaking up is a big deal!!! I know we all talk to our kids about it, but they are still not speaking to us. If they are not speaking to us, for whatever reason, let's build relationships with safe adults around them with whom they would feel more comfortable talking.

This 11-year-old child chose to confide in their best friend and the best friend's mother before talking to their own mom, even though their relationship is super close and positive.

It takes a village to keep our kids safe!!! Let's build a village where our children are safe, and where we know that if our child is in any danger, there are other trustworthy adults in their lives.

It all begins with speaking up! Open the conversation in your own home and community and let's see what happens!

Source: Statistics obtained from www.StopBullying.com



As concerned citizens, neighbors, friends and parents, we need to accept the harsh reality that bullying DOES happen, and it's happening in OUR community. And although studies show that traditional bullying starts at middle school age, there is an alarming trend showing aggressive behaviors beginning younger and younger.

Recently, we had the opportunity to meet an 11-year-old child who bravely shared their experience of being bullied throughout fourth and fifth grade. As parents, we hung on every word - baffled. The scenarios the child described were heartbreaking. Name calling. Rumors. Shoving in school hallways. And ultimately, the unthinkable - the elementary-aged aggressor harassed the child by breaking into the child's home.

And equally heartbreaking was the fact that this child felt they "couldn't" tell their parents about the bullying.

When asked why, the child sheepishly explained, "I don't know why, but I guess I thought I might get in trouble."

ONLY ABOUT 20 TO 30% OF STUDENTS WHO ARE BULLIED NOTIFY ADULTS ABOUT THE BULLYING.

The child's mother sat across the table as we spoke. She told us she had noticed changes in her child's grades and overall demeanor. Given their very close relationship, she consistently asked her child, "Is everything all right at school? Is there anything we should talk about?"

Despite inserting herself and making herself available on multiple occa-

yet, had manipulated other children to partake, at which point the bullying turned physical. Threats were made toward the child's younger brother (also elementary-school age) if the child were to tell anyone. This ultimately ensured secrecy as perceived protection.

Although it was difficult to hear (and accept), the child's mother took appropriate action immediately. She engaged her child in the process, giving her a voice to be a "victor," not a victim. Her willingness to be interviewed for the purpose of this very article demonstrates this family's commitment toward a positive change.

We asked the child, "Do you see bullying happen a lot to others?" Without hesitation, the child replied "Yes" with an affirming head nod.

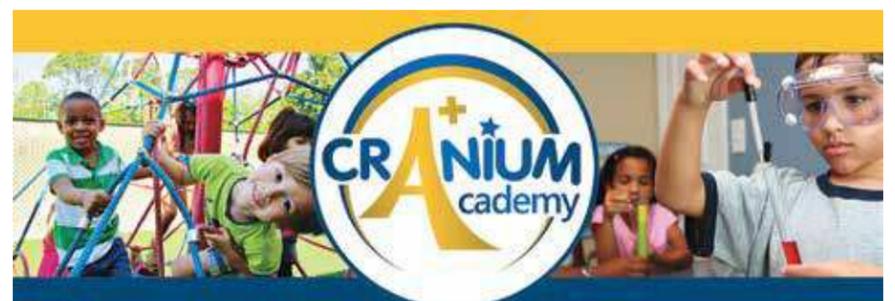
DID YOU KNOW:

1 Statistics show that **70.6%** of young people say they have seen bullying in their schools, and **70.4%** of school staff have seen bullying.

2 In one large study, about **49%** of children in grades 4-12 reported being bullied by other students at school at least once.

3 **62%** witnessed bullying two or more times in the last month, and **41%** witness bullying once a week or more.

We asked, "Do you think bullying can be stopped?" Again, a confident "Yes" reply, with an optimistic smile as the child added, "And I want to do fundraisers to help raise money to stop bullying."



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environment. If there are not enough honey bees in a region, a farmer can rent a colony of honey bees to ensure the appropriate pollination rate occurs in that area. Colony rental is a growing business in regions where bees are in demand.

Bees need proper nutrition, and for bees to get this nutrition they need multiple sources of pollen for protein. When, for one reason or another, bees do not have the variety of flowers they need to source their protein, the bees can die. Thus, encouraging more wildflower growth and butterfly gardens will benefit the bees and

other pollinators that are flying around.

Pesticides, including insecticides, fungicides and herbicides, are another threat to honey bees. If a pesticide is used, it should be evaluated for the risks. Pesticides, even in small quantities, can be devastating to a bee colony. Always read the label on pesticides carefully so the risks to pollinators are understood and minimized as much as possible.

Colony Collapse Disorder, or CCD, also has been impacting bees at an increased rate since 2006. This is a disorder where all of the adult bees disappear and the hive, queen and honey are left to die. Some beekeepers have

lost up to 50% or more of their colonies to CCD. The cause of CCD is not known, however there is speculation that many environmental factors such as bee pests and diseases, pesticides, genetically modified crops, mites, and other stressors to the bee population have caused the increased rate of CCD in hives.

In honor of National Honey Bee Day and the important job of all pol-

lenating insects, let's be sure to plant some wild flowers in our gardens and landscapes to nourish and to make happy homes for pollinators. If everyone, through awareness, reads labels on pesticides carefully and makes educated decisions, we will work to reduce these threats to bees and help to support pollination and honey production locally and throughout our nation.

**National
Honey
Bee Day
August 19**

In honor of National Honey Bee Day on Aug. 19, we are recognizing the importance of the honey bee and raising awareness about what we can all do to protect the honey bee and other pollinating insects. Bees, butterflies and even flies carry out the important job of pollination. There also are many different species of bees, but most of these varieties do not produce honey, only the very special honey bee.

According to the University of Florida's publication Minimizing Honey Bee Exposure to Pesticides, more than 25% of our nation's food is available due to pollination from honey bees. As much of our nation's food supply depends on the bees, it is important for everyone to understand how integral honey bees are so we all do our part to ensure they are able to exist and flourish in the en-



In the Garden - Vegetable Spotlight

Here's an edible plant that can grow throughout the Florida summer, the "Florida cranberry hibiscus." This hibiscus is beautiful with an edible bright red bulb that forms around the flowers called a calyx. The calyx is used in jellies and teas for color and flavor. The seeds from the calyx bulbs also are a good substitute for cranberries. The leaves, fruits and

roots also are edible and said to have medicinal qualities. Leaves can be consumed cooked or raw and add quite a zing to a salad. The seeds contain protein and can be roasted in a coffee, or toasted for a snack or salad.

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Lake Nona Resident Sets World Record on Live Television

VANESSA POULSON



Matt Troy Jones, a Lake Nona resident, was recently featured on Gordon Ramsay's hit Fox television show, *The F Word*, and set the Guinness World Record for the fastest time of cutting up an entire watermelon: a jaw-dropping 18 seconds!

Matt's story has humble origins, beginning with a simple YouTube video, uploaded for the sake of showing off to his friends and family how quickly he could cut a watermelon. The video soon went viral and attracted attention from producers of *The F Word*, who were in the midst of organizing an episode of the show focused on the Fourth of July. Matt was contacted through Facebook, and at first, he didn't believe that the whole situation was real.

"My initial reaction was like, 'This is

probably one of those scams where they try and take your identity,'" Matt said. "Next thing you know, they were going to ask me for my bank account number." But after a period of contact back and forth between Matt and the producers, including a Skype interview, it was decided that Matt would be brought on the show not just for the entertainment of watching his incredible watermelon chopping ability, but also in an attempt to set a world record.

Within the five current episodes of *The F Word*, two world records had already been attempted. Matt's take on the watermelon would be the third. However, because of how close it was to the date of the episode being filmed, as *The F Word* is broadcast live, it wasn't

completely confirmed whether Matt's segment on the show was set in stone. That is, until the Monday night before the Wednesday airing of the show, when Matt was told that the very next day he

It was surreal to see Gordon so excited that I had done it. Between that, and having my phone blowing up with supportive text messages and phone calls from people I knew, watching after it was all over was probably the most surreal thing.

needed to leave at 7 the next morning and fly to Los Angeles. "I ran home right after work and started packing my bags up immediately," Matt said.

Upon arriving in California, Matt was given "Hollywood Treatment," with a driver and personal assistant on hand throughout his time there. He had a dressing room all to himself, and Fox even covered his plane fare and hotel room. Matt was given the opportunity to meet some of the celebrities on the set and see the ins and outs of *The F Word* kitchen, which is actually inside of a studio and not the real restaurant as it is perceived to be on the show.

Of course, there were many years of practice that came before Matt's appearance on the show. After working in Publix for 17 years, almost seven days a week in the produce department, Matt had mastered the art of cutting not only watermelon but also the rest of the fruit in the famous Publix fruit salads. Through practice, injury and even more practice, Matt gradually decreased the time it took him to cut up the watermelon and became the fastest in Publix at doing so.

Being in *The F Word* kitchen, however, proved to be far different from working in Publix, especially because Matt was going to attempt to set a world record. According to Guinness, the organization in charge of mandating the world records, there are a variety of rules that food-associated records must follow in order for them to be valid records,

which Matt learned as he stepped into *The F Word* studio. "All the food from the challenge has to be eaten. There has to be a food hygienist on site to ensure that the knife, cutting board, and watermelon are completely clean and sanitized," said Matt. There also were specific rules about how many cuts Matt had to make as well as the amount of rind left on the pieces. Matt also wasn't allowed to drop any of the pieces on the floor or countertop.

The stress of having to adhere to the rules that Guinness had set, along with his friends, family and millions of other people watching, was already significant for Matt, and yet, there was one more to top all of it off. "If there's one person that's the most stressful to be dealing with food in front of, it's Gordon Ramsay."

Gordon Ramsay, the host of *The F Word*, is perhaps most famous for his infamous swearing and blunt demeanor on his other show, *MasterChef*. Matt insists, however, the Gordon Ramsay most of us see on television is not the same Gordon he met on the set, instead describing him as incredibly motivating, kind and instrumental in helping Matt relax before the segment went live.

When the time came for Matt to cut the watermelon, he did not disappoint, cleanly cutting the slices and following the Guinness rules down to a T and setting a world record for slicing a watermelon at 18 seconds! "It was surreal to see Gordon so excited that I had done it," Matt said. "Between that, and having my phone blowing up with supportive text messages and phone calls from people I knew, watching after it was all over was probably the most surreal thing."

As far as what's next for Matt, he's hoping to continue working on both his YouTube channel and potentially breaking another world record. Matt revealed to me that he can cut a watermelon up one-handed in just 30 seconds, which he hopes to set as another record at one point. "If it's in a fruit salad, I can cut it quick," he said.

Matt continues to be in awe of all the support he has received from the residents of Lake Nona and can't believe the recognition he has received. "I had to keep telling myself, it's just a watermelon."



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Health, Fitness & Sports

Preventing Falls Saves You More Than Embarrassment

MARIANA DANGIOLO, M.D., UCF HEALTH



Dr. Mariana Dangiolo is a geriatric medicine specialist at UCF Health's Lake Nona office and professor of geriatric medicine at UCF's College of Medicine. She is dedicated to improving the lives of older adults by leading a comprehensive health care team that proactively works to ensure the health of her patients.

Everyone falls. But the older you are, the more likely you are to fall and have serious complications. More than one in three people age 65 years or older falls each year. That amounts to about 1.6 million emergency room visits from older adults who sustain fall-related injuries. Though it might seem as if falls just happen, there are things you can do to reduce the risk of falling and sustaining injuries that can greatly reduce your quality of life.

There are many risk factors that play into someone's likelihood of sustaining an injury due to a fall. Some of these things are physically related, such as leg strength, balance and eyesight. And while you may feel that your body "is what it is," you can still improve on many of these factors through things such as physical therapy, exercise and regular eye exams.

The ability to get up after a fall plays a major role in how detrimental your fall can be. So don't let a fall be the first time you get up from the floor. Practice getting

up from the floor 10 times a day. Have a chair nearby that can help you while you improve on your strength and ability to get back up. It's also a good idea to strategically place furniture that you can use to steady yourself as you stand up if you were to fall. Just make sure it doesn't create a tripping hazard.

At your next doctor visit, have a conversation with your doctor about any falls you have had since your last visit and what can be done to reduce your risk for falling. Also, ask your doctor to review your medication list to rule out any medications or reactions between medications that can cause dizziness or confusion.

Next, examine the things you can change immediately, such as your living environment. Simple changes to things in your home can help reduce your risk of falling:

Cut the clutter

Examine the pathways and stairways in the home. Don't leave anything that might be tripped over lying around. Keep shoes in a closet or in a basket near the door.

Also, reorganize to make things easy to reach. Don't use the top shelves if it requires a stool to reach the items or if you have to strain to reach them.

Beware of slippery spots

Things such as bath mats or nonslip adhesive tape are inexpensive and

easy to install in the bathroom and on the stairs. Remove or tape down loose rugs that can be easily tripped over.

Leave a light on

Anyone can fall or miss a step if they can't see where they are going. Make sure there's a light at the top and bottom of all staircases and a nightlight in the bathroom.

Introduce a cane or walker

Don't shy away from using assistive devices; they can greatly help your balance. Just make sure walkers and scooters are fitted properly and that you know how to use it properly.

Install handrails

It is helpful to have a handrail on both sides of a staircase. Also, install grab bars near the tub, shower and toilet and ensure they are securely attached to the wall.

Through immediate and long-term changes, you can reduce your risk for falls and help ensure your health and quality of life.

WAYS TO REDUCE YOUR RISK OF FALLING

TIPS FROM DR. DANGIOLO



YOUR HOME ENVIRONMENT

Eliminate clutter and things that can be tripped over. Move things on high shelves that you can't reach easily. Install grab bars in the bathroom.



PRACTICE GETTING UP

Practice getting up from the floor 10 times per day. That way when you fall, you have the strength to get back up.



REVIEW MEDICATIONS

Get a comprehensive medication review from your doctor at least once per year to rule out any medication interactions or side effects that can contribute to falls.



WEAR ATHLETIC SHOES

Wearing heels, or even going barefoot, can increase your chances for a fall. Wear athletic shoe whenever possible.



TRY ASSISTIVE DEVICES

Using aids, such as canes or walkers, can greatly help your balance. Make sure they are fitted properly and that you know how to properly use them.

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Bringing Cyclists Together

BOYD PERRY



I want to ride my bicycle, I want to ride it well! Well, here is your chance. Nona Cycle is right here in your front yard waiting for you to join the fun. The group is pretty much a relaxed group of individuals with a similar interest: riding bikes. Some for training, some for exercise, some for the social aspects, all for a good time. There is very little that is formal or intimidating; if you've been riding for years or are just starting out, there is a place for you.

The group has had its ups and downs over its brief history, but the future looks very bright. Since my recent introduction to the group a few months ago, it seems we are adding members on a daily basis. There is no formal registration, just go online and request to join or even easier just show up on a Sunday morning to join our group ride and you're in. Sunday is officially our only recognized group ride, but members communicate on the group Facebook page to arrange mutually agreeable rides throughout the week, mornings, afternoons and evenings. Since everybody is on a different schedule with different days off, there is almost always another rider available.

Most members are local from Laureate Park, North Shore, East Park and all neighboring areas, but we take all riders. The main goal is just to ride. Since most areas in the Nonahood are fairly new, our members have friends and contacts with other Greater Orlando riding groups and clubs, which expands our members and opportunities to all over Orlando. We sometimes join other Orlando group rides to expand our experiences going out to Clermont, Winter Garden and Longwood to take in new routes and break out from the same old same old.

Some members are experimenting with some local time trials and racing circuits, so there is a wide variety of opportunities for all tastes. If you have never ridden and just want to get started, come talk to us. You are not alone, we have all been there, we can get you on the road.

Ok, shifting gears a little bit (get it... see what I did there?), what is the biggest thing holding you back from joining a bike group? I'll tell you, the people already riding are spandex-clad, bike techno nerds with thighs the size of watermelons, and they ride faster than the traffic on Tavistock Boulevard headed home on a Friday

afternoon. Wrong! Ok, partially right, but that's where you come in; everything and everybody has a starting point. You join, you start slowly, you learn, you teach others, you grow, and soon you're riding with the big girls and boys and someone new comes along to fill your shoes, and so it goes. The only thing holding you back is you.

If you don't have a bike, believe me, there is a current member dumping his/her old ride and stepping up to a new model that is likely to create a hailstorm of domestic grief but

also will be allowing this person to claim Nonahood bragging rights and cut .00001 seconds off their latest Strava PR. Not familiar with Strava? Well, there's another good reason to join and find out.

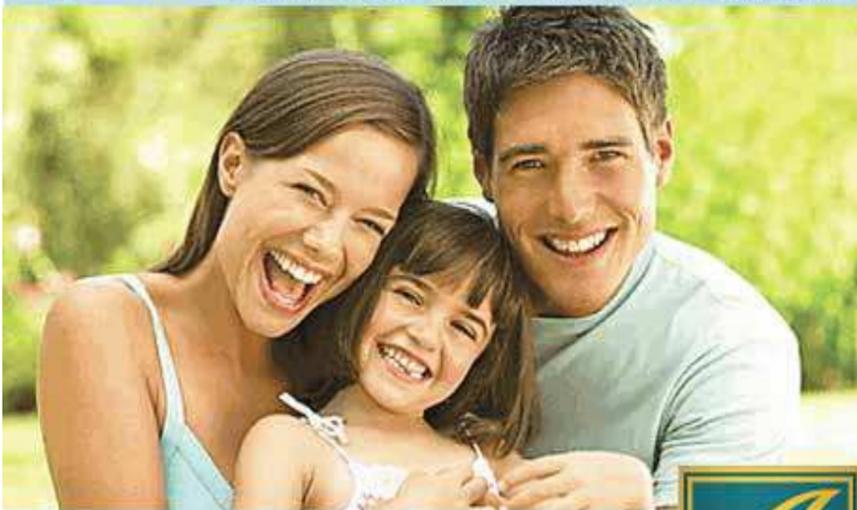
Not interested in going 100 mph on a bike? That's why this group is for you. Most groups are hardcore, but this one is reaching out to all levels. When a group ride develops, it is separated into classes of experience and fitness, the "A" group will be the hammerheads (hammering on a bike means you are really hitting those pedals with some umph!), next the "B" group will be a little slower and so on down the line, so there will be a group for you.

We seem to be growing exponentially right along with the Lake Nona area and are really only in the infancy stage of development, so there is plenty of room to grow and develop. If you are new to the area, you may not know, but the Nona Cycling arm of the Nona Brew Crew is committed to helping the community by being one of the biggest supporters of the area's biggest charity rides.

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

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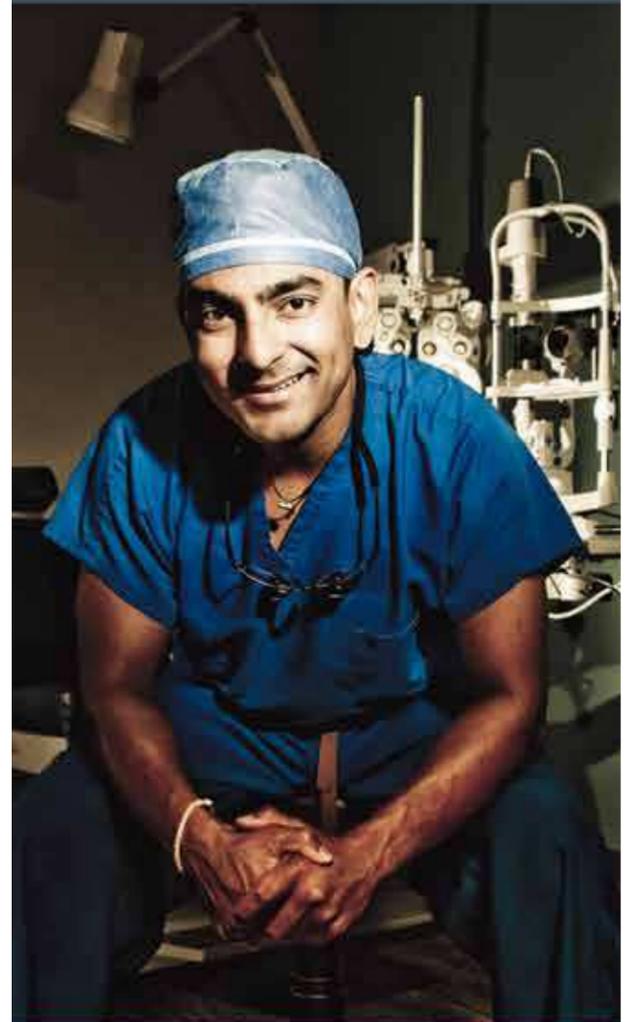
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USTA August Update

DANIEL PYSER

The month of August means one thing for tennis fans: one of the greatest spectacles in the world of sports is right around the corner as the best players from across the globe prepare for the US Open. The tennis world will descend upon Flushing Meadows, N.Y., in late August for the year's final Grand Slam.

Lake Nona tennis fans should keep an eye out for some of the American tennis stars who train in their backyard as part of USTA Player Development at the USTA National Campus. The group is led by two of the game's rising stars, Frances Tiafoe and CiCi Bellis, who are the youngest players in the ATP and WTA Top 100, respectively.

The 19-year-old Tiafoe reached a career-high ranking of No. 63 in June after winning back-to-back ATP Challenger titles in May. In July, he secured his first-ever Wimbledon victory. Bellis, only 18 years old, is currently ranked at a career-high mark of No. 40. Her season thus far has included a number of firsts, including her first Top 10 win, first WTA semifinal, and main-draw debuts at both the French Open and Wimbledon, reaching the third round in the former.

Joining Bellis in Lake Nona are a number of women ranked in the WTA Top 100, including Madison Keys, who in late 2016 was ranked as high as No. 7 after reaching the fourth round of last year's US Open. Alison Riske has been a mainstay in the Top 50 this season and has reached the third round at both the Australian Open and Wimbledon. Jennifer Brady burst onto the scene in January, reaching the fourth round of the Australian Open in her first Grand Slam main draw. She followed up that performance with her first Wimbledon win in her debut at the All England Club.

Tiafoe trains alongside a number of young, rising talents in the men's game, notably 23-year-old Bjorn Fratangelo and 19-year-old Reilly Opelka. Both are ranked just outside the ATP Top 100. This season, Fratangelo has qualified for the Australian Open and French Open and won matches at the ATP events in Indian Wells, Budapest and Estoril. He also reached back-to-back quarterfinals at ATP



grass-court Challengers in Great Britain this June. Opelka, who at 6-foot-11 is one of the tallest players on tour, qualified for the Australian Open earlier this year, while advancing to the second round at the ATP's Memphis Open and the semifinals of a €127,000 Challenger in France.

The rising American stars will join the talented crop of American mainstays heading to play on the sport's biggest stage. There are currently 22 Americans, combined men and women, ranked in the Top 100, including recent Wimbledon women's finalist Venus Williams and men's semifinalist Sam Querrey.

August also marks the beginning of fall programming at the USTA National Campus. The first session of fall programming begins on Aug. 14 and runs through Oct. 21. After a successful inaugural summer camp, youth programming returns to its traditional after-school and weekend time slots. There are options for children and all ages and abilities, so everyone can get back on the courts as they also head back to the classroom.

On the adult side, players can expect to see the staples that the National Campus has been known for, including Tennis 101, Doubles Training, HITS and Cardio Tennis. Live-Ball, which is a fun and energetic hour of pro-led doubles-style point play, has been the most popular adult class offered in the first six months of programming. Normally offered on Tuesdays and Thursdays, with both morning and evening classes available, Live-Ball has now been added to the weekend slate, with Saturday morning classes available in the fall as well.

Another hit through the summer months was the introduction of Open Social Play, which is fun and a social session of pro-organized play, with a similar structure to that of a "pick-up" league. More days and times have been added to the fall calendar and include novice match play as well as a wide range of singles and doubles sessions based on NTRP ratings.

USTA League will be coming to the National Campus in the fall, with singles, doubles and mixed options all available for the local community. Single-day offerings such as a Fast Four Tournament on Aug. 5 and a Labor Day Social also are planned.

For more information on the full slate of fall programming, please visit www.ustanationalcampus.com.

A New Take On Gratitude

ODETTE VACCARO



A little over a week ago, my long-standing and arduously researched vacation plans totally fizzled. I can't begin to tell you how upset I was. That's when my monkey mind took over and spiraled into a stream of negative thoughts.

For a couple of hours, I moped over how things were not what I wanted them to be and how the current situation was far from my ideal. Until, luckily, I caught myself and decided to switch my mood by actively practicing gratitude. I forced myself to identify things that I was thankful to have and enjoy. Although at first my mood made it difficult to genuinely feel grateful, as soon as I came back to the present and was able to explore my current state, the list began to write itself.

My gratitude list began with my breath, the feeling of my chest expanding with each inhale and for the release

of negative thoughts and stress with each exhale. I was grateful for the view of a calm lake from my backyard and the fact that I was able to feel the warm breeze on my skin. Suddenly, bird songs I had been ignoring all around me became clearer. Little by little, my mood began to shift and I was able to find more and more things to appreciate.

Wanting to find things to give thanks for gave me the gift of becoming present. Choosing to come back to here and now to explore my current state for positive things helped me become instantly mindful. The act of scrutinizing my environment, my view and my senses forced me to bring my attention and mind to the moment and to be fully aware.

In contrast, complaining and obsessing over my foiled plans was placing my mind in the past and the future.

I was giving more importance to what I thought should be than what actually was. In the process, I was missing out on the joy of what was already within my reach.

While thankfulness has always been an important practice for me, my little tantrum last week helped me view gratitude with new eyes. We've heard the quote, "Energy flows where attention goes." My episode helped me to understand this first-hand and to recognize how gratitude is a beautiful gateway to mindfulness by helping us bring our mind and attention to what is with us here and now.

I bet the same is true for you if you take a little time for introspection. How many lovely rainbows have we missed while cursing the traffic that will make us late? How many open windows do we miss because we are upset over the closed door?

Today, I challenge you, just as I have challenged myself. Take just five minutes today to breathe deep and find five things around you or within you that you can't help but be amazed at or that make your heart smile. You'll be surprised how these five minutes of presence will create a sense of calm and peace within your mind. I think you'll also be surprised at how many things you might have inadvertently missed or overlooked. I can almost guarantee this mindfulness practice will give you a new vantage point on your life. The more you practice, the more you'll be

able to find small things that you might have never paid attention to before. So, while on day one you may be thankful for the big and obvious, like your home, your car and your job, later on you might just find yourself appreciating the colors of a bright cardinal that perched itself on the branch of your kitchen window tree. True story ;).

We cannot be grateful for things we don't notice. So gratitude and mindfulness go hand in hand.

When we are committed to having an attitude of gratitude, we train our mind to focus on where we are in the moment so we can spot things to be thankful for. And that, my friends, is what mindfulness is all about.



Food Science

The Link Between Sugar Receptors in the Gut and Metabolism

DEBORAH ROBISON

We all know about taste receptors on the tongue. But did you know other organs also “taste” sugars or even artificial sweeteners through the same receptors? Dr. George Kyriazis, Investigator at the Florida Hospital Translational Research Institute for Metabolism and Diabetes (TRI-MD) and Assistant Professor at the Sanford Burnham Prebys Medical Discovery Institute (SBP) in Orlando, is an expert in extra-oral sweet taste receptor function. In one of his studies, Kyriazis investigated how taste receptors interact with the gut microbiome to affect glucose metabolism in the body after chronic consumption of artificial sweeteners. His work is leading to a proof-of-clinical concept research study looking at adults (18-45 years) in good general health and stable weight who do not currently consume artificial sweeteners.



Regularly consuming artificial sweeteners increases the chance that you will gain weight and develop type 2 diabetes, but it's not clear yet whether saccharin, aspartame, and other non-caloric sweeteners directly alter metabolism. If they do, figuring out the molecular basis for their effects could lead to new ways to treat obesity and prevent metabolic problems. Toward that goal, the lab of George Kyriazis, PhD, recently did experiments in people that measured the immediate consequences of a substance that acts to block the receptors that sense sweeteners.

Integrative Metabolism Program

These receptors, called sweet taste receptors, are located on our tongues and are responsible for our enjoyment of tasting sugars and artificial sweeteners. But they're also found in the gastrointestinal tract, which might help regulate metabolism.

To figure out whether sweet taste receptors in the gut directly affect blood sugar control in humans, Kyriazis's team had 10 non-obese volunteers drink either water or water containing lactisole, a food additive that inhibits sweet taste receptors – the opposite effect from that of artificial sweeteners. Surprisingly, lactisole increased the amount of insulin released when the participants drank a glucose solution a few minutes later.

“This is the first evidence that sweet taste receptors could regulate acute metabolic responses in humans during the ingestion of glucose,” says Kyriazis, senior author of the study, published in the American Journal of Clinical Nutrition. “While these results don't directly tell us how and whether artificial sweeteners or sweet taste receptors contribute to obesity and diabetes, we're currently exploring their long-term effects using mice.”

Experiments in mice and human cells show that activating sweet taste receptors makes cells in the intestine secrete hormones called incretins, which amp up production of insulin.

“Surprisingly, in the human study, lactisole had no effect on incretins,” says Kyriazis. “That means sweet taste receptors are affecting the pancreas by some other means. We hope to gain further insight on that using animal models. We're also having healthy subjects consume lactisole for a few weeks to understand the long-term metabolic impact of targeting sweet taste receptors.”

Kyriazis has been awarded the Polak Young Investigator Award by the Association for Chemoreception Sciences in honor of this pioneering research.

Q&A

We've been consuming artificial sweeteners for decades. Not just for coffee anymore, they've become more popular in complex food. But what do they do to the body long-term?

Dr. George Kyriazis, Assistant Professor in the Integrative Metabolism Program at the Sanford Burnham Prebys Medical Discovery Institute (SBP) and investigator at the Florida Hospital Translational Research Institute for Metabolism and Diabetes, is about to enroll patients in a clinical trial to find out.

Q: What kind of people do you need for this trial?

Kyriazis: Starting in early 2017, we will be recruiting about 50 adults in central Florida, both male and female, between the ages of 18 and 45. We are interested in healthy individuals who do not normally consume artificial sweeteners, those with a so-called normal metabolism. Participants will be given a saccharin supplement every day

for two weeks and take a glucose tolerance test to see how the body handles glucose. We also will measure changes in plasma hormones and assess whether saccharin alters the composition of microbes in the gut.

Q: What are you looking for?

Kyriazis: Artificial sweeteners are not significantly metabolized by human cells, they are not broken down. But they stimulate sweet taste receptors, which we thought were only in the tongue, but now know they are spread throughout the body. Sweet taste receptors sense “sweet” compounds in the gut, such as ingested sugars, to inform the body of the energy status and increase energy availability. But with the consumption of artificial sweeteners, there is a possibility that you are temporarily fooling your body into thinking you are bringing in energy. We want to know if chronic consumption of artificial sweeteners affects metabolism and might pre-dispose some people to certain metabolic diseases. We also will block sweet taste receptor function in the gut to see if this changes the effects that artificial sweetener consumption has on your body's metabolism

Q: How would your findings potentially affect human health?

Kyriazis: Although the consumption of artificial sweeteners has been linked to some diseases such as diabetes and obesity, we do not have conclusive evidence that their regular consumption directly causes negative effects on metabolism. So, there is no need to panic if you are a consumer of diet products. We want to determine the effects of saccharin consumption on metabolism – independent of the energetic content of food – and elucidate the role of sweet taste receptors in the gut. Findings from this and other future studies might lead to revisions or reconsiderations of artificial sweetener use.

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Back to School Backpack Workout

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

It's that time of year again: The kids are heading back to school! If you're a parent, then time works in two ways for you. You're either getting back some workout time, or you're now even more creatively trying to find that extra time to devote to yourself. Not a parent? Then no worries. Either way, this is a creative workout that will help with some well-needed posture fixes before or after a long day of work. I even suggest you go grab the kids and make this workout a family affair.

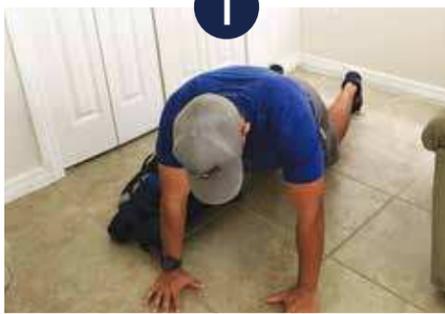
Tools Needed: Your body, a phone for a timer, and a backpack filled with some books for added resistance.

Exercise 1: Backpack Plank Pull-through:

First, let's set that phone timer for 20 seconds. Get on all fours on the floor with the backpack laying right below your left or right hand. With knees still in contact with the floor, slightly bring your hips forward, shifting your weight toward your hands. Grab the bag with the hand opposite to it and pull it directly under your body to the opposite side. Repeat this rhythm both ways for the full 20 seconds. Take a 10-second break and repeat for 8 cycles. Want to take it up a notch? Start with level 2 by extending one leg out for a more challenging base of support. Still not challenging enough? Extend both legs in a full push-up position and give the exercise a go.

Exercise 2: Swinging Backpacks

Take a shoulder-distance-apart stance with knees slightly bent and hips back. Place the backpack between your feet and a little behind. With both hands, grab the handle. Pretend your arms are numb and motionless. With the hips, thrust the bag as high as possible and let gravity return it down to starting position. Repeat for 20 seconds as quickly as possible but with proper form. Take it up to level 2 for an increased challenge. Use only one arm on the backpack handle and switch arms each cycle.



and row to the new side. Challenge needed? Then, for level 2, grab two backpacks and row both at the same time. Remember, exercise time is 20 seconds of work, 10 seconds of rest, repeat for 8 cycles.

School's in session!!! Time to get the backpack and books, find yourself 15 minutes of extra time, and get working on that posture-restoring workout.

Exercise 3: Row, Row, Row Your Backpack

The number one issue with having a backpack is that shoulders tend to round over to compensate for the weight. Here's a change to reverse the process. Take a shoulder-width stance, body gingerly bent over. With backpack set at your midline, grab it with one hand at the shoulder strap. Row the bag to one side and then return it back to the starting position. Now, with the opposite hand, grab the other shoulder strap



Trust the process, and the kids will be thanking you later. Consider it "fitness homework," if you will.



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Varicose Veins and Pregnancy

KAREY FREEMAN



According to the vascular surgeons at the Central Florida Vein and Vascular Center, the Orlando area's premier vein care specialists, pregnancy is the number one cause of varicose veins and venous insufficiency. During pregnancy, the superficial veins weaken and lose their ability to empty blood from the legs. This leads to increased pressure and congestion resulting in enlarged veins, leg swelling, and discoloration, not to mention heaviness and fatigue.

There are two reasons why the vein system becomes damaged during pregnancy:

1. Hormonal
2. Fluid and pressure build up

The hormones of pregnancy with high estrogen and progesterone levels actually degrade the vein valves, rendering the veins less effective in pumping blood out of the leg. Veins show signs of weakening even in the first few weeks of pregnancy long before the pressure problems begin. Spider veins and sunburst patterns in the skin can start sprouting at the very earliest stages because of these hormonal changes. Obviously, pregnant women experience tremendous increase in their blood volume and suffer fluid retention. As the pregnant uterus grows, it puts pressure on the inferior vena cava, the main vein in the abdomen that returns blood to the heart.

Ways to promote leg vein health throughout your pregnancy:

- Elevate your legs above the level of your heart
- Manage your weight
- Exercise
- Sleep on your left side
- Compression stockings

Most of the time, the visible changes in your veins improves after you deliver your baby. You may not think you have much of a problem, but the damage done to the vein system is not reversible and is always progressive. If you are planning another pregnancy, the best time to correct the vein abnormality is before you get pregnant again! The changes of another pregnancy are additive and will compound the damage already done to your vein's system.

Central Florida Vein and Vascular Center is accredited as a diagnostic center by the American College of Radiology, the standard of excellence for ultrasound diagnostics. This accreditation process requires significant time, resources and commitment to standards of care that come naturally to us. Don't accept less than the best care. The specialists at Central Florida Vein and Vascular Center offer the most current, effective, and well tolerated technology.

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Education

Local Woman Graduates with Gold(en Arches)

NICOLE LABOSCO

Cap and gown? Check. Diploma? Check. It's graduation time!

Karen Nielsen, a Lake Nona local, completed her high school education and received her diploma on Tuesday, July 18th. She earned the sought-after certificate through McDonald's Archways to Opportunity program, which was created in July of 2015. This program is tailored

towards adults who want a skills-based and career-focused online curriculum. Archways is available to McDonald's employees who work a minimum of 20 hours a week and have been employed for at least nine months.

For Nielsen, the program took about a year to finish while working full time. Nielsen has worked at McDonald's for

21 years. Once she heard about the Archways to Opportunity program, she decided on the spot that it was time for her to return and finish school. With her children serving as inspiration, Nielsen knew it was time.

"My daughter just graduated two years ago, so, you know, it made me want to go back to school."

While attending high school, many students may find themselves asking their parents for help with their homework. Karen Nielsen had a slightly different experience.

"I had my daughter, she was pushing me. 'Mom, you've got to do your work.' She would also help me on some of the work, because you know, it's been awhile since I've been in school, so she kind of helped me with math and some other stuff. She actually helped me."

Nielsen laughed and agreed that it was a growing experience and that it's not always easy for some parents to admit their children helped them learn something because it's a definite role reversal. Nielsen had one simple and straightforward piece of advice for current students.

"If I can do it, anyone can do it. I mean, I'm not ashamed to say I'm 50 years old,



so you know, it's never too late to go back to school. Never too late."

Speaking of it never being too late, Nielsen's already looking ahead to the future and has some new goals to achieve.

"I've been looking into Colorado Tech, which McDonald's works through Colorado Tech, and maybe take a business course and, you know, further my education that way."

She's hoping to set an example for her own children and be an inspiration to other students.

"I hope to set an example that you can go back to school...that's the most important thing, is showing my kids that you can do whatever you want to do if you set your mind to it. You can do anything."

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Entertainment

Beat the Heat: Nona Ice Cream Challenge

MATT TROY JONES & AARON FERG

In response to this summer's offering of smoldering temperatures, we decided some ice cream was in order! The challenge? Uncover some of the area's best, coldest and most unique ice cream offerings. We quickly realized that when we're motivated, our favorite delicious treat is very easy to find, and sometimes in the most unexpected places. Our reader's attention span would quickly be lost if we tried to go into details about every place, but we would like to highlight some of our favorites along with some lesser-known locations.

Our top pick: By far our favorite location of the day was about 20 minutes outside of Lake Nona, but completely worth the drive to Abracadabra Ice Cream Factory. Rule #1 when looking for good food, go where the locals go. So, we knew we were in for something special when we saw a huge line as soon as we pulled up. The main attraction here is ice cream made to order by means of liquid nitrogen. There are tons of flavors that can be added and several signature mixes. We sampled Tutti Frutti, Reese's Explosion and Midnight Craving (Cookie Dough, Nutella and Oreos). The staff was relaxed and friendly, they took the time to explain the process. They also told us we can bring our own mix-ins to flavor our ice cream, and alcoholic beverages are allowed. There also is a healthy selection

of hot food available, including wings, pizza and sandwiches.

Best hidden gem: Blink and you might miss Chill Pop Lounge. Just south of Nona on Narcoossee is a little shack that is easy to overlook if you're not careful. We definitely missed it on our first pass and had to make a quick U-turn to get there. The setting was perfectly quaint, a few Adirondack chairs looking toward a setting sun. The staff here was just as friendly as Abracadabra's staff. The menu features several flavors of gourmet ice creams as well as gelatos, shakes and floats. Chill Pop Lounge was definitely a highlight of the evening. If you haven't been, check it out tonight. Just make sure to pay attention to your GPS, or you might miss it.

Best selection: 407 Cafe. The highlight of this local cafe is hands down



its homemade gelato, which comes in a wide variety of ever-changing flavors. It was great to find traditional gelato flavors such as amarone cherry and straciatella next to classics like chocolate and vanilla and less traditional offerings such as creme brulee and golden Oreos. There is a nice little patio outside the cafe where you can enjoy an afternoon espresso or a late night snack with your gelato. Along with its dessert offerings, 407 offers great savory items, including flatbreads and crepes.

Variety and toppings: Menchie's and Yogurt Breeze. If it's fun toppings you're looking for, check out either of these local establishments. Both feature a rotating selection of frozen yogurts and

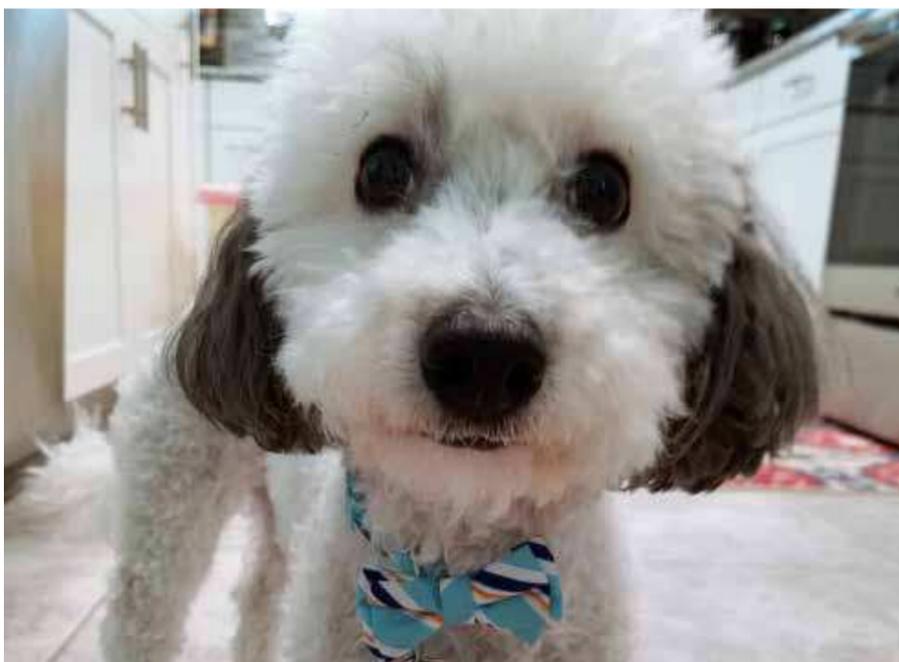
sorbets and a great selection of toppings from fresh fruit to boba pearls to candy.

Other sources of creamy cold refreshments worth mentioning are: Canvas Restaurant and Market, RaceTrac, McDonald's, Wawa, 7-Eleven, and of course Wendy's Frosties to dip french fries in. There are many great Nona-hood locations with tons of different ways to get that great summer treat. So, grab the family and head out tonight to find your favorite.

View the map of this challenge online at <http://nonahood.to/fc-icecream>.

Do you have a challenge you'd like us to attempt? Let us know at <http://nonahood.to/foodchallenge>

Pet of the Month



PET NAME: Joe Cool	PET AGE: 7 years 10 months
<p>PET QUIRK: Joe Cool is THE coolest pet. He is named after Snoopy's alter ego because he is all white with black ears. Many people ask us if we dye Joe Cool's ears because they are so unusual. We like to tell people he is half french and half cuban and has the personality to match. He is a very picky dog when it comes to "treats" and even food doesn't really matter to him (unless it is cheese or pizza crust). He prances around like he is royalty and sits on a pillow like a throne. You can often hear the children calling him "Sir Joseph."</p>	
<p>SUBMIT YOUR PET FOR PET OF THE MONTH AT http://nonahood.to/pet</p>	

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Mama's Turn

Take the Key and LOCK Her Up

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.*

Remember the old nursery rhyme you would sing out of tune while holding hands out like a bridge so other kids would walk under, until the bridge fell and you

"locked up" the person you trapped? Well, it seems some smart grownups decided to take that idea and run with it, but without the creepy singing. Thus, was born the idea of THE ESCAPE ROOM!

Okay, I'm sure that is not how the escape room really came to be, but it is what I imagine when I think of it. To be honest, I'm not sure why these games are so popular. I mean, you pay someone to basically "lock you up" sometimes with complete strangers, where you are forced to fumble around in dimly lit rooms looking for clues to get out! And yet, for years I have wanted to try to do just that! I know, crazy, right?

Before I go any further, for those of you reading this who might have been locked in your own room (ha, see what I did there?) and are not familiar with the premise, let me quickly explain what it is. An escape room is a real-world, detective-style mystery, adventure game that requires you to



Once we started working together, we became much more effective in hiding the fact that, individually, we had no idea what we were doing!

race against time to escape a locked room; or, in our case, find Captain Bonefish's hidden treasure.

It goes without saying that the hour my family spent sprinting around, looking for clues, running into each

other in what must have looked like a Three Stooges comedy routine that I am sure made the game monitor (probably eating popcorn) laugh his head off, was memorable!

How did we do? We had found all the puzzle pieces that led us to the final clue and were trying to put it together when we ran out of time. Though we did not "escape," we still had a blast. And from the experience, I think we all learned some lessons – lessons my children will be able to apply to their new school year and life in general.

Lessons we learned from an escape room

Go to the bathroom BEFORE you begin. Really, trust me...just do it!

In the escape room, some things were clues and others were distractions that had nothing to do with escaping. This happens in life, too. One minute, you are cleaning your house and then someone comments on your Facebook status – you get the idea.

Success leaves clues...literally! When we solved one challenge, it led us right to the next clue and so on. When you solve a challenge in life, you will eventually get another one, because believe it or not, life is much more challenging than just trying to find a user name that isn't already taken!

Teamwork is the key to success. In an Escape Room, everyone is on the same team and your opponent is the clock, not each other. Once we started working together, we became much more effective in hiding the fact that, individually, we had no idea what we were doing!

Don't be scared to ask for help! Many times we had the right idea or were on the right track but were missing something and were just too stubborn to simply say, "Can we have a clue?" But we quickly learned that it's better to ask for help than do the wrong thing or waste too much time. Asking for help will allow you to reach your goals more quickly, even if the prize at the end is just a bunch of glued-down plastic coins that you can't take with you!

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Group of the Month



GROUP: Rotary Club	WHAT IS IT?: A Volunteer Group
<p>ABOUT THE GROUP: Through Rotary clubs, people from all continents and cultures come together to exchange ideas, and form friendships and professional connections while making a difference in their backyards and around the world. Lake Nona currently has two clubs - a lunch club and an evening club.</p> <p>WEBSITE: http://www.lakenonarotary.com</p>	
<p>SUBMIT YOUR GROUP FOR GROUP OF THE MONTH: http://nonahood.to/group</p>	

Keeping It Cool and Casual

KATRICE TAYLOR

If I'm being 100% honest, when I moved from Virginia to Florida, I was a bit overwhelmed with how casual the style was. It seemed like every occasion could call for a casual, quickly put together outfit. After spending several months trying to deny the fact that it is, in fact, an average of 90 degrees in Central Florida, I had no choice but to jump on the bandwagon. With that being said, I want to share what I believe are some casual summer staples for our climate.

Shift Dresses

A shift dress is defined as a short, sleeveless dress that hangs from the shoulders. However, I also consider quarter-length and short-sleeved dresses that hang from the shoulders as shift dresses as well. It is normally loose fitting and falls somewhere around the knee. Shift dresses are a great addition to a Central Florida closet because they can easily be thrown on and are able to be dressed up or dressed down. For example, they normally are not skin tight, so there's no need for shapewear. Dressing up a shift dress with jewelry such as a statement necklace



can be accomplished in no time. Be sure to pack a light sweater or jacket, especially if the

dress is sleeveless, in case you plan to be inside at a restaurant or another chilly venue.

White Jeans

I know what you're thinking – jeans? Really? It's too hot! Yes, it is incredibly hot, and to add denim on top of that can be risky. However, dark denim



and white denim are not one and the same. White denim can open up outfit opportunities. There are options such as white shorts and white jeans, or white cropped jeans. White skinny jeans are a great option as they are not as restricting and uncomfortable as shorts. You can pair them with some cute espadrilles, wedges or flats. White jeans also look great with a colorful top.

Shorts

Shorts are the essential Florida outfit staple. Living in Central Florida, we are constantly exposed to the heat. Shorts are versatile in color and in fabric. If denim is not your thing, there is a plethora of other shorts that are stylish and comfortable. I really like the shorts selection at the Banana Republic Factory Store in Waterford Lakes Town Center. They come in a great length and have an awesome color selection. Want to

make your shorts really pop? Add a pair of cute flats or sandals that have wrap-around laces.

Sundresses

There are so many versatile ways to wear a sundress. Summer is the perfect time to break out your favorite and even wear the same dress multiple times. Jean jackets, tassel earrings, bangles and bracelets, and hats are only a few ways to accessorize your favorite sundress to make it look like a new outfit each time. You can even make a sundress appear as a skirt depending on how you cover up the top.



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Slow Cooker Salisbury Steaks

KATIE JASIEWICZ, KATIESCUCINA.COM

Although the weather is still hot, our summer is coming to an end as a new school year is set to begin. This school year is a little extra special to me. My son is starting preschool here in the Nonahood. I'm a bag full of mixed emotions. One thing I'm starting to prepare myself for is school lunches and easy weeknight dinners. That's why I'm sharing one of my family's favorite (easy) recipes for slow cooker Salisbury steak. My mom always made a pot roast on the first day of school. Since my son isn't a fan of pot roast, I plan to start the tradition of making Salisbury steaks on the first day of school. That I know he does love and will eat a full patty on his own.

My slow cooker Salisbury steaks take time to put together because you still have to mix the ground beef and form the patties. But all the time for searing and flipping and stirring gravy has gone out the window thanks to the slow cooker. To amplify the flavor, I add slices of baby bella mushrooms and onions on the bottom of the slow cooker, followed by the meat. Then, you make the simple gravy mix and pour that on top. Close the lid and set it on high for 4 hours. I just want to note that I have not tested this recipe on low for 8 hours, but I'm sure it would be fine.

I'm so happy my slow cooker version worked out and tastes just as good as my skillet version of Salisbury steaks. The only difference is that you're missing the crispy, seared edges of the steak. So, if you like that you could always sear in a pan for a few minutes before putting the meat in the slow cooker. I also used an

oval-shaped, six-quart slow cooker. I was able to get six patties in my slow cooker without having to stack the patties. If you need to stack, I would use a layer of onions and mushrooms in between to prevent sticking.

If you're looking for the ultimate comfort food and want to add an extra easy recipe to your repertoire, I invite you to try my Slow Cooker Salisbury Steaks recipe.

Prep time: 15 minutes

Cook time: 4 hours

Servings: 6

Ingredients

- 1 cup baby portobello mushrooms, sliced
- 1 onion, thinly sliced
- 1 1/3 pounds lean ground beef
- 1 tablespoon steak seasoning
- 3 tablespoons Worcestershire sauce, divided
- 1 teaspoon dried onion flakes
- 1 teaspoon dried parsley
- 1/2 cup bread crumbs, plain
- 1 egg
- 3 tablespoons cornstarch, divided
- 2 cups beef broth, divided
- 1/8 teaspoon black pepper

Directions

Spray a large 6-quart oval slow cooker with cooking spray. Then, add the sliced mushrooms and onions to the bottom.

Next, prepare the ground beef mixture. Combine the ground beef, steak seasoning, 1 tablespoon of Worcestershire sauce, dried onion flakes, parsley,



breadcrumbs and egg together. Mix well, then divide the mixture into 4-6 patties. Form each patty into an oval shape, pressing thin, and then place in the slow cooker (make sure you spread evenly in the slow cooker and do not stack).

Mix together the 2 cups of beef broth, 2 tablespoons Worcestershire sauce, 2 tablespoons cornstarch, and black pepper. Whisk until smooth, then pour on top of beef patties. Place the lid on the slow cooker and cook for 4 hours on high.

Once the Salisbury steak is done cooking, remove the steaks from the slow cooker. In a small bowl, add 1 tablespoon cornstarch with 2 tablespoons water. Stir the cornstarch water mixture into the gravy in the slow cooker. Mix until thickened. Serve each Salisbury steak with mushroom and onion gravy on top of egg noodles or mashed potatoes. Enjoy!

Note: Omit the extra tablespoon of cornstarch and water if your gravy is already at your desired thickness.

Nonahood Calendar

Visit www.nonahoodnews.com/events for updated events and detailed information.

August Events:

- 5 Lake Nona Cars & Coffee, USTA Level 5 Championships
- 7 Back to School Supply Drive & Market @ Lake Nona YMCA
- 9 Feast in the East by East Orlando Chamber of Commerce
- 9 Breakfast Connections by LNRCC
- 10 Live + Local: Amped Up Summer: Latin Wave
- 12 Breakfast Connections by LNRCC
- 16 Monthly Luncheon, EOCC
- 23-26 USTA National Doubles Championships
- 24 Coffee Club Nona, EOCC
- 25 Business Luncheon, LNRCC

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