



nonahood news®

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Creatively and Independently Produced by the Residents of Lake Nona

Volume 2 | Issue 8



NO LIMIT TO LAKE NONA MINDS

ENTERTAINMENT
> *NEW SECTION INSIDE!*



PDQ's Culture
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**Seed Packing
Event**
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**Nona Burger
Challenge**
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Residents of Lake Nona**Publisher**

Rhys Lynn

Senior Account Manager

Jenny Lynn

Managing Editor

Elaine Vail

Writers/Reporters

Kelly Ball, Brittany Bhulai, H. Nancy Breed, Heborah Bullen, Sharon Fuentes, Rodney Gage, Shannon Ganeshram, Andre Garcia, Deborah German, M.D., Jim Gray, Amber Harmon, Travis Jacob, Katie Jasiewicz, Nicole LaBosco, Jerry Lee, Philip Long, Sydney Norberg, Vanessa Paulson, Paul Pikel, Vanessa Poulson, Daniel Pyser, Alpa Rama, Scott & Melissa Salaman, Paul Thierry, Annette Torres, Tami Turner, Joe Ulto, Odette Vaccaro, Lauren Ward, Moms of Nona

Editing & Proofreading

Linda Carvin and Joe Henry

Layout

Christina Geiger

Inspiration

Bella Morena

Submissions

If you have news you would like to share with your community, visit <http://nonahood.to/stories> or email stories@nonahoodnews.com.

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Publisher's Desk

RHYS LYNN



Excitement, Gratitude, and Humility

This month has been a wild ride! Our team is growing and we are planning some things that we think our readers will love. As part of our growth, we are expanding our content. In the past couple of months we have

debuted some exciting new columns:

Business Culture, focusing on the winning culture of local businesses.

From Scratch, a glimpse into the life of a chef.

Tough Things to Talk About, facing difficult problems head on.

Nona Cycle, a way to connect cyclists in the area.

Raising the Amazing, a look at the importance of STEAM for our youth.

Nona Travel, a way to discover exciting travel destinations.

STEM Focus, helping navigate the difficult choices facing high school graduates.

This month marks the (unexpected) launch of our newest section, entertainment. We planned on rolling this out within the next couple of months, but we just had too much content to fit into a single section.

Nonahood News aims to provide as much value and great content as possible. We're planning on adding more columns in the months to come.

Next month, look out for **Meet the Press**, a peek inside the team that puts all the pieces together. We are also bringing back **Nona Your Neighbor**, a monthly spotlight on the amazing residents of Lake Nona.

Important: We will soon be sending out a survey via our email newsletter asking what it is that you want to read about so that we can provide more of the content you love.

Speaking of our *Weekly Press* email newsletter, it has been getting some love, too. We are adding more

value by including local job listings, exclusive deals from local vendors, and giveaways. As always, it remains a great way to stay in the loop with upcoming events in our area. If you would like to participate in our upcoming survey (and have a chance to win some great prizes), be sure to sign up soon at <http://nonahood.to/weeklypress>. If you would like to include your local job listing, we will have a submission form set up soon. For now, simply email publisher@nonahoodnews.com and we'll get you set up.

Nonahood News wouldn't exist without the amazing team we have. I am so proud of what everyone involved has contributed. When I took on the role of publisher, I had grand plans. I wanted to expand and improve many things. The realities of running a print publication slapped me down pretty hard and I'll admit that it was humbling. Having a strong team is the most important thing for a business, and we've got a great one. The grand plans are still laid out, and with the team we are building, I know we'll reach our goals.

Nonahood News also wouldn't exist without you, the reader. If you ever have feedback, suggestions, or comments about what we are doing, please let us know. As we make our way through the next few years we will tailor the paper to align with what you want to read about. Thank you for your continued support and for helping to make Lake Nona such a great place to live.



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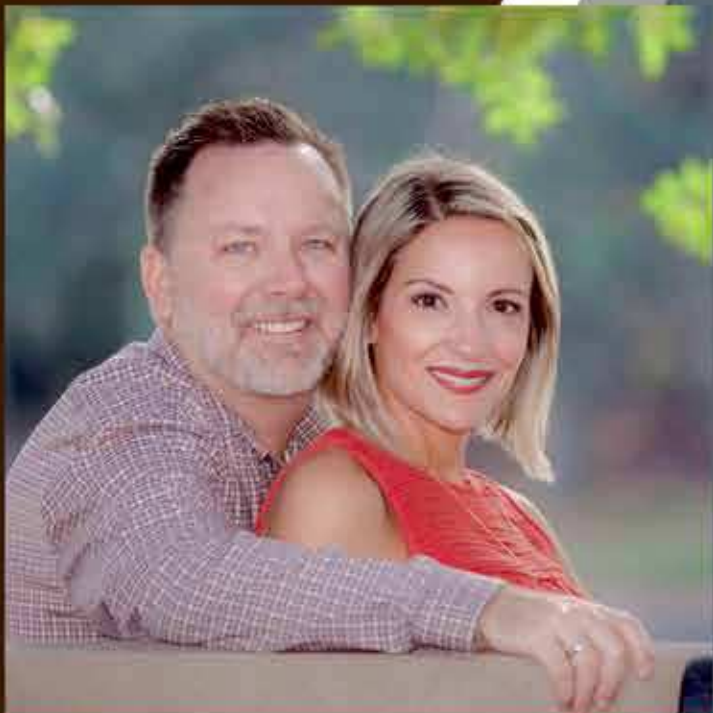


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Local Leaders

An Army Medic Takes on Med School at UCF



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

Tears rolled freely from Vicki Dorsett Hayes' eyes as she watched her grandson, 34-year-old Ryan Sylvester, receive his white coat, marking the beginning of his journey at

the UCF College of Medicine.

"It's almost unbelievable. I'm getting emotional because...he has come a long way," said the retired nurse who helped raised Ryan. "But I didn't have to say to him to persevere because he is a persevering person. I've always told him to stay true to God, and you will always find a way."

Ryan was one of 120 future physicians who began their first day of medical school at our traditional White Coat Ceremony on Aug. 7, which recognizes new students as colleagues in healthcare. This was our ninth class to get their white coats. I love White Coat because there's such an inspiring spirit in the air. Students' families and friends are so excited, so proud of what lies ahead. They are proud of the healing profession their student has chosen and proud of all the hard work and dedication it took to get to medical school. Each class brings individuals with unique experiences and unexpected talents. And the Class of 2021 is no exception.

We have artists, scientists, writers and humanitarians who have done volunteer work across the globe. We have athletes in sports that include Division 1 football, water polo and cross country. We have a Greco-Roman wrestler who competed around the world for the United States and a food blogger who uses a stuffed teddy bear as a mascot for helping herself and others cope with severe food



allergies. Ryan is one of four military veterans in this class.

The oldest of three children, he was raised by a single mother who worked multiple jobs to support her children, battling lung and colon cancers while Ryan was a teenager. "I can still remember the fear and uncertainty that I felt while visiting her at the hospital, and it's always been something that stayed with me," Ryan said. "That experience helped spark my interest in becoming a doctor, and when I am caring for

patients, I always think about my mother and how I would want someone to take care of her."

His road to medical school began when he joined the Army at 19 to become a medic. While working several jobs in construction, as a package handler and in retail, he felt inspired to join the military after the Sept. 11 terrorist attack. "Although I had considered joining the military before 9/11, it had mostly been as a way to improving my income or quality of life," he shared. "That all changed after 9/11. I began to feel more and more that I had a responsibility to serve my country and help those who were already serving."

After four years, he left the Army and joined the Mayo Clinic in his Jacksonville hometown as a civilian nurse. There, he became fascinated by the science behind medicine and found himself constantly asking the doctors questions about the pathophysiology of diseases and how they made diagnoses. That's when he decided to go back to school full-time to become a doctor. "Before that, I didn't realize how much I liked being in the medical field, but I got hooked to working with people, and I just loved it," Ryan said. "I enjoy the relationships that are formed, both with patients and with coworkers. I like learning about other people, getting to hear their individual stories, and it's honestly difficult to imagine myself

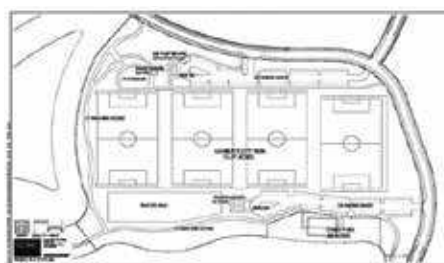
doing anything else."

With a wife, Gracie, and three children Aaron, 13, Chloe, 12, and Max, 9, Ryan felt uncertain about being able to support his family while training to become a doctor. "I was a bit worried about going to medical school with a family, but the doctors I worked with at Mayo Clinic were very supportive and said, 'You can do it.'" He later enrolled in University of North Florida for undergraduate studies and chose UCF for med school "to be a part of something that is groundbreaking and innovative."

Now cancer free, Ryan's mother, Lisa, looked on with pride as her son walked across the stage to collect his white coat. "It really brings tears to my eyes, I am so very proud of him," she said, as she recalled the financial and health challenges she faced as a single mother. "It was really stressful for me to try and provide for them. This is a boy that could not do math in the beginning," she added, "but he taught himself from the ground up, and he has gone full force from here on. I've always told him, 'It can be done,' and today is proof."

As Ryan begins medical school, he said he will keep in mind the values ingrained in him from his time in the Army - honor, respect and integrity. "It's been a long road to get there, and I know I still have a long way to go, too," he said, "so I am going to keep all that in focus. I'm glad to be here, and I can't wait to get started."

A Memo from Commissioner Jim Gray



Laureate Park



East Airfield Park

accessible from Dowden Road and be connected to the existing North Lake Park bike trail to provide safe and easy access for children and residents.

Laureate Park will feature 4 multi-purpose fields with concession stands, an oversized playground and picnic areas. The park is being built at the south end of our existing Laureate Park neighborhood and will also be easily accessible for bicycles and pedestrians. Adjacent to our City park will be a privately owned and operated water-park that is currently in the final stages of design.

The official groundbreaking for both regional parks is September 7th, 11am at the East Airfield site. Mayor Dyer along with representatives from the airport and area homeowner's associations will be in attendance. Everyone is welcome to join the event. Construction of both parks is being funded by the Tavistock Group as part of their Development Agreement with the City of Orlando and should be open to the public next summer.

I hope you share my excitement as we work together to add more recreational opportunities to the Lake Nona lifestyle!

City of Orlando Commissioner Jim Gray can be reached by email at Jim.Gray@CityofOrlando.net or by calling 407/246-2001.

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Kevin Ballinger Running for County Commissioner

BRITTANY BHULAI

Who is Kevin Ballinger? Some would say he is a department head for Orange County Public Schools (OCPS). Others might say he is a military retiree. If you ask his wife, he is a husband. If you ask his children, he is a father. He is many things.

After an hour conversation, one would probably agree that he is the epitome of a human Swiss army knife. He is versatile, well rounded and performs various functions. Another feature about Ballinger is that he just so happens to be a candidate running for county commissioner representing Florida's District 4.

So, who is Kevin Ballinger?...

He is 57 years of age and has accomplished quite a lot so far in his life. Born and raised in Indianapolis, he grew up in a low-income household. Despite not being able to afford much, he spent much of his time outdoors and discovered joy through keeping active. His family also sculpted him through a strict and disciplined upbringing, which was the grassroots for his acceleration.

Being the first in his family to go to college and graduate with a degree, he went to Columbia College in St. Louis, Mo., and earned a bachelor's degree in business administration. He also attended St. Leo University in St. Leo, Fla., where he graduated with another BA in criminal justice/homeland security. Afterwards, he pursued a master's degree in criminal justice/critical incidents.

Ballinger also found himself enlisting in the United States Navy. This was another "first in the family." Through the years spent in service, he held positions all revolving around national security. He spent 12 years as a limited duty officer.



His titles included radiological controls, anti-terrorism and nuclear weapons. "I managed thousands of people and \$750 million budgets and had a whole lot of exposure to just managing people, projects and buildings," states Ballinger. Becoming familiar with security management from a national level geared him toward his passion to protect the public.

After living life in the Navy, Ballinger continued to take up a living serving his country. He opened his own security company called Wintara, which he named after his daughter, Tara. He also was the founder of a company called Strategic Force. In both duties, he conducted many security and vulnerability assessments for communities. Ballinger expresses his views, saying, "Over 30 years ago, I took an oath to protect the United States and protect this country from all enemies foreign and domestic. When I retired from the military and took off the uniform, it didn't stop the oath. You don't stop doing what you're trained to do or what's in your DNA." His wife, Kendra, calls him "Kevin

the Superman." When he sees a problem or situation, his natural tendency is to provide aid in the most effective way he can.

As of today, Kevin owns a home in Orlando, where he and his wife have been settled for the past six years. While living in Florida, he has been employed through OCPS as a senior manager for Security Systems and Operations and now works for them as department head of Central Support Services. Playing the role as a department head, he and his team focus on the custodial aspect of the schools. Within his department, he accounts for about 11,000 workers and exercises a budget of \$50 million.

For Ballinger, the next chapter in his life that he feels necessary is to fill the shoes of a county commissioner. His whole life has evolved around bettering masses of people, keeping them safe and mastering budgets of high volume.

District 4 covers Orange County and is considered a growing area. He wishes to see the community grow at a pace it is ready for. With growth comes the demand for more security. Kevin says his

top three areas he wants to focus on are education, youth and development. He wishes to strengthen the community and solve problems as a local unit. Additionally, since the area is just now blooming, his strategy is to look to other districts and see how they developed over the years. "Let's not reinvent the wheel every time," says Ballinger. He stresses how we should learn from each other's mistakes to see what worked and what did not in terms of building up a society.

If you ask Kevin who he is, he will tell you that he is a man who is not afraid to think outside the box. He keeps moving forward with good intention and simply finds happiness in helping others. He knows that holding a position such as district representative entails chunks of responsibility, but his past careers have shaped him well for it. He says there is no instruction book on how to be a commissioner. You jump into the job knowing how to perform or not.

Elections for District 4 will take place in 2018. To help support Ballinger or learn more about him, you can follow his Facebook page or visit his website at www.kevinballinger.com.

Tom Keen

Tom Keen, candidate for Orlando City Commissioner District 1, has been endorsed by the Ironworkers Local 808, Central Florida's ironworkers union representing eight counties.

"I want to do everything in my power to help working men and women support their families," said Keen after receiving the endorsement. "Strong unions make for a strong city, and the support of Ironworkers Local 808 means strength for this campaign as well."

Election Day for the City of Orlando is November 7th, 2017.

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Laureate Park Neighborhood Watch Program Kicks Off

Laureate Park (LP) has been developing a Neighborhood Watch Program (NWP) over the last few months. It has not been without challenges. In fact, this is our third serious attempt at getting this program off the ground. We feel really good about where we are this time but recognize it's an ongoing process.

There are several questions we are asked regularly. We feel sharing these questions along with our answers might be helpful to other neighborhood communities considering starting a NWP.

1. Why should a neighborhood create a NWP?

The NWP creates a framework for neighbors to communicate and share safety concerns they have in their communities. Statistics have shown an average 20% reduction in crime in residential neighborhoods with an active NWP. In addition, it enables a neighborhood to develop a stronger bond with law enforcement and city officials. As an example, we had a situation where one of our Area Coordinators reached out to the Orlando Police Department (OPD) and city officials. Within hours, we had neighbors, an OPD representative and a representative from the city gathered together to discuss concerns.

2. How do you start a NWP?

The Neighborhood Watch Program in LP started and stopped several times before it really stuck. Our first step was to find people willing to volunteer

their time to make it happen. We split our neighborhood into five areas. Each area has a volunteer Area Coordinator. We contacted the Orlando Police Department, and several of us attended a class regarding the program. They hold these classes a few times each year. Some of the speakers we heard when we attended were the OPD chief, director of OPD Communications (911 call center is part of this area), NWP specialist, police legal advisor and several patrol officers. We learned several good tips about what to do and what not to do when starting a NWP. Each neighborhood is unique, and therefore different approaches are needed. Here is the contact information if you want to get more details regarding the City of Orlando's NWP:

Lauri.Brooks@cityoforlando.net
(407) 246-3773
www.cityoforlando.net/police/neighborhood-watch

Our current step in LP is to identify Block Captains and create NWP "blocks." These "blocks" are 8-10 homes and located within a small area. Each "block" creates a communication network to ask questions, share concerns, etc., regarding suspicious activities and person(s) in their area of the neighborhood. It is often easier to ask a small group of individuals regarding something in a very specific location versus a large, neighborhood-wide Facebook site. LP, like many other neighborhoods, has a very active Facebook community page, so that was where we started in creating a network of Block Captains in each of

our five areas. It is an ongoing process with ups and downs. For a variety of reasons, not everyone chooses to participate, which is okay. Our goal is to get half the neighborhood covered with "active NWP blocks."

3. What is the role of the NWP?

- To create an awareness of the role citizens play in crime prevention as the eyes and ears of law enforcement. The police cannot be everywhere at all times, so if you see suspicious activity or a suspicious person, call 911. Provide as much detail as you can safely – license plate numbers, picture, height (use a surrounding object to help determine height, i.e., standing up, their shoulders came to the top of the roof of the car). Depending on what you are observing, and other active calls, the police will be there when they can to check it out.
- Promote community and getting to know your neighbors. We all have busy schedules, but getting to know people living next to you is important in providing a sense of safety. It also helps you identify when something might be amiss on your "block."
- Create an internal network of NWP blocks that actively share concerns between each other and promote communication between neighbors living near each other. "Moving truck just parked down the street. Anybody know who is moving?" "There has been an unfamiliar car parked in front of our home for four days. It

does not appear to have moved. Does anybody know who it belongs to?" If nobody is moving, or nobody knows whose car has been parked there for four days, it is probably time to call 911 to report. You are no longer the nosy neighbor but an observant neighbor reaching out to your neighbors for information. You will feel more comfortable knowing you have contacted neighbors prior to calling 911, and you can let the police know you have attempted to solve the mystery of the suspicious activity. The NWP "block" gives you this framework.

- State of Emergency situations: The NWP "blocks" again establish a strong communication network so neighbors can reach out for assistance as needed and offer help when needed.
- Offer classes and provide material to residents in areas of safety and crime prevention. We are looking at everything from CPR classes to self-defense classes.

A Neighborhood Watch Program will not prevent crime. It is one more tool in a neighborhood's toolbox to help deter crime from happening in our communities. It is about getting to know your neighbors and actively working together in conjunction with local law enforcement to keep your community safer.

Laureate Park Neighborhood Watch Area Coordinators

Larry Albert, Mary Fenton-Lee, Gene Thatcher, Linda Thierry

The East Orlando Chamber of Commerce Welcomes a New Executive Director

NICOLE LABOSCO

The East Orlando Chamber of Commerce is committed to the growth and development of growing business communities. It covers 440 square miles of east Orange County. The East Orlando Chamber has been around for more than 70 years and is now welcoming a new executive director, Andrew Cole. Cole is familiar with the "original" and under-developed Lake Nona and enabling Lake Nona's burgeoning business district to come alive.

"It is an honor to be able to take this position and lead the organization, bringing the east to the forefront of Central Florida's growth. With Lake Nona, Innovation Way and Research Park, there are plentiful opportunities for our businesses to succeed. The East Orlando Chamber is the advocate, connector and resource



"We support our businesses, so residents that live here in east Orlando have the business resources they need to fully enjoy where they live, work and play."

for opportunities for our members." Formerly the director of events for the chamber since 2013, Cole jumped right into the new role. Within his first couple of days in the position of executive director, Cole and the rest of his team held the inaugural Feast in the East event with more than 20 member restaurants, and about four or five are from the Lake Nona area.

"It's exciting having all of this growth and development in the region. It is important to know that the East Orlando Chamber is here to assist businesses as these opportunities arise. We support our businesses, so residents that live here in east Orlando have the business

resources they need to fully enjoy where they live, work and play." One of Cole's personal goals is to connect and focus on the members and their needs. "The East Orlando Chamber exists because of our members. The members define the role of the chamber. The members are the reason we are here as the leading resource in business advocacy, community engagement and regional connectivity."

The East Orlando Chamber has two offices to service the region. 12301 Lake Underhill Rd., Suite 245, Orlando, FL 32828 is on the second floor of the Waterford Lake Park building and serves those traveling the tech corridor. In Lake Nona, the East Orlando Chamber office is located at 9161 Narcoossee Rd., Suite 210, Orlando, FL 32827 above Tijuana Flats. "Lake Nona is a substantial resource in east Orlando, and having an office there is very important to us. We can echo the Nona voice to Central Florida, be their advocate, and easily promote with an established voice and provide a platform for businesses to thrive."

Those interested in becoming members are

encouraged to visit one of the offices or the website, eocc.org, or attend one of several events. "The best way, and I tell everybody this, is to come out and give us a test drive. We encourage you to attend Coffee Club Nona at the Lakehouse, the second and fourth Thursdays of the month. This is a free opportunity to meet our business members – in and out of Nona. I throw this out all the time, I mean you test drive cars, you lay on mattresses and you sit on couches...do the same, it's a business investment. We want to make sure it's the best investment for your business." With big things coming to Lake Nona and what seems like the never-ending construction that's been going on for years, Cole simply states: "We live where we live because we enjoy what we have. ..."

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Business Culture: The People Centric Culture of PDQ

TRAVIS JACOB

When founders Bob and Nick of the growing restaurant chain PDQ opened their first store in Tampa in 2011, they had one thing in mind: to focus on people first and make quality the bottom line. They were highly intentional with this focus from the outset. The name actually says it all: People Dedicated to Quality (PDQ). They set out from the very beginning to create a business model that was all about their team members and customers. I recently had the privilege of having a great conversation with Jeff Kamis, VP of Media and Public Relations, and Rick Lenderman, VP of Talent Management and Training, to find out exactly what they do as a company to build and maintain a winning culture at this rapidly expanding company. They were

quick to respond with the three core areas of focus built into the DNA of PDQ:

1. The business is truly about fun. They empower their operating directors to create a culture of fun and give them a budget to make it happen. The directors also are encouraged and empowered to think of themselves as the CEO of their unit. They show appreciation to team members in a number of ways. They take their team members out for fun events, use recognition boards in every store, and pass out "chotchies" to reward team members for going above and beyond, just to name a few. Of extreme importance is their screening process for hiring, specifically directed at obtaining only the talent that fits the company culture.

2. Culture of giving back. This is not optional. Every store must be focused on giving back to the community. They also understand that this all-important area of focus resonates strongly with the "give back" talent base (Millennials) they currently attract. The concept of giving back for PDQ means finding ways to provide value in the communities they serve by doing things such as offering discounts for all first responders as a way to show appreciation and also having community boards posted and visible in each store where the community at large can post events and opportunities to stay connected.

3. A strong business creed. The PDQ creed is based on the values of fun, hospitality, clear direction, and a strong sense of community. The responsibility of the leadership is to provide clear direction to every level, minimizing the chances for confusion. A sense of belonging is also intentional, whereby all team members feel part of a larger family. In order to achieve this, they use an outside company (Wise Tail) that specializes in ways to connect team members in each location to other locations throughout the chain.

In a time when corporate culture is so important to success, PDQ sets a standard of being fundamentally built on creating and maintaining a winning culture by keeping the focus on people and quality at every level.

In the words of the founders, "It's what makes us People Dedicated to Quality. It's not just words. It's our passion and our purpose. And in everything we do, it reflects our commitment to you."



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Business Spotlight

Luv A Lawn

What makes your business unique?

We are a local "privately owned" and operated full-service pest control company offering indoor pest control, lawn spraying, shrub spraying and termite protection services as well as several additional services such as guaranteed "fire ant" control, tree injection and irrigation repair, to mention a few. We are "one company" that can do it all. Being full service and privately owned and operated make us unique to the industry.

Can you describe the "culture" or "philosophy" with your business?

I can sum up the culture of our company simply by providing you with our company's mission statement. "To provide the best services possible and grow our company as a result of satisfied customers!" We have a can-do attitude, and we understand that our success is not based on convenience, it's based on our customers' needs. We put the customer first.

Can you tell us a little history of your company? Why did you choose to start it in Harmony?

Luv-A-Lawn and Pest Control, Inc. (formerly Valentine's Lawn & Shrub Care) was established in 2009 in Osceola County. The owner of Luv-A-Lawn and Pest Control and his team have extensive experience with Central Florida Landscapes with more than 30 years of combined experience right here in Osceola County. Luv-A-Lawn and Pest Control came about as a result of the

demand for a high quality local, privately owned and operated lawn, shrub and pest control company. An "old school" company where customer service is job #1.

Joseph A. Valentine is the president and owner of Luv-A-Lawn and Pest Control and was the previous owner of Valentine's Lawn & Shrub Care. Valentine has more than 26 years of experience in Central Florida and holds the licenses required by the State of Florida to perform and ????

Harmony was a perfect fit for Luv-A-Lawn and Pest Control demographically; the homeowners and our clientele in Harmony are highly educated, business minded and successful. Harmony has the type of clientele we attract. They understand that they will get what they pay for when it comes to our services, and they know if they don't, they can simply pick up the phone and call the owner! That's not common in this day and age in this industry. In recent years, we have expanded our service areas to include, Orange, Polk, Seminole and Lake counties.

Can you tell the readers a little about your company? What services do you offer?

Luv-A-Lawn and Pest Control currently has more than 6,000 clients and employs between 35-40 team members annually in five counties. We offer indoor pest control, lawn spraying, shrub spraying and termite protection services as well as several additional services such as guaranteed "fire ant" control, tree

injection and irrigation repair. We are growing at a steady pace of between 40-45% and continue to employ many local residents. We are always looking for quality minded people who want to join our company in positions of service advisors, lawn technicians, pest control technicians and office personnel.

I know numerous Lake Nona Neighbors use your services. What do you attribute your success and loyalty?

We do what we say we are going to do. We do our best to communicate with our clients so there is a clear and precise understanding of what to expect from our services. We will not sugar coat it. Too many companies promise a rose garden just to "get the sale"; not Luv-A-Lawn and Pest Control. We shoot straight so there is no misunderstanding. It's a breath of fresh air for many residents, especially those who have had other companies prior to ours. There are several other companies in our area who provide excellent service and stand out in the industry. We are happy to be one of those companies recognized for our excellent service and customer retention. We provide estimates and inspections free of charge and with no obligation. We have a customer referral program that provides a \$15 prepaid Visa card to any of our current customers who refer new customers to Luv-A-Lawn



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and Pest Control. I issue more than 100 of these cards every month. That says volumes about the happiness of our customers. We have a "Team Member" recognition program

called the "Reach Out" program, and it provides our team members with a \$15 prepaid Visa card if they receive a compliment from any customer. Many of our team members haven't had to purchase their own lunch in years since we started this program! Lol...

I know you support many local charities and organizations. Are there any you care to mention or discuss?

We do support many local charities, most of which are smaller and always local charities. We support many school-related charities, mostly that have ties to sports. I feel that team sports are very important for our youth. It teaches young adults a sense of pride, teamwork and achievement.

Anything else you would like me to mention or highlight?

I would like to say thank you to all of our customers past and present. We are proud to be your pest control service provider. In August, we were voted for, recognized and awarded as being the "Best in Osceola County" for our industry. Thanks again to all customers past and present.



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Business Spotlight

J.P. Capital Realty

H. NANCY BREED

“Try not to become a man of success, but rather try to become a man of value.” – Albert Einstein

Jason Palinkas is the founder/owner of JP Capital Realty, a boutique full-service real estate brokerage specializing in luxury homes, investment properties, and short-term rentals in Orlando. A Lake Nona resident, he is committed to helping make our community environmentally, socially and economically better. Whether through his volunteerism or his neighborhood advocacy, Jason is always at the ready to help friends and strangers in need.

Born and raised in Burbank, Calif., Jason began his professional career in the movie industry. A third-generation key grip working on feature film, commercials and episodic television production, he worked directly with the director of photography and director to create dramatic lighting and on crane and dolly camera support. You can see Jason in the credits of movies like One Hour Photo starring Robin Williams and Where Sleeping Dogs Lie starring Sharon Stone.

Shortly after marrying his wife of 13 years, Silvana, Jason moved to Florida to raise a family...and to take advantage of the home values. His interest and deep understanding of the local real estate market blossomed into his obtaining his

realtor license in 2005. Within 30 days of being a licensed realtor for RE/Max Executive Group, Jason closed on his first home and knew that this was the profession he was made for. Almost 13 years after that milestone, Jason has transformed a few real estate classes into a respected brokerage firm where he can stay true to his philosophy of “client experience first.” Leveraging his years of movie production expertise, he makes every house he lists a “summer blockbuster” with attention to custom-tailored marketing, personalized interactions, and realistic expectations rooted in comparative data. A fearless negotiator, Jason’s client mantra is, “Buyers should never pay asking, and Sellers should always get asking.”

With a thriving business, two wonderful kids, and two adorable dogs, Jason is now able to focus on giving back and spending quality time with his children, sharing his love of Legos and Transformers. Ingraining “self before service” into his children’s lives, he can often be seen volunteering with his entire family at Pawsitive Action Foundation, Give Kids the World, and the Ronald McDonald House at Nemours.



Jason W. Palinkas
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“Buyers should never pay asking, and Sellers should always get asking.”

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Features

Artist Designs Mural at Innovation Middle

VANESSA POULSON



Nina Lemos, a Lake Nona High School (LNHS) student, has painted a new mural at Innovation Middle School. The mural, a stunning piece of artwork designed by Nina herself, is of the Innovation Middle School Crest and resides in front of the administration lobby. I was able to talk to Nina and her mother, Sonia, about Nina's involvement with

the mural and her future artistic pursuits.

1. How did Nina get involved with painting the mural?

My friend Phyllis Kalil and I were talking about how the school needs school spirit. Since it was brand new, there wasn't much decorating on the walls of the building. The prin-

icipal had discussed wanting a mural in the past. Considering Nina's talent, Phyllis asked me, "What about Nina, can she paint a mural?" I asked Nina if she was available and willing, and she said she would be happy to do it.

Nina, Phyllis and I met with principal Dr. (Hector) Maestre. As he was excited at the idea, he looked at Nina's sketches and suggested the school crest, and Nina obliged. Phyllis was able to get a paint donation from Sherwin-Williams. Nina started drawing the mural free hand on an early Monday morning.

2. What inspired her to paint the mural?

Meeting with the principal.

3. How long did it take her to paint it?

Six days, about four hours a day.

4. At what age did Nina express an interest in art?

Nina expressed interest in art from a very young age. She always loved drawing in elementary school and began her artistic career self-taught



when she got deeper into the skill as she aged.

5. What would she like to do when she's an adult?

Nina would like to be a digital designer when she's an adult. She is in the Digital Media Collegiate academy and is taking classes at the high school, which helped her understand programs so she could begin graphic design. Nina has already completed many designs using computer software, some of which are award winning, and is very grateful for the experience that she can take into college.

6. What was her favorite part about painting the mural?

Her favorite part about painting the mural was seeing it all come together in the end, after the several coats of paint and hours of work.

7. What's Nina up to next?

Building her portfolio and becoming a better artist, and hopefully being able to expand her talent beyond high school and into social media, college, etc.

You can find more of Nina's work at [@ninasportfolio](#) on Instagram.

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to three simple components: seasonality, soil quality and pests.

In Florida, our planting seasons vary significantly to the rest of the United

States. Right now, we are about to embark on the most amazing fall season in the country. In Florida, since we do not typically experience any long, hard freezes, we can count on a fall season that starts in September and stretches clear into February. It is amazing to be able to harvest my lettuce, broccoli, cabbage, tomatoes and all of our cool weather crops for almost a full six months. Granted, this does not apply to every vegetable. Fortunately for us, the

Don't let the heat fool you, fall is right around the corner. If you want to get a jump start on your fall vegetable garden, now is the time to start planning. In Central Florida, we rewrite the rules for gardening. Why are we so different?

There are many challenges we face in Central Florida when it comes to vegetable gardening. Don't be discouraged, though; if you understand our climate and environment, there really is a recipe for success. It comes down

University of Florida has figured out the planting calendar for each vegetable. Check out their yearly gardening calendar for Central Florida and use this for your guide to plant each vegetable in the appropriate month: <http://edis.ifas.ufl.edu/ep450>.

Planting vegetables for fall gardens begins in September and October. You should be deciding on what cool weather vegetables to grow. First and foremost, it is important

to put the right plant in the right place. Remember, vegetable plants typically need 6-8 hours of direct sunlight each day. Plants need appropriate watering and fertilizer. If you stay on top of these aspects of your garden, that will ensure the basic needs of your plants are met and minimize the pests in your garden.

When growing in Florida, choose seed varieties that are heat tolerant and pest resistant. Just remember, not all vegetables are created equal. If you choose cultivars or types of seeds that are readily available and do not have these qualities, it might be difficult to be successful. Look for sources of seeds that specifically state heat tolerant and pest resistant.

Soil quality can be a significant challenge in Florida. You need to un-

derstand the macro- and micronutrients needed in soil. Most importantly, know about the macronutrients N-P-K that are listed on each fertilizer package. N is Nitrogen that helps plants grow tall, P is Phosphorous that is present in Florida soil and helps fruits and vegetables grow, and K is Potassium that helps for strong roots and to prevent disease. You must have micronutrients present in the soil for plants to absorb the macronutrients. Micronutrients can come from amendments to the soil, such as compost and worm casting.

Since pest management is an entire subject to itself, I'll just refer you to a website with a lot of answers: <http://ipm.ifas.ufl.edu/>. If you don't find what you need here, just remember there are Master Gardeners available to the public at your local University of Florida Extension office in Orange or Osceola counties to answer any garden or lawn questions you might have.

With three simple goals for choosing seasonal vegetables, amending the soil to provide the macronutrients and micronutrients needed and putting the right plant in the right place, you can be successful in vegetable gardening in Central Florida. As always, fertilize every 4-6 weeks. This recipe will put you on the path to success in your Florida garden.

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Through the Lens

SYDNEY NORBERG

Last month was the first time in my photography career I had ever shot in Lake Nona. Now, I am currently located in Orlando, so I usually rotate shoots through typical spots - Winter Park, Park Ave, Baldwin Park and downtown Orlando. You can imagine that years of this cycle could get pretty uninspiring after a while. Well, it turned out that I had two different types of sessions in Lake Nona in just one day. And I can say I was pleasantly surprised with the location and the awesome outcome of

the images we were able to create! So, I'm going share three important positives out this place:

1. There's scenery! Lake Nona has some crazy awesome architecture to play with. As a photographer, I love using architecture to create an edgier vibe. So, for my session, we actually used the outside of a parking garage across from Chroma Modern Bar + Kitchen, which had lots of texture to add to our images.
2. There's variety! Across from Can-

vas, we were able to find a field as well! And, if you are an Orlandoian, you might understand that there are not many fields on our side of town. I love that Lake Nona has this option because my clients love being able to get two different vibes in one portrait session (ex: urban + outdoorsy, or the downtown scene + woody vibe).

3. There are editing spaces! This is a cool one for me. I love to get through a shoot and finding a local shop to sit and work afterwards. Of course, Orlando is filled with places like that, but I was surprised Lake Nona had a great variety of coffee shops and work spaces, too! After my session, I headed over to Canvas. It was quiet and cute, with lots of natural light - which is awesome for editing images. Plus, it had a great/healthy selection of food and drink.

I will be honest when I say that I was very skeptical when asked to shoot in Lake Nona - it's not the quickest drive. But after my experience, I will surely be coming back to Lake Nona for other sessions: portrait, engagements and even styled shoots!



Tough Things to Talk About: We Know Cancer Impacts Children

MOMS OF NONA



Each day, 46 children are diagnosed with cancer in the U.S.

We know cancer impacts children, yet, generally speaking, we don't talk much about it.

Admittedly, it's Tough to Talk About. This month's article focuses on childhood cancer, timed in September to align with Childhood Cancer Awareness month. It's time we speak up about this disease that is impacting tens of thousands of children nationwide and right here in our community. Perhaps the best way to speak up starts with speaking TO those who have been personally impacted by cancer.

We spoke with two families from our Lake Nona community – the Sheerer family and the Collins family – each of whom has tragically lost a child to cancer (Trevor & Hailey). Both families candidly shared their personal sentiments with us, and we are immensely grateful. This may be tough to read. Please proceed with an open heart.

First things first, we must accept the fact that childhood cancer is a reality. It is estimated that, each day, 46 children are diagnosed with cancer in the U.S. That's nearly two classrooms of children. Daily. Do the math! That's more than 16,000 children and families who will introduce the word "cancer" into their daily vocabulary in a given year. Yet, despite its prevalence, about 5% of cancer research dollars nationwide are directed toward pediatric cancer research. Awareness is needed. Philanthropic support is crucial. And conversations are ESSENTIAL.

Perhaps the best way to start speaking up is to speak with parents who have been personally impacted by childhood cancer. But...what do you say to a parent whose child has been diagnosed with cancer? What do you say to the child? No doubt, you genuinely want to connect, but it can be a struggle to find the words. We worry... what if I say something offensive? What if they start to cry? What if I start to cry? So, oftentimes we say nothing. Is it really better to say nothing? Do nothing? A few of these examples are provided here.

Both families agree – there are things you should not say to a family who is enduring a difficult cancer battle. However, equally important, there are things you should say and should do.

Don't say, "I know how you feel." Unless you really do, just don't.

"When you're going through a situation like this, no one tries to offend a

parent or make them angry. The one thing is just not to tell somebody you can imagine what it's like, because unless you're in that situation you really cannot know what it's like." – Lisa & Tom Collins

Don't offer help. Just do it.

"We had a hard time accepting help. People would ask us what they could do, and we never felt comfortable telling people what we needed, we would just make do. It was when people cut our grass or dropped meals off without us asking that helped out a lot. Really, it was the little things." – Lisa & Tom Collins

"We are blessed to live in an amazing neighborhood. When Trev was first diagnosed, everyone wanted to do something, but at first you have no idea what to tell them or what to say as you yourself have no idea what to expect or do. Meals and mowing lawns unexpectedly was perfect. We did the meals when Trevor was going through radiation nonstop, and it helped so much.

"Take your kids to visit their friend! Some friends knew when he was not well, and they would come visit at the hospital or at home, play video games and eat his favorite comfort foods. Also, when Trevor relapsed, it was around Christmas time. A few neighbors came and decorated our house for Christmas. When Trevor got home, he was so shocked and happy. We were not in the Christmas spirit at all, and that made such a big difference." – Jody & Tim Scheerer

Say their name.

"We love hearing Hailey's name, and we love when people want to talk about her. But that stuff makes some people feel uncomfortable, and we understand. We encourage people to talk with us about her and her story. We love hearing people mention and talk about Hailey's impact in their lives." – Tom & Lisa Collins

"Living without Trevor is really hard. People do not always like to mention his name around us; they cannot imagine a life without their child and then see us, and it's hard for them. We want you to talk about our boy and tell us stories. You never know, it could be one we did not know about, and that would be amazing." – Jody and Tim Scheerer

There's nothing "lucky" about cancer.

"The hospital has foundations and people who come to the hospital, so

sometimes Trev would meet famous sports people or get tickets to go to Disney or to an Orlando Magic game, etc. People would say, 'Your family is so lucky to do all these things,' or 'Trevor is so lucky.' Although it was fun and took his mind off things and he had the opportunity to go and meet these people and have these experiences, we would trade places in a heartbeat. If we had the choice between cancer or to experience all these amazing things, we would choose NO CANCER every time." – Jody and Tim Scheerer

Do counsel your own kids.

"I would hate that the kids at school would tease him about not having hair, or tell him he could die because their grandparents did. Although kids will be kids, I wish schools and parents had education sessions about the disease and could better teach their kids that teasing and bullying is not okay at any time, especially if a child is sick or has cancer." – Jody and Tim Scheerer

Do Donate.

"Gift cards for restaurants, stores, donations for park tickets – these are things that can help families make good, happy memories with their child. Also, donating to the Child Life program at a children's hospital helps ALL children who are in the hospital." – Lisa & Tom Collins

Do Something.

"Something that helped a lot was making memories. When Trev was diagnosed, I felt the need to live every minute like it was his last, which can be mentally and emotionally exhausting, but I'm so thankful we did. Because of our amazing neighborhood, the first fundraiser held for us was called Light Up the Night for Trevor's Fight. A few moms from the green and neighborhood got together to organize a run/walk at our YMCA and then a party afterwards. They did this in two weeks! This night was Trevor's favorite night. All his friends from school, neighborhood, nurses and friends came out to support us. After the walk, they had music and food set up, and we all just danced and had fun. We have never felt so much love for my boy and family before that night.

"I think it also helped the neighborhood as everyone wants to do something but does not know what. This happened a year after diagnosis, so the timing was perfect. Also, volunteering or donating to the hospital oncology

unit is helpful, and also getting a group together and providing a lunch or dinner at the Ronald McDonald House for the families.

"Lake Nona Run Club created Lake Nona 13.1 race as a fundraiser and did amazing things for our family and neighborhood. We made so many memories, especially with his Make-A-Wish trip, swimming with dolphins. This was made possible by some of the organizations at the hospital. I have these pictures now and look at them and feel so thankful that we have those memories." – Jody & Tim Scheerer

Don't tell parents how to feel.

"Some will say, 'At least Trevor is pain free, happy and playing in heaven with all his friends.' Although I want to believe all this, I know that Trevor's happiest place was here with us and his friends playing on the grassy green lawn. That is the only place he ever wanted to be." – Jody & Tim Scheerer

Closing Thoughts:

"For Tom and I, we didn't want people feeling sorry for us. We just wanted our family to blend like all other families. We wanted some sort of normalcy to our lives among the chaos. I understand that's easier said than done and that people inherently feel bad because they can only imagine if that had been their child." – Lisa & Tom Collins

"When you lose your child, it feels like you have now been sentenced to a life of unimaginable pain that you cannot escape. Then you see other cancer families you know that have lost their child, and it hits you again because you know how that family feels and the pain they will now have to live with. There are days you get through and other days you feel so overwhelmed at the fact that they are not here with you, it hurts." – Jody & Tim Scheerer

No parent should ever bury a child. Period. It is not the normal course of life for a parent to bury a child. When a spouse loses a spouse, he/she is called a widow. When a child loses a parent, they are called orphans. When a parent loses a child...there is no name for that! Because no parent should be losing a child.

Childhood cancer is a big problem. The Hailey Collins Foundation is a local Nonahood foundation that strives to make kids going through cancer feel a little better with their donations to Child Life. If you want to help make a difference, please reach out to them via Facebook.

The
ARTIST

Manuel Delgado-Ordaz, Jr.

SHANNON GANESHRAM

There is No Limit to the Lake Nona Mind

The minds of children in our society are ultimately the building blocks of our future generations. Manuel Delgado-Ordaz Jr. sought to exhibit that fact when he was selected to help create the new mural for Laureate Park Elementary School. The mural is named Lake Nona Minds and is representative of all the bright and blossoming children of Lake Nona. A highly talented 16-year-old junior at our very own Lake Nona High School, Manuel captured the essence of the Nonahood's young minds through colored blocks that represent dreams, goals, education, hard work, challenges, creativity, and the like. Manuel drew his inspiration from all of these to weave together a singular image with the threads of these core values.

A challenging aspect of this project that Manuel had to manage was the short time frame. It was no small feat, as the piece is detailed and intricate. Manuel painstakingly drew his design piece by piece with the help of an art studio to ensure that every detail was as perfect as it could be. It took around 40 hours in preparation and planning time before the actual application, which was completed in four hours. After it was created, Manuel spent another two days retouching to fine tune the work. He was able to finish in time, and he even tried new elements and mediums along the way to challenge himself further.

There have been suggestions of Manuel creating another mural for Lake Nona Middle School, but at the moment he is focused on a new series of art involving Star Wars, among other commissions. Previously, Manuel has completed pieces centered around Epcot and its architecture, as well as the architecture of his cherished home country, Venezuela. Manuel has always been fascinated with the historical aspect of buildings and how their background can be viewed in a single glance.

Manuel started his creative process as early on as 4 years old, enamored by shapes, colors and form, and would draw frequently as he progressed through his childhood years. Eventually, he experimented with three-dimensional buildings and their perspective and proved to be extremely talented. His parents encouraged him and guided him to where he is today. He expresses feelings and thoughts through his art, as well as cementing history within it. This allows the captured historical buildings to always remain enlivened through his art, and it showcases his point of view and research he has completed regarding the subject matter. For example, as an artist he might see something in a subject that most people would disregard. To empha-

size its features, he would play with the vibrancy, tone and shapes to make it more appealing to the viewer. This way, the viewer would be able to see it exactly as Manuel does through his artistic eye.

Manuel's family and friends motivate him to pursue this passion of his, as well as to cultivate the expression of himself that is shown in his work. They drive him to create as he does and are his biggest advocates toward his artistic vision. His mother, Thais Ordaz, and his father and namesake, Manuel Delgado Sr., encourage him to strive to reach his full potential and all that he is capable of doing because there is much more yet to be seen from the ingenious Manuel. As his father says, "There is no limit to the Lake Nona mind."



NOMINATE AN ARTIST

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

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

Come Out for the Nonahood Seed Packing Event

PHILIP LONG



Turn on news radio, and we hear it – worldwide injustice. We will hear news of war, famine, refugees and on and on. What can we do? We can try to tune it out. But when it comes to injustice, to do nothing is to allow wrong to continue. Yet, if we do something, however small, a piece of justice can be restored.

When it comes to restoring justice, a seed is a powerful metaphor. We in Central Florida cherish oak seeds for their effort in producing the grand oaks where we find shade. Like the oak seed, a small act of goodness can grow into a bold movement toward a world made right.

In a few weeks, seeds won't be just a metaphor for fostering peace. On Sept. 23, three Nonahood organizations, University Presbyterian Lake Nona, Cru (Campus Crusade for Christ) and Pioneers, are hosting a seed packing

for sustainable agriculture programs in Africa.

As was mentioned in a previous article here [<https://www.nonahoodnews.com/lake-nona-seed-packing-event/>], these aren't just any seeds, they're heirloom seeds – seeds that can be used to continue gardening for generations. Once we've packed these seeds, Cru's humanitarian arm, Global Aid Network® (GAIN)® [<http://www.gainusa.org/>], will ship the seeds off to some of the most unjust parts of the world – places where governments, war and famine ravage land and people. These seeds will make a difference.

For example, Odette lives in one of the poorest regions of Rwanda. Widowed for over eight years, she's struggled to put food on the table. Talking with GAIN staff, she said, "When I first

got these seeds, I was so pleased and very grateful because my neighbors were amazed to see how the Lord is caring for me!" She beamed as she showed off the onions she harvested.

Join us as we do our small part and help make this world a better place to live in. We're looking to have 450 volunteers packing 60,000 seeds. So, it's likely, with a little water and good tending, over half a million pounds of vegetables will soon be growing in impoverished African communities, feeding 240,000 people! And since there's plenty of time to chat while we pack seeds, it'll be an easy way make new friends in the Nonahood community.

The event will be Saturday, Sept. 23, at Pioneers, 10123 William Carrey Drive, across from Walmart and RaceTrac. To sign up and for more information, visit upc-lakenona.com/seeds.



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Health, Fitness & Sports

A Better Understanding Of The Most Common Cause of Infertility

ANNETTE TORRES, ARNP, UCF HEALTH



Annette Torres is a board-certified nurse practitioner at UCF Health's Medical City office in Lake Nona. She is passionate about women's health issues and prevention and enjoys educating her patients to help them live healthier lives.

Not enough people know about PCOS, or polycystic ovarian syndrome, despite the fact that it affects about 5 to 10 percent of women in the U.S. PCOS is the cause of most ovulation problems. In women with PCOS, a hormonal imbalance interferes with the growth and release of eggs from the ovaries (ovulation). For many women, irregular periods may be "normal" to them. Periods can be infrequent, last longer than a week, or be scant. If it has been this way your whole life, you may think nothing of it. But having irregular periods is one of the major symptoms of PCOS – the leading cause for infertility in women. PCOS is associated with an unfavorable cardio-metabolic profile of hyperlipidemia, obesity, and early-onset diabetes. And most women don't give much thought to their periods as it relates to their fertility, being overweight, or risk for hypertension, elevated cholesterol, diabetes or metabolic syndrome disease later in life.

SYMPTOMS OF PCOS INCLUDE:

- **Irregular periods.** This is the most common characteristic. Periods can be infrequent or prolonged. Keeping track of your periods will help your medical provider in assessing this.
- **High androgen levels.** A blood test can show if elevated levels of the hormone androgen can be affecting ovulation. Androgen is known as the male hormone, and excess levels in women can cause symptoms such as excess facial hair growth, hair thinning and loss, or acne.
- **Polycystic ovaries.** An ultrasound can be conducted to see if there are cysts in the ovaries – a side effect of PCOS. Not every woman with PCOS will exhibit cysts.

As many as 20 percent of U.S. childbearing-age women will have difficulty getting pregnant. A large percentage of these is due to PCOS. The good news is that ovulation problems such as PCOS can be corrected and are often easier to treat than other types of infertility. Most patients – as many as 85 percent – will be able to ovulate, and as many as 40 percent of those will conceive after taking hormone pills. If not, there are more advanced infertility treatments that can help a women with PCOS to conceive.

Even if you do not want to have chil-



dren, if you are having irregular periods, you should talk with your medical provider about the possibility of PCOS. Your medical provider might recommend birth control pills to help regulate your hormones or non-hormone treatment. Untreated PCOS can have long-term consequences beyond infertility, such as endometrial cancer, Type 2 diabetes and heart disease, so it is important to get your hormones in balance.

Being aware of your periods and having a discussion with your medical provider about

what is "normal" can help prevent any long-term implications of PCOS, even if you are not trying to become pregnant. I know it does not sound like a fun conversation to have, but it might be one that saves you fertility frustrations down the road, or lessens your risk for major health conditions.

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College of Medicine Practice

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Join us for our fall health-lecture series where medical experts explore common health issues and some of the latest treatment options available. All lectures are free. Attendees must RSVP in advance.

LECTURE SERIES

Concussion Signs and Symptoms

William Felix, MD | Family Medicine – Sports Medicine
Wednesday, August 23 | 6:00 pm

Knowing the signs and symptoms of a concussion can help prevent reoccurrences and further damage to your body.

Food & Metabolism: Why Diets Don't Work

Dennis C. Smith, MD | Bariatric Surgeon
Wednesday, September 20 | 6:00 pm

Metabolic suppression is one of several powerful tools that the brain uses to keep the body within a certain weight range.

Mediterranean Diet

Jacquelyn Nystrom, MD | Family Medicine
Thursday, September 21 | 12:00 pm

Learn about the diet that is least associated with cancer, heart disease and dementia. Free blood pressure checks will be provided following this lecture.

We've Got Your Back

Chetan Patel, MD | Spine Health
Thursday, October 5 | 6:00 pm

Learn about our comprehensive program — from physical therapy, rehab and surgery to coping mechanisms for chronic neck and back pain.

Six Habits That Can Save Your Life

Sarah George, MD | Hematology & Oncology
Thursday, October 19 | 6:00 pm

Learn about six key habits that you can adopt at any time in life to reduce your risk of cancer.

FREE HEALTH SCREENINGS

Cognitive Ability Screening

Wednesday August 23 | 5:00 - 6:00 pm

This screening will help you see how your brain functions normally and how that could change if you sustain a concussion. RSVP required.

Joint Screenings

Thursday, October 5 | 5:00 - 6:00 pm

Free assessment by a licensed physical therapist. RSVP required.

Imaging Center Tours

Wednesday, August 23 | 5:00 - 7:00 pm

Thursday, October 19 | 5:00 - 7:00 pm
Stop by to meet your Lake Nona imaging staff and take a tour of our center.

Centra Care Biometric Screenings

Tuesday, August 22 | 8:00 am - 12:00 pm

Tuesday, September 19 | 8:00 am - 12:00 pm
Get a better picture of your health by completing a complimentary biometric screening. RSVP required.

Centra Care Skin Screenings

Tuesday, August 22 | 8:00 am - 12:00 pm

Tuesday, September 19 | 8:00 am - 12:00 pm
Skin scope screening provides an overview of the general condition of your skin. RSVP required.

Register Today
(407) 303-1700

Florida Hospital Health Park
- Lake Nona
9975 Tavistock Lakes Boulevard
Orlando, FL 32827

Parking is free. Light refreshments will be provided at all lectures.



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All Hearts with Drew

ODETTE VACCARO



For the past few months, one of our local families has taught the Nonahood the value of family, courage and keeping the faith. In late May, Drew Hazlett was enjoying his last days of school and getting ready for all the events related to his graduation from Lake Nona High School. A few days before, Drew and his family became sick. Thinking the respiratory virus had worsened or developed into pneumonia, Kim Hazlett, Drew's mother, felt the strong need to have Drew check up on his health. His family now credits Dr. Maki at Absolute Urgent Care with saving Drew's life. During that visit, Dr. Maki was able to identify Drew's heart was enlarged. She referred him to Florida Hospital Orlando immediately.

Here, Drew endured a variety of tests for several days, while the family nervously awaited results and searched for answers. Eventually, they received a diagnosis of myocarditis, a condition marked by inflammation and damage of the heart muscle, most probably caused by a viral infection.

The condition prevented Drew from attending his long-awaited high school graduation. This is when the outpouring of support for Drew began. His teachers and friends could not bear the thought of Drew missing the graduation he worked so hard to earn, so through coordination between Lake Nona High School and Florida Hospital, on May 24th, a graduation for Drew was held in his hospital room. While his classmates sat in the arena, Drew's name was read on the stage as he donned his cap and gown. His teacher, Mr. Smith, was in Drew's room to hand-deliver his diploma, while livestreaming the graduation

surrounded by his cheering family. The following day, Florida Hospital threw Drew a special graduation party complete with balloons, cake and guests.

After 11 days in the hospital, Drew was released with the plan of controlling his condition with medication and monitoring his reaction to treatment. However, on June 15th, Drew's condition worsened unexpectedly. While in a hospital room again, Drew crashed and a group of dedicated medical staff rushed to save his life. To save him, an emergency open heart surgery was needed. The intervention resulted in an ECMO, a piece of equipment to pump and oxygenate blood outside the body, allowing the heart and lungs to rest. Later, Drew was placed on a BiVAD, a device that assists cardiac circulation, to partially or completely replace the function of a failing heart.

Since that day, Drew has remained in the hospital, now waiting for a life-saving heart transplant. August 15th marked his 2 month anniversary at Florida Hospital, a day in which he received a special hospital badge usually reserved for staff. Drew continues to recover from his open heart surgery beautifully. He walks at least a mile every day, does physical therapy and acts like his normal, funny, sweet self for the most part. He remains on heart pumps in the Cardiovascular Intensive Care Unit, while he waits for the perfect heart.

The road has not been easy for Drew and his family. The Hazletts have dealt with pain, anxiety, fear and uncertainty. In addition to being Drew's caregivers, Matt and Kim, his parents, care for their two daughters Kacie and Mackenzie

with the help of family and friends. With both of them fully focused on their family at this difficult time, they each have had to put their self-managed businesses on hold, which has added a financial stress to their situation.

Yet through it all, the Hazletts have remained strong, courageous and most of all faithful. Their spirit and attitude make it so easy to see why the community support has been so unwavering. Jackie, Drew's favorite night nurse says, "Drew and his entire family are selfless and kind. They are always willing to do whatever it takes to help Drew get back home. It is an inspiration to watch this young man and family band together and tackle the road ahead."

The outpouring of support from our community has been a joy to see. Friends, family and neighbors have rallied behind the Hazletts, providing meals, donations, and prayers. Several events and fundraisers have been organized including bowling and poker tournaments and fundraisers at local restaurants. Teenagers have dedicated music performances to their schoolmate and prayers are continuously requested at social gatherings, Bible studies and church. Friends, classmates, and teachers visit Drew to bring gifts, smiles and encouragement.

Drew's story has spread, reaching sports celebrities such as Tim Tebow who called and prayed with him, and the Orlando City Soccer Club who visited and even made signals in honor of Drew when making goals.

Matt and Kim, Drew's parents, are full of gratitude, "We want to take this opportunity to thank our family, friends and community for your thoughts, prayers, donations, gifts and meals during this difficult time. We couldn't do this without all your support. Drew is such an inspiration to so many and we couldn't be more proud of him. He is the strongest person we know. We are still waiting for his heart transplant and want to raise awareness of the importance of giving the gift of life through organ donation. A big thank you to LNHS and Florida Hospital Orlando for helping us pull off a special graduation ceremony for Drew while he was in the hospital. Many thanks to his amazing medical team for all they do for Drew and our family. We are abundantly blessed!"

Most strikingly, while he has battled this condition, Drew has been a constant source of strength and positivity for his family and medical team. So while he has a full medical team rallying to care for his body, Drew has been caring for their spirit.

Those who care for Drew have nothing but words of praise. "Taking care of Drew is an absolute honor. He is the most caring person I have ever met and always greets me with a 'Hi, how are you doing.' The question should be how are YOU doing Drew? He keeps us all going with his positive attitude and outlook. I feel special that I am one of the nurses that gets to help him on his journey," shares Drew's nurse Skye.

Jenn, ECMO Specialist says "Drew has on many occasions prayed for his neighbors in the unit when he knows they are struggling or very sick. While

his friends enjoyed beach days and planning heading off to college this summer, Drew has been in the hospital fighting for his life. He is without a doubt one exceptionally special young man, and I know I speak for the entire staff when I say we look forward to seeing him recover and see what other big plans God has in store for him."

Anna, a perfusionist on the team shares, "Drew is a blessing to everyone he meets, and I thank God every day for introducing me to this exceptional young man who shows love and respect to every person who crosses his path, even in the most extreme circumstances."

The way Drew has approached his situation has also shaped some of the staff's outlooks on life. "This weekend I set an alarm to get up and watch the sunrise and my family said I should sleep in. But I knew that I was afforded an opportunity Drew would love to have, but can't leave the hospital. So in that spirit, I got up and watched the sunrise in his honor and prayed for him" shares Jenn.

While they wait, the Hazletts continuously pray not only for Drew, but for comfort for the donor's family. They would like to raise awareness of the importance of registering as an organ donor and how it can make a difference for thousands of people waiting for life-saving transplants.

Drew has taught us the meaning of the famous quote by Charles R. Swindoll, "Life is 10% what happens to me and 90% how I react to it." In the words of Drew, "My motto through this whole journey has been...MINOR SETBACK TO A MAJOR COMEBACK, and that's how I feel. I stay positive and work hard so that I can once again lead a happy, healthy life. I love and appreciate my medical team for all they do for me. Thank you to everyone for your prayers and support for me and my family"

Although Drew was registered to attend Valencia this fall, his plans for the future have changed. This journey has now sparked an interest in helping others on similar paths. Drew looks forward to traveling to raise awareness and provide support for those facing similar challenges and hopes to open a restaurant with healthy food options for people with cardiac issues on strict diets.

Drew, we have no doubt you will achieve your dreams and the Nonahood stands with you.

Right as this issue was going to print, on the evening of Sunday, August 20th, the Hazletts received the call they had been anxiously waiting. A heart was found for Drew. He was rushed to surgery and at exactly 12:04 a.m. on Monday August 21st, Drew's new heart started beating.

How you can help:

DONATIONS:

youcaring.com/thehazlettfamily-854482

UPDATES:

caringbridge.org/visit/drewhazlett2

ORGAN DONATION INFORMATION:

donatelife-florida.org

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Lake Nona High School Athletics Schedules

GIRLS VOLLEYBALL

FRESHMAN

DATE	OPPONENT	HOME/AWAY	SITE	TIME
8/22/17	First Academy	Home	Lake Nona	5:00
8/23/17	Apopka	Home	Lake Nona	5:00
8/31/17	Lake Highland	Home	Lake Nona	5:00
9/06/17	Olympia	Away	Olympia	5:00
9/12/17	Boone	Away	Boone	5:00
9/13/17	Osceola	Home	Lake Nona	5:00
9/21/17	St. Cloud	Home	Lake Nona	5:00
9/26/17	Timber Creek	Home	Lake Nona	5:00
9/27/17	Cypress Creek	Home	Lake Nona	5:00
9/29/17	Lake Highland	Away	Lake Highland	5:00
10/03/17	Winter Park	Home	Lake Nona	5:00
10/04/17	Seminole	Home	Lake Nona	5:00

JV/VARSITY SCHEDULE

DATE	OPPONENT	HOME/AWAY	SITE	TIME
8/17/17	Pre-Season Classic (V only)	Away	Seminole HS	5:00/6:00
8/22/17	The First Academy	Home	Lake Nona	6:00/7:30
8/23/17	Apopka	Home	Lake Nona	6:00/7:30
8/30/17	Holy Trinity	Away	Lake Nona	5:30/6:30
9/06/17	Olympia	Away	Olympia	6:00/7:30
9/07/17	Colonial**	Away	Colonial	6:00/7:30
9/11/17	Edgewater	Away	Edgewater	6:00/7:30
9/12/17	Boone**	Away	Boone	6:00/7:30
9/13/17	Osceola	Home	Osceola	6:00/7:30
9/15/17-9/16/17	Winter Park Classic (5 matches) (V only)	Away	OTVA	TBA
9/18/17	Oak Ridge	Home	Lake Nona	6:00/7:30
9/19/17	University**	Away	University	6:00/7:30
9/26/17	Timber Creek**	Home	Lake Nona	6:00/7:30
9/27/17	Cypress Creek	Home	Lake Nona	6:00/7:30
10/03/17	Winter Park**	Home	Lake Nona	6:00/7:30
10/04/17	Seminole	Home	Lake Nona	6:00/7:30
10/10/17	Freedom	Away	Freedom	6:00/7:30
10/11/17	East River	Home	Lake Nona	6:00/7:30

** DISTRICT

CROSS COUNTRY

DATE	OPPONENT	SITE	TIME
8/19/17	Mike Gibson Summertime Run	Lake Mary High	5:00
8/26/17	Spikes and Spurs Classics (V only)	Flagler Palm Coast	5:00
9/02/17	Winter Springs Invitational	Winter Springs High	5:00
9/09/17	Horse Park Invitational (V only)	Ocala Horse Ranch	5:00
9/16/17	St. Cloud Invitational	St. Cloud High	5:00
9/29/17	Flrunners Invitational (V only)	Holloway Park Lakeland	5:00
10/07/17	Pre-State Invitational (V only)	Florida State University	5:00
TBA	Metro Conference Championship	TBA	5:00
TBA	District Championship	TBA	5:00
11/04/17	Region Championship	Flagler Palm Coast	5:00
11/11/17	State Championship	Florida State University	5:00
11/25/17	Footlocker S Nat. Championship	Charlotte, NC	5:00

BOWLING BOYS/GIRLS

DATE	OPPONENT	Location	TIME
9/13/17	Colonial/University/East River/Oak Ridge/Boone	Boardwalk Bowl	3:00
9/20/17	Cypress Creek/Timber creek	Boardwalk Bowl	2:45
9/25/17	Freedom	Three Points	3:30
9/27/17	Jones	Three Points	3:00
10/04/17	Edgewater	Colonial Lanes	2:30
10/11/17	Winter park	Aloma Bowl	3:00
10/23/17-10/25/17	District Tournament	Boardwalk Bowl	7:00 a.m

SWIMMING

DATE	OPPONENT	Location	TIME
8/30/17	University	Lake Howell High School	6:00
9/06/17	Lake Highland/Seminole	Lake Highland	4:00
9/13/17	Boone	Wade view	6:00
9/16/17	Lake Brantley Invite	Lake Brantley	All Day
9/19/17	Freedom/Bishop Moore	Lake Nona Y	4:00
9/27/17	Celebration	Lakeside pool Celebration	4:30
10/10/17	First Academy *	Lake Nona Y	4:00
TBA	Metro East Swim Meet	Winter Park	4:30
10/13/17-10/28/17	District Meet	TBA	TBA
10/30/17-11/04/17	Regional Swim Meet	TBA	TBA
11/10	State Swimming Meet	Stuart, FL	All Day
12/06/17	Swimming Banquet	LNHS	TBA

* SENIOR DAY 10/10 VS. TFA

FOOTBALL

DATE	OPPONENT	Location	TIME
8/18/17	Kick off classic - olympia	Nemours stadium	7:00
8/25/17	Winter park	Nemours stadium	7:00
9/01/17	Boone	Boone hs	7:00
9/08/17	Freedom	Nemours stadium	7:00
9/15/17	St. Cloud - district game	Nemours stadium	7:00
9/22/17	Bye	Bye	7:00
9/29/17	Windemere - district game	Nemours stadium	7:00
10/06/17	*Celebration - district game	Nemours stadium	7:00
10/12/17	Harmony - district game	Harmony hs	7:30
10/20/17	**East river hs - district game	Nemours stadium	7:00
10/27/17	Liberty - district game	Liberty hs	7:30
11/3/17	Wekiva	Wekiva	7:00

* HOMECOMING **SENIOR NIGHT

WRESTLING

DATE	OPPONENT	SITE	TIME	Confirmed Y/N
11/06/17	First Day of Practice	Wrestling Room	2:30 PM	Y
11/22/17	Preseason Classic	St. Cloud	TBA	Y
12/08/17-12/09/17	Danny Byron Individuals	Osceola HS		Y
12/16	Let Freedom Ring	FHS	TBA	Y
12/22/17-12/23/17	Rob Herman Hurricane Cup Duals	Citrus High School		Y
1/04/18	Timber Creek JV Quad	Timber Creek HS		
1/11/18	Freedom JV Quad	Freedom		
1/12/18 - 1/13/18	Lake Nona Invitational	LNHS		Y
1/23/18	Winter Park Dual	Winter Park	TBD	Y
1/27/18	Wolf-Pack JV Quad	Timber Creek HS		
1/28/18	Wolf-Pack IBT	Timber Creek HS		
2/06/18	Cypress Creek Dual*	LNHS		Y
2/10/18	Metro East Tournament	East River		Y
2/12/18-2/17/18	FHSAA 3A District 5	TBA	TBA	Y
2/23/18-2/24/18	FHSAA 3A Region 2 Tournament	Osceola HS		Y
3/02/18-3/03/18	FHSAA Tournament	Silver Spurs		

*SENIOR NIGHT

CONTINUED ON NEXT PAGE

Lake Nona High School Athletics Schedules (continued)

SOCCER GIRLS

DATE	OPPONENT	SITE	TIME
11/2/17	PRE-SEASON CLASSIC: -Vero -Oviedo -LNHS	Lake Nona	Kickoff @ 6, 6:45, 7:30
11/7/17	Bishop Moore Catholic HS	Lake Nona	6/7:30
11/9/17	Winter Park High School	Winter Park	6/7:30
11/14/17	Oak Ridge High School	Oak Ridge	6/7:30
11/16/17	Timber Creek High School	Timber Creek	6/7:30
11/17/17	Viera High School	Lake Nona	6/7:30
11/30/17	Monteverde Academy	MVA	6/7:30
12/05/17	Colonial High School	Colonial	6/7:30
12/07/17	Cypress Creek High School	Lake Nona	6/7:30
12/12/17	East River High School	East River	6/7:30
12/14/17	Freedom High School	Lake Nona	6/7:30
12/19/17	University High School	University	6/7:30
12/21/17	Boone High School	Lake Nona	6/7:30
1/05/18	Varsity vs. Edgewater*	Winter Park	4:30
1/06/18	Varsity vs. McKeel Academy vs. University O.C.	Winter Park	12:00 4:30
1/09/18	West Orange High School	Lake Nona	6/7:30
1/11/18	Lake Mary High School	Lake Nona	6/7:30
1/16/18	Dr. Phillips High School	Lake Nona	6/7:30
1/18/18	George Jenkins Sr. High School	Lake Nona	6/7:30
1/22-1/26/18	District Tournament Week	TBA	TBA

BOYS

DATE	OPPONENT	LOCATION	TIME
11/6/17	Bishop moore	Bishop moore	7:00
11/8/17	Edgewater	Lake brantley	7:00
11/13/17	Osceola high school	Lake nona	6/7:30
11/15/17	Timber creek high school	Lake nona	6/7:30
11/27/17	Olympia high school	Lake nona	6/7:30
11/28/17	University high school	University	6/7:30
11/30/17	Boone high school	Boone	6/7:30
12/05/17	Colonial high school	Lake nona	6/7:30
12/07/17	Cypress creek high school	Cypress creek	6/7:30
12/12/17	East river high school	Lakenona	6/7:30
12/14/17	Freedom high school	Freedom	6/7:30
12/15/17	Seabreeze high school (V only)	Seabreeze	7:00
12/19/17	Winter park	Lake nona	6/7:30
12/21/17	Harmony high school	Harmony	6/7:30
12/22/16	Gateway high school	Gateway	6/7:30
1/09/18	Lakewood ranch high school (V only)	Lakewood ranch	7:30
1/10/18	Wekiva high school	Wekiva	6/7:30
1/12/18	Oak ridge high school	Lake nona	6/7:30
1/17/18	Heritage high school (V only)	Lake nona	6:00
1/19/18	Evans high school	Lake nona	6/7:30
1/23/18	West orange high school	West orange	6/7:30
1/25/18	The masters academy high school (V only)*	Lake nona	7:30

*SENIOR NIGHT



GOLF GIRLS

DATE	OPPONENT	SITE	TIME
8/23/17	Boone (TBD)	Ventura	TBD
8/24/17	Harmony	Harmony Golf Preserve	4:00
8/29/17	Wekiva HS		4:00
8/31/17	West Orange	Eagle Creek	4:00
9/05/17	Wekiva HS	Eagle Creek	4:00
9/07/17	Dr. Phillips (TBD)	Eagle Creek	TBD
9/09/17	Golf Tournament/Central Florida Golf Invitational/ Lake Mary HS Host	GM	7:00
9/12/17	Winter Park (TBD)		TBD
9/21/17	Harmony	Eagle Creek	4:00
9/26/17	Circle Christian	Eagle Creek	4:00
10/05/17	Olympia (TBD)	Eagle Creek	TBD
10/10/17	West Orange	TBD	TBD
10/16/-10/18/17	FHSAA Girls District Golf Tournament	TBD	TBD
10/23/-10/25/17	FHSAA Girls Regional Golf Tournament	TBD	TBD
10/31/-11/04/17	FHSAA Girls State Golf Tournament	Mission Inn Resort and Golf, Howey-in- the-Hills	TBD

BOYS

DATE	OPPONENT	SITE	TIME
8/22/17	TFA	Falcon's Fire GC	4:00
8/24/17	Freedom	Eagle Creek	4:00
8/30/17	Timber Creek	Eagle Creek	3:30
8/31/17	Boone	North Shore	3:30
9/06/17	Hagerty	Eagle Creek	4:00
9/07/17	Dr. Phillips	Hawks Landing	4:00
9/12/17	Trinity Prep	Eagle Creek	4:00
9/13/17	Winter Park/Timber Creek	Rio Pinar CC	2:15
9/14/17	TFA	Eagle Creek	4:00
9/21/17	West Orange/Foundation	West Orange CC	4:00
9/26/17	Cypress Creek	Grande Vista	4:00
10/3/17	Olympia	Eagle Creek	3:30
10/4/17	Metro East Conference	North Shore	12:30 Shotgun
10/10/17	Boone	Eagle Creek	4:00
10/16/17	Districts		8:00am
10/23-10/25/17	Regionals		8:00am

BOYS BASKETBALL

FRESHMAN

DATE	OPPONENT	SITE	TIME
11/29/17	Lake Howell High school	LNHS	4:30
12/02/17	West Orange High School	West Orange	11:00
12/06/17	University High School	LHHS	4:30
12/08/17	Boone High School	Boone	4:30
12/12/17	Colonial High School	Colonial	4:30
12/14/17	Winter Park High School	LNHS	5:00
12/20/17	Timber Creek High School	LNHS	4:30
01/09/18	University High School	University	4:30
01/17/18	Boone High School	LNHS	4:30
01/19/18	Colonial High School	LNHS	4:30
01/24/18	Winter Park High School	Winter Park	4:30
01/25/18	Timber Creek High School	Timber Creek	4:30

Lake Nona High School Athletics Schedules (continued)

BASKETBALL GIRLS

Date	Opponent	Site	Time
11/15-11/16	Pre-season winter park	Wphs	Tbd
11/28/2017	Oakridge	Lnhs	6/7:30
11/30/2017	Bishop moore	Lnhs	6/7:30
12/05/2017	University	Uhs	6/7:30
12/07/2017	Boone	Lnhs	6/7:30
12/11/2017	City of life (V only)	Lnhs	6
12/13/2017	Colonial	Lnhs	6/7:30
12/14/2017	Winter park	Lnhs	5/6:30 9Th b/jvg
12/15.2017	Winter park jv boy/vg/vb	Lnhs	4:30/6/7:30
12/19/2017	Timber creek	Tchs	6/7:30
12/21/2017	Wekiva	Whs	6/7:30
12/27-12/30	Florida prospect	Tbd	Tbd
1/05-1/06/18	Flagler palm coast	Fpc	Tbd
1/10/2018	University	Lnhs	6/7:30
1/12/2018	Boone	Bhs	6/7:30
1/13/2018	Think pink	Uhs	Tbd
1/16/2018	Cypress creek	Lnhs	6/7:30
1/18/2018	Colonial	Chs	
1/23/2018	Winter park (V only)	Wphs	6/7:30
1/24/2018	Winter park	Wph	9Th b/jv boys & girls 4:30/6/7:30
1/26/2018	Timber creek	Tchs	6/7:30
1/29/2018	Freedom	Fhs	6/7:30
1/31/2018	East river	Erhs	6/7:30
2/01/2018	Winter springs	Wphs	6/7:30

BOYS

DATE	OPPONENT	SITE	TIME
11/29/17	Lake Howell High school	LNHS	4:30pm
12/02/17	West Orange High School	West Orange	11:00am
12/06/17	University High School	LHHS	4:30pm
12/08/17	Boone High School	Boone	4:30pm
12/12/17	Coloinal High School	Colonial	4:30pm
12/14/17	Winter Park High School	LNHS	5:00pm
12/20/17	Timber Creek High School	LNHS	4:30pm
1/09/18	University High School	University	4:30pm
1/17/18	Boone High School	LNHS	4:30pm
1/19/18	Colonial High School	LNHS	4:30pm
1/24/18	Winter Park High School	Winter Park	4:30pm
1/25/18	Timber Creek High School	Timber Creek	4:30pm

Sports Update

PAUL THIERRY

TENNIS:

Tennis courts at the USTA's National Campus in Lake overflowed with Men and Women teams from across Florida the weekend of August 11. The teams competed for the USTA 18 and over 3.0/4.0/5.0+ Sectional Championships. 3.0, 4.0, and 5.0 describe the National Tennis Rating Program scale, where 3.0 is somewhat consistent, while the 5.0 player "frequently has an out-standing shot, consistency, or attribute around which game is built". This allows players to match up with opponents with similar skills.

SCRIMMAGE:

Fall is coming! In another sign that summer will have an end, Lake Nona High School held the Navy/White scrimmage on Friday, August 11. The Lion's opened their varsity season at home, 7:00PM, Friday, August 18 against Olympia.



FOOTBALL:

Lake Nona High School's Anthony Queely turns up field with Quarterback Michael Kern's pass during a 50-29 Pre Season Classic loss to Olympia. The Lion's opened their regular season at home against Winter Park, August 25th.

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Local Doctor Slam Dunks Into Sports (Medicine)

NICOLE LABOSCO



Most of us can imagine the hectic lifestyle that comes along with being a doctor just from some of the handful of major medical TV shows: Long nights. Always on call and basketball? Well, move over Shonda Rhimes...this is no "Grey's Anatomy!" After speaking with a Lake Nona resident who has the same career as some characters from your guilty pleasure medical TV series, we learned that, although a frenetic career, it's more than just a job and it's worth every moment...and penny.

William Felix, MD with Florida Hospital Medical Group, began his medical career in Puerto Rico. From there, he began his residency in Camden, NJ and set his sights on the emergency room. The high-paced intensity piqued his interest. Dr. Felix eventually made his way to Kansas for a year or two and then finally landed at Duke to complete his fellowship in Primary Care-Sports Medicine, which he calls "a dream come true."

"Ever since, I haven't looked back. I mean, I like [the] ER, I'm just passionate about sports medicine. It comes down to quality of life, not so much money, but quality of life. Knowing that I wanted to be a father and a husband, present in the life of my family, I knew that in the ER I may not, I was not going to be able to do that, at least as much as I wanted to."

Growing up, Dr. Felix played sports and attributes that as a source of inspiration to make the switch from the ER to Sports Medicine.

"All the injuries I had, yes," he said jokingly. "Yes, that's how I came to like bones and tendons, but there's much more in the world of sports medicine than just orthopedics. This is what I love about this community. It's how they embrace staying active/healthy as part of a lifestyle. It's not just a trend, it's a lifestyle. How sports medicine tells more than just the bone and tendons; it tells health, performance. ... It tells a whole new world of exercise physiology. It tells those disciplines integrated into one major denominator, which is the world of Sports Medicine, and that's what I'm passionate about."

Dr. Felix is one out of about 140 board-certified doctors who specialize in both Emergency and Sports Medicine. "It feels a bit weird...we are very few and that, I think, puts a little bit more pressure, because all eyes are [on] what's different, right? The norm is usually Family Medicine, Sports Medicine..."

The doctor goes on to say how each of the two forms of medicine coincide. "I think Emergency

Medicine and Sports Medicine bring a perfect combination, a perfect merge...dealing with the acuity of an injury, but at the same time having that extra knowledge in the musculoskeletal world, which Sports Medicine conveys, is greatly appreciated, especially in the sports industry."

Dr. Felix is an independent contractor for the NBA. He became involved with the basketball association once the NBA's Chief Medical Officer Jace Provo reached out to him to be his clinical consultant. Dr. Felix is uniquely qualified to provide medical services in the ER and courtside. That skill-set brought him to the 2012 London and 2016 Rio Olympics, to name just two amazing opportunities.

"The whole scheme of how this works is pretty amazing! My responsibility is to look for hospital systems that deliver the same quality of care that we expect in the States, make connections with those hospitals, with the staff, that we can agree to some exclusivity during the events if something happens, not only to the athletes, but to the NBA staff and VIPs. To make it as anonymous as possible. That's very important when it comes to the world of sports, professional sports."

From the last week of July into the first week of August of this year, Dr. Felix covered the NBA/FIBA Africa Basketball Without Borders (BWB) event in Johannesburg, South Africa. BWB is the NBA and FIBA's global community outreach and basketball development program. The program's purpose is not only to promote basketball but also to encourage positive social change in wellness, health and education. BWB was founded in 2001 and has since hosted 45 camps in 26 cities in 22 countries on five continents.

In Johannesburg, Dr. Felix worked with Dirk Nowitzki of the Dallas Mavericks and DeMarcus Cousins of the New Orleans Pelicans, as well as Team Africa. The event had about 100 players, and Dr. Felix was one of three doctors on the trip. The

game was open to the public and had about 27,000 attendees. His favorite part of the 10-day trip? Talking to the local people and discovering the hidden gems wherever he might be.

"That's when you truly get the experience that you've been somewhere outside of the comfort zone that's called home. You talk to the people. I always get a local driver, and I love to talk to my driver because they give you insight on the history: cultural, political, historically how things happened, especially a place like South Africa. The biggest highlight was not the game. The biggest highlight was this." Dr. Felix proceeds to pull out his phone to display a picture of him standing next to a South African woman who shared her story with him and another picture of the local children who begged him to take a picture because they were fascinated with his iPhone.

"You get to know one [person] and you get to know their background and you get to know what they have to tell you about their history, about their culture, about their life experiences, their day-to-day...man, that's so enriching! That, for me, I'm still in awe. The stories they have to tell...that's the part that I love the most!"

Thinking about the expansion of Medical City here in Lake Nona and the upcoming Sports District, Dr. Felix appeared to grow with excitement. "Wow, how do I see that? This is the perfect niche for me. I'm part of the community. I embrace the community. I think this community is, in a good way, desperate to get an identity, and I think anything local, I think we're starting to develop an identity of being

Lake Nonians. This community has been very, very supportive of all my efforts, so I see that as an opportunity to just continue to increase our line of services, what I can offer to the community and the good things the community can benefit from us."

Dr. Felix offers pretty passionate and straightforward advice to those looking to follow in his footsteps. "Oh, do it! Do it! If I traveled back in time, what would I do differently? Probably

nothing. In life, I've seen great things. I can die today and say, 'Man, I've had a pretty cool life!' Not only NBA, but the satisfaction that I've had from Emergency Medicine: the opportunity to save lives. Sports Medicine: the opportunity to be involved in these camps, Basketball Without Borders. When we have the future of our sports pretty much developing, and they are...you can see, 'Man, that guy is going to be great! That kid is going to be the next star!' And somehow you were a part of that because you provided care for their needs when they needed it."

He says the NBA is more than just a game and that he's grateful for the things he's been able to see through the eyes of the NBA. Dr. Felix mentions that he thinks he's a better person because of that: to get exposed, to see and to learn.

From all of his experiences brought on by traveling, Dr. Felix takes note that sports are indeed universal. "Something that is amazing about sports is that there are no languages when it comes to sports. There is no ideology that comes with sports. If you're a fan of the game and a fan of the sport, it doesn't matter if you're purple or you're white, it doesn't matter if you're red. It doesn't matter if you're Asian or African. You find a common pattern. A common fire, regardless of ethnicity, regardless of everything...that's sports. That's the beauty of sports. It doesn't have a language, doesn't have an ideology. As long as you love, you're passionate about the game, that's what counts. That's enough. That's plenty. You don't need anything more."



Local Lake Nona Athlete to Participate in the Regional Drive, Chip and Putt at TPC Sawgrass LC

VANESSA POULSON



Eight-year-old Briel Royce will be participating in the Regional Drive, Chip and Putt at TPC Sawgrass, an incredibly competitive golf championship. It's held in September at the Augusta National Golf Club the Sunday before the Masters Tournament and is broadcast live by the Golf Channel. Briel will be the first from the Nona-hood to participate in this prestigious tournament.

The road to the tournament has been packed with a variety of events in order to qualify for the competition, including the Grand Cyprus, where Briel earned second place. That qualified her for sub-regional, where she also earned second place out of all the kids in the 7-9 age range of the competition.

Briel has only been golfing seriously since July 2016.

But her interest in golf has been present since she was 5, watching the Golf Channel with her dad and wanting to be like the pros that she saw on television. "They hit the driver really far," said Briel, recalling the experience. Briel's favorite memory so far in her golfing experience is when she got her first set of golf clubs in January and went on to earn first place in her very first tournament at Ventura Country Club. She hasn't put the clubs down since she first started and is showing no signs of slowing down.

Briel has had a vast array of experiences in golf, including teeing off only to drive the ball 175 yards, right up to the pin, and getting a hole in one at locals on a chip. It is these actions that earn Briel points, which determine her score for the championship. If Briel performs well at the Drive, Chip and Putt, she will get to go to The Masters, the most well known and recognized of the golfing championships, and get to be interviewed by the Golf Channel.

Not only is Briel an incredible golfer, but she also takes interest in competitive gymnastics, karate, and Girl Scouts, with some roller skating mixed in here and there. Soon, she will also be camping at NASA. Though she explores a variety of passions, her heart lies with golf. She hopes to one day become a professional golfer like those she admires in the field, such as Lydia Ko, whom she got to meet at Reunion Resort while Briel was competing at Nationals.

After the championship, Briel is hoping to participate again next year as well as take part in some local tournaments to earn some more titles for her accomplishments. Briel says she feels both "amazing and excited" for the Drive, Chip and Putt and is hoping to come home with a trophy with her name on it since the championship will be Briel's first competition to mail her a personalized trophy with her name cut into the plaque.

We wish Briel all the best of luck with the Drive, Chip, and Putt and cannot wait to hear about her achievements!

Lake Nona Resident Teams Up With the Y and Loses Big!

LAUREN WARD



July 2016



August 2017

In July 2016, Chris Wright had a moment that ultimately changed the course of his life. He was helping his wife pull weeds in their yard, a task that many would view as relatively simple. Within minutes of helping, Chris suddenly felt short of breath and dizzy. The fear he felt that day led him to decide it was time to make a lifestyle change. At the time, he was 33 years old and weighed 333 pounds. Most days he spent dealing with back and joint pain, unable to complete even the smallest tasks around the house.

Together, Chris and his wife, Steffanie, made a plan to start dieting and watching their calorie intake. They stayed away from processed foods and started eat-

ing more fresh vegetables. By November 2016, it was obvious the diet was working as Chris had lost 40 pounds in 4 months. Chris's father-in-law noticed his progress and encouraged him to keep going by challenging him to pass the military physical fitness test. To pass this test, Chris would need to complete 31 pushups in 2 minutes, 43 situps in 2 minutes, and a 2-mile run in under 17 minutes and 30 seconds. To help him train for the test, Chris' father-in-law offered to pay for a YMCA family membership and personal training for Chris and Steffanie.

Motivated and eager to complete this challenge, Chris and his family joined the Lake Nona YMCA in November. A few days later, Chris and Steffanie connected with a personal trainer, who helped put them on a path to take their fitness to the next level.

Their trainer created strength training and cardio workouts for them and offered nutritional advice to help them stay on track with their eating.

Fast forward to August, and Chris has lost 90 pounds in just over a year since committing to make a lifestyle change. Both Chris and Steffanie have more energy and less pain, and their overall quality of life has greatly improved over the past 13 months. Chris is very close to passing the military physical fitness test and was recently accepted into the National Guard as a JAG officer. He is very excited to begin this next step in his career and gives credit for his success to the support he received from his wife, family and the staff at the Lake Nona YMCA.

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Nona Cycle: 1st Anniversary Ride

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On the morning of August 13, 65 cyclists pedaled out of Laureate Park for a 38-mile trek through St. Cloud and the surrounding area. Even though every Sunday the Nona Cycle group makes their signature ride, this one was a little special. That is because it was the one-year anniversary of Nona Cycle Facebook page, and there was a lot to celebrate. Just a year ago, the group consisted of only 14 riders, and the Sunday rides were attended by between 5-8 riders. We were just starting out and needed a way to motivate and support each other with hopes to build up our group for the Tour de Cure and Ride For Ronald charity rides. Never did we think it would grow so much and so quickly. Today, the Nona Cycle group has grown to more than 200 cyclists, and new members are joining every day!

Lake Nona turns out to be a great place to ride and also a fun place to celebrate. The anniversary "post ride" was held at the Laureate Park Aquatic Center and was sponsored by Pearl Izumi cycling gear. They donated loads of cycling clothing, and we also received items from Evolution Bike Shop in Celebration and the Nona Brew Crew to give away. There is no better way to cool off and relax after the long ride than to stand under the Splash Bucket and spend time with other cyclists.



Although we are gaining seasoned riders, Nona Cycle is also focusing on new cyclists and cyclists who haven't been on their bikes in a while. Every Saturday at 8:30 a.m., Nona Cycle meets at Canvas Restaurant parking lot and hosts a beginners' ride. Riders from all levels have been showing up for this one-hour slower pace ride to get people used to being on their bikes and, more importantly, riding in a group. We provide safety tips and the "rules" for group rides. It takes a little time to adjust, but once you try it, you'll see the benefits immediately.

If you would like to join our cycling group, visit <http://nonahood.to/nonacycle>. Also, you can simply show up for our Sunday Rides. They start at 7:30 a.m. at Canvas Restaurant and have A and B group rides depending on your abilities. We are not certain what the future holds for Nona Cycle, but we are excited where the path has taken us so far.



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USTA September Update

DANIEL PYSER



Youth tennis has been a pillar of the USTA National Campus since it opened its doors in Lake Nona in January. With a robust slate of youth programming, a variety of clinics and junior tournaments, young players can always be seen on the grounds.

Now, youth tennis is getting a new look, as the USTA has debuted its revolutionary new youth tennis brand, "Net Generation." For the first time, American tennis will have one unified youth brand for children to get into the sport, making it easier for kids and their parents to learn about tennis and participate in the game in schools, parks and clubs across the country. The movement embraces all aspects of youth play for kids ages 5-18.

"Net Generation is a bold approach to empower kids to play the game while elevating and setting new standards on how we deliver and engage children in our sport," said Craig Morris, General Manager, USTA Community Tennis and Youth Tennis. "These efforts will make a lasting impact to help drive youth participation throughout the country."

The objective of Net Generation is to provide a kid-friendly, safe connection to the sport, as well as a platform to celebrate individuality and self-expression. To ensure a safe environment, all Net Generation providers – including coaches, teachers, players and volunteers – must first go through a Safe Play Program. Safe Play is a three-step process that includes a background check to ensure childhood safety. This system will be the first-of-its-kind in the sports landscape, requiring all providers to submit to a comprehensive screening and education program.

The USTA has a longstanding commitment to encouraging healthy and active lifestyles among children. Over the last decade, youth tennis has brought hundreds of thousands of kids into the sport

by using shorter courts, lower-bouncing balls and lighter racquets to allow them to play more quickly and easily.

To further evolve these efforts, the USTA will be working closely with schools and school districts, providing equipment, trainings and resources for teachers. In addition, the USTA has developed a new schools tennis curriculum and will encourage schools to have a community partner to help kids find a tennis facility to play after school in partnership with the Society of Health and Physical Educators.

In addition, Net Generation will be integrated throughout all competitive levels, including youth tennis, team tennis and junior competition. By setting new standards and collaborating with programs across the board, these efforts will help unite the tennis industry by sharing the same mission: to get more kids playing tennis.

While youth tennis is getting a new look this fall, adult programming at the National Campus is also adding a major new program. Over the coming months, the National Campus will be offering Adult Camp Experiences, for individuals or groups who want an enhanced training experience.

The Adult Camp Experiences are being offered in half-day, full-day and three-day options. The half-day camp experience consists of an hour-and-a-half of open play and two hours of pro-led drills. The session also includes a campus tour and lunch at the Net Post Grill.

The one-day camp experience takes a day of training to the next level. The morning includes open play and drills, as well as a campus tour. After lunch at the Net Post Grill, players will get an equipment demo before returning to the courts for match play and additional drills. There will be one-day camp experience options for 3.5 and below players, as well as 4.0 and above players.

The most action-packed option is the three-day camp experience. The weekend of tennis kicks off Thursday night with a social mixer. Friday and Saturday are two days full of tennis with a combination of drills and match play. The weekend wraps up on Sunday with a skills challenge. There will be three-day camp experiences designed for players of all skill levels.

To check dates and reserve your Adult Camp Experience, or to sign up for any other fall programming, visit the USTA National Campus website at www.ustanationalcampus.com.

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Education

STEM Focus: Heading to College, Now What?!

DR. ANDRE GARCIA



Dr. Andre Garcia is a human factors scientist/engineer at a large defense contractor and owner of EduCoach Orlando. He has previously worked as a research scientist at the Army Research Lab, Naval Sea Systems Command, and Air Force Research Lab, and in the Statistical Research Division of the U.S. Department of Commerce. He has a Master's and Ph.D. in Human Factors and Applied Cognition from George Mason University, an MBA and B.A. from the University of Central Florida, and a certificate in Aerospace Project Management from Caltech. He currently serves on the UCF Alumni Board and previously served on the Dean's Advisory Board for the UCF College Sciences. Visit EduCoachOrlando.com to learn more.

they want to study during their post-secondary education. The latter part is really the difficult part.

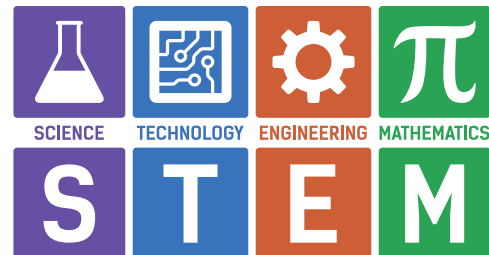
As the new school year begins, families will be squeezing in their last vacation, buying school supplies, or moving their young adults into their dorm rooms at universities across the country. High school upperclassmen will have to hit the ground running with SAT and ACT test prep and thinking about what colleges to apply to, all while maintaining their performance in the classroom and pondering what they want to do for their career and thus what

Most families send their kids off to college assuming the student will figure out what they want to do the rest of their life. Hopefully, students fall in love with one of their courses in their first two semesters and declare that subject as their major. This is a flawed approach that limits the student's purview to what they may experience in their first year in college and as a function of what majors a given university offers. 80% of students enter college without a declared major, and 50% of those who do enter with a declared major will change it at least 3 times (The Wall Street Journal). Colleges and universities are extremely limited in the fields they are able to offer. For example, some are strong in engineering but have no presence in economics.

How is a student supposed to know what to study without being exposed to the vast number of career fields out there and understanding the connection between the education they choose and the paths to get them there? Additionally, there are many other factors to consider when picking what the student wants to major in or what university to attend, including cost, geography, size of the institution, and core competencies of the institution. Students also are constantly bombarded with information, or worse, misinformation about many career fields, career outlooks,

difficulty of certain majors, and pressure from friends and family to pursue a major they later end up changing.

So how should a student identify what education and career field they want to pursue and what universities they apply to? Should they use the same heuristics that most people erroneously use such as the "college experience," Greek life, the football team, or attending their parents' alma mater? I recommend taking a deep dive into learning about a broad base of topics and learning the subtle nuances and differences between related fields to better understand what's out there. For example, STEM (Science, Technology, Engineering, and Mathematics) has been the buzzword surrounding education for several years (or STEAM if you include the Arts) of the most in-demand and lucrative careers. Working with students, we study the differences between each of the domains and explore the overlap and interdependencies of related multidisciplinary domains. Then, once the student develops an interest in a broad topic, we research the subtle differences between each of the career paths within that field. For example, what is the difference between computer science and computer engineering? What about the difference between statistics and data analytics? These are all fields of study that lead to in-demand careers.



Investing the time, energy and resources into exploring education and career opportunities can help set up our next generation of scholars and leaders for success in life. It can help them better identify which universities offer majors in the fields they have an interest in, and save them time and money by minimizing the chances of switching their majors and costing them an additional year of higher education. Furthermore, performing this education and career research due diligence can help improve a student's academic performance as well as spark the student's interest in investigating grad school and jumpstart the student's proactivity in investigating potential employers, internships and research opportunities. At EduCoachOrlando.com, we coach and advise students on STEM education and careers. We have significant experience in STEM education and careers, with practitioners in science, technology, engineering, and mathematics in government, industry and academia. As the saying goes, "Luck is when preparation meets opportunity." At EduCoachOrlando.com, we help prepare students for that opportunity.



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Sun Blaze Celebrates 5 Years

TAMI TURNER

Sun Blaze Elementary School is celebrating five years in the community. Our staff commemorated this year with a photo on the front lawn of our campus. We are proud of the previous four years and the many achievements we have reached together, especially being an A-rated school since opening. However, we do not measure our success based on past merits, but look to the future, exploring new and exciting ways to create environments where students are excited and challenged to learn.

Our students have many opportunities in addition to classroom instruction to assist in their academic, social and physical development. These opportunities include: Art, Music, Chorus, Physical Education, Sunshine State Young Readers, Spelling Bee, Oration, Field Day, TV News Crew, Science Club, Odyssey of the Mind, Golf, Dance, K-Kids, Karate, Girl's on the Run, Sun Blaze Clubs, and our most recent addition to our Special area rotation, Movement. As we create environments where students can learn at a high level, we also teach with kindness, compassion, and a desire to see our students continued growth as well-rounded students in our homes and community. Classroom instruction in addition to the listed opportunities assures us that we are moving in the right direction.

We also are excited about the many areas of campus improvements that are taking place at Sun Blaze. Our new parking lot will add 50 additional parking spaces for parents, volunteers and community visitors, making it easier to find space while visiting our beautiful campus. It also will feature a second, much-needed bike rack area for the many students in the community who ride their bicycles to school. Our Physical Education space has been expanded and will include four different hopscotch patterns and three 10'x10' Four Square courts. Our two Movement classrooms resemble a dance studio, featuring open space and a solid wall of mirrors. From the Movement class, students will learn how to explore their creativity and imagination through movement. The Movement class also has cognitive benefits for children. Students will exercise both sides of their brain and have a better awareness of spatial relationships. Our students will develop discipline, focus, posture and poise through structured exercise and rhythm. Also, they will practice stretching, coordination, balance and strength building.

We anticipate great things at Sun Blaze Elementary during the 2017-2018 school year and look forward to celebrating these achievements with our students, families and community.

GO, STINGRAYS!

Tami Turner

Sun Blaze Elementary Principal

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To get a sneak peek of Explorer Tank, visit <https://www.youtube.com/watch?v=uSkotamnMTU>.

Amazing Explorer Academy has a limited number of registrations available for its October grand opening. **Please mention Nonahood News for a 20% discount off the registration fee.**

Lake Nona Summer Band Camp Culminates With Successful 'Friends and Family Night'

KELLY BALL



What is band camp? Band camp is typically referred to as a high school, college or university marching band summer camp. But for the Lake Nona High school "Sound of The Lions" band members, it so much more.

Band camp starts at the end of July with Leadership Camp. Student leaders attend Leadership Camp, which is designed to teach them about peer teaching and leadership skills that will prepare them for their roles in the band program. They also set goals for the year and participate in teambuilding exercises. After two days of this camp, the band welcomes in the new members and freshmen for another two days of training. They spend this time working intensively with the leadership team to learn marching and playing fundamentals for high school.

The second week of band camp includes all band students. This is where the fun begins! The days are long, but the friendships made last forever. During band camp, the students start their day outside learning marching fundamentals and the new halftime show. After enjoying a healthy catered lunch, they move inside for music and section rehearsals. Dinner also is catered, after which the students go back outside to continue working on the marching portion of their show.

To promote teambuilding and positive morale, the band holds a friendly competition between sections called "Band Camp Olympics." Each day, teams earn points through a different outside competitive game. The highlight of these games is the frozen t-shirt contest during which each team selects one student representa-

tive who has to try and undo a wet t-shirt that has been frozen and put it on their body to win. It is the most hilarious game you will ever see! Students also can earn points for their team through individual recognition from the band staff called "Random Acts of Awesome" and through the student leadership team by being recognized as either the Vet or Rookie of the Day. Not only do we have the most amazing band director at Lake Nona High School, we also have a band camp staff that comes from all over the state of Florida to share their expertise with our students.

In my opinion, the best part of band and band camp are the parent volunteers. They are moms and dads who come and provide students with everything they need to be successful. We set up "comfort tents" and provide the students with snacks and drinks to keep them hydrated and their stomachs full. If you ask the students, I think they would say the popsicles are the best part of band camp. Parent volunteers are also there for each Friday night game (home and away) taking care of the students as if they were their own. The students are very grateful for our amazing band parents. Not only are the students creating new friendships, but the group of dedicated parents also are creating new friendships.

This fall, please come out and watch the Lake Nona High School "Sound of The Lions" Marching Band perform their halftime show "Abbey Road," featuring music of the Beatles. You will not be disappointed. These band students put on an amazing halftime show!



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ENTERTAINMENT

Nonahood Burger Run 2017

MATT TROY JONES AND AARON FERG

Aaron and Matt are back again with another calorie-clocking excursion. This month, the

challenge was to visit as many burger joints (fast food excluded) in the Nona-ish area and try the best they have to offer. For the sake of our doctors, and other medical city practitioners, it should be noted that we did not each eat a full burger at each location, we asked to have each burger split for sharing. That being said, this was a true test of human caloric intake, a massive shoveling of saturated fats and cholesterol, and probably the most deliciously productive day of our lives. It should also be noted that Aaron has a primal fear of ketchup (insert vinyl record scratch sound here). Something about growing up, elementary school, a clown, tater tots, and thinking it was blood instead of the most delicious, multifaceted form of tomato product ever invented. So, each burger we ordered had no ketchup, or ketchup on the side. The lore behind this blasphemy is still a mystery because, as Aaron was explaining it, everything kind of went blurry and it sounded like the ringing in your ears after a flash-bang grenade was dropped in close proximity. Nevertheless, there was a mission at hand.

We started our grueling burger run with a home run at Junior Colombian Burger. If you haven't been to the local food cart turned burger chain restaurant, you really should try it. When we asked the young lady at the counter what her favorite burger was, she immediately told us to go for the burger dog. This



burger is loaded with ham, a hot dog, cheese, crushed potato chips, tomato, lettuce, garlic sauce and ketchup-mayo, and yes, also a beef patty. The burger was juicy, the bun was fresh, and the sauces were tasty. With such a great start to the day, we were pumped to get to the next location.

Location two was hands down the biggest surprise of the day. While driving to Junior Colombian Burger, we spotted signs advertising Arepa Burger on the side of a BP gas station just north of the 528. Out of curiosity, we pulled it up on Yelp, and it has a 4.6 star rating, so we gave it a shot. The menu features a few specialty burgers and sev-

eral other Latin specialties. We went straight for the Arepa burger. Admittedly, we were prepared for the worst. We were sitting in a gas station after all. Our worries about eating a burger from a gas station were quickly put to rest. The burger was generously topped with ham, bacon, cheese, lettuce, tomatoes, potato sticks and garlic sauce. An arepa was used in place of a bun. The toppings were fresh, the burger was juicy, and we were happily surprised. This place is surely worthy of a stop for lunch any day of the week.

Our third stop was Nona Tap Room. We had a sort-of dilemma at this location because they have two pretty cool offerings, the black and bleu burger and the pulled pork burger. Since I (Matt) have had the B&B burger multiple times, we went with the pulled pork burger. Another delicious and savory burger went smoothly down the hatch. Not only did this burger have pulled pork on top, it also had the prettiest veggies and pretty nice presentation; they even split our house-made potato chips for two separate servings. Great burger, excellent presentation and service.

Stop number four was just across the street at Graffiti Junktion, the local sports bar with the most TVs in the area. We ordered the Green Mountain burger, which has Canadian bacon and a fried egg on top of the expected meat. This was the only location that refused to offer suggestions from the burger offerings, nor would they cut the burger in half for us, so we both took a bite from opposite sides, shrugged, and left.

Stop five was local favorite Pig Floyd's. Now, this sandwich isn't exactly a burger, but it's pretty darn close, and it's absolutely delicious. The Big Floyd is a massive mound of smoked brisket, pulled pork, sausage, BBQ sauce, citrus slaw and french fries all served on a Hawaiian roll. Definitely a carnivore's dream. Try it with the fried yuca and make sure to ask for a to-go box; this thing is huge. Once again, this was not "technically" a burger (our requirements were to have a ground beef patty), but this was the most rewarding form of trickery of all time, and for that we were tempted to stand up and slow clap right in the middle of the restaurant.

Stop six has long laid claim to the best burger in Nona, Nona Blue. We chose the obvious, the Nona Blue burger. The signature menu item features a three-

meat blend, crumbled blue cheese and smoked bacon. This was a solid burger, worthy of the acclaim.

Stop number seven was 310 Nona, where we ordered the loaded angus burger. This is a pretty large patty packed with herbs, juicy and delicious, yet a simple burger. Nothing too crazy or fancy here, but one of the best patties we had all night.

Stop number eight, McDonald's. Before you fire off a nasty-gram to the editors of the Nonahood News because we did say no fast food, hear this out. The McDonald's we are referring to is specifically the location at Boggy Creek and Narcoossee near St. Cloud. This specific location offers artisan hand-built burgers in a separate production line than their fast-food burgers. Here, you can choose your meat, type of buns, type of lettuce, other

toppings, how much bacon (there is no such thing as no bacon), avocado, tortilla strips, etc. It's pretty awesome. And we feel that not enough credit has been given where it's due at this location because of the typical fast-food expectations. These crafted burgers will take a little longer than usual and can be ordered at one of the self-service kiosk screens inside for those who really want to explore the possibilities. The presentation of these burgers is also much fancier, and your fries come in a nifty wire basket lined with paper. You also will get a note with your meal that has the name of the person who made it for you. We promise, it's different. Our suggestion, check every box. Just kidding...sort of.

Stop number nine was Canvas. By this time, we were starting to question our decision to try to eat 10 burgers in one night. Could a burger even taste good when we were this full? When the burger is as good as the Canvas barbeque burger, the answer is a resounding "yes!" This was the best burger of the night. The short rib and brisket patty was perfectly cooked. The pulled pork, thick bacon and white cheddar were plentiful, and the barbeque sauce and tomatillo aioli complimented it all perfectly. This burger is also stacked so tall, Canvas has to call MCO Air Traffic Control to approve clearance every time they want to serve one. Even nine burgers in, this was a truly great burger.

Stop ten and the final destination of the evening was Chroma. Here we chose the Chroma burger in the three-bite sliders section of the menu. The last stop did not disappoint. Cheddar cheese, bourbon onions and bacon jam on a juicy pair of sliders made a perfect finisher to the evening. These sliders are such a deliciously easy eat, the best word we could come up with to describe them was "smooth."

So there you have it. Just in case you were wondering if there were any places to try a tasty burger around the Lake Nona area, umm...yeah. We also can confidently say we have some of the more unique, and maybe even the best, burgers in Orlando. Don't believe us? Just try the BBQ burger at Canvas, the Big Floyd at Pig Floyd's, an Arepa burger, and Junior Colombian burger dog, you won't be disappointed. If you have an idea for a food challenge, visit <http://nonahood.to/foodchallenge>.

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ReThink Life – A Conversation About Life, Leadership and Relationships

Rethink...Excellence

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.

A number of years ago, my wife and I received a gift from some friends to enjoy: two days at a 5-star hotel in Miami at our friend's expense. We were celebrating a special occasion, and

we experienced left us feeling inspired!

That is what excellence does...it inspires us. It enlarges our vision of what could be and should be in almost every area of our lives. Often, we associate excellence with money or status or success. However, excellence

is not a destination...that's perfection. Excellence is the journey itself. Excellence means to excel, to surpass, to reach higher, to dig deeper, to stretch further so we reach our full potential and fulfill a greater purpose in our lives.

How do we live with a spirit of excellence that leaves a ripple effect on people's lives around us? Here is what I have learned through the years from others who have taught me, inspired me and challenged me to carry a spirit of excellence in my own life.

1. Establish a Firm Foundation.

The foundation of your life will dictate the excellence it holds. What is the foundation of your life made of? Contractors and engineers will tell you the single most important part to a building, house or structure is the foundation. However, when you invite people over to your home, you don't invite them over and say, "Check out the awesome foundation of this



"Excellence is not what we do...it's who we are."

our friends wanted to bless us (those are good friends right there!) in a way that we wouldn't have been able to do for ourselves, especially at that particular time in our lives. When we arrived at the hotel and pulled into the main entrance, it was beautiful. The grounds and landscaping were flawless. The valet who greeted us not only took care of our car but assisted us with our bags. As we walked to the front desk to check in, the person who welcomed us already knew our names (without us being aware) thanks to the bellman, and she referenced both of us by our first names. It was as if she had known us all our lives. When we arrived in our room, it was immaculate. The way the room was set up and arranged, and by the little "extras," you could tell they had given careful attention to just about everything we could possibly need and want. From the smells in the atmosphere to the smallest of details, the hospitality we received and the spirit of excellence

place!" Of course not; we show them the granite countertops, the new decor or the details in the woodwork. However, we must keep in mind that all of those things we see and notice rest on the foundation. The foundation of our lives represents what's inside of us: our heart, our beliefs and values. What's in you will flow through you. Our motivation for excellence should never be about ourselves. It should serve as an inspiration to others to inspire them to reach higher and stretch further to reach their full potential.

2. Play Your Part.

We all have a role to play and a part to fulfill. Whether it's in our home, at work, at our child's school or in our community, we all can help to make a difference by carrying a spirit of excellence in everything we do. When we don't play our part, there is a hole created, a need unmet and an opportunity missed. I love the acronym spelled T.E.A.M., which stands for Together

Everyone Achieves More. It takes teamwork to make the dream work in all areas of life.

3. Be Prepared.

When excellence is our spirit, it is a 24/7 pursuit. We don't show up in life and hope everything works out. Remember, excellence is a journey, not a destination. Look at your life physically, relationally, spiritually, mentally, financially and emotionally. What are you doing on a daily basis to become excellent, to grow, to excel and to surpass? It's not about the hand you've been dealt, it's about what you choose to do with what is in your hand.

Let's stop and rethink what excellence is all about. Remember, excellence is not what we do...it's who we are!



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From Scratch: Life of a Cook and What It Means to Be a Chef

JOE ULTO



Culinary graduate of Le Cordon Bleu in Orlando, Chef Joe has spent the last 6 years working in high end kitchens in central Florida. Currently the Sous Chef at Canvas Restaurant, he looks to drive the younger generation of cooks and enlighten the Lake Nona area on new, thought provoking cuisine.

I might just be a glutton for punishment. The same can be said for anyone who chooses to spend 10-plus years behind the line. It is hot, labor intensive, the hours are long, and the pay is terrible. Too many times have I seen the bright-eyed, starry dreamer fresh out of culinary school walk into their first real kitchen ready to be the next Thomas Keller, and within the week (usually somewhere between the second and third case of cleaning ramps), in sets the harsh reality. "What in the hell did I get myself into!?"

Every young cook has that moment. It is the gap between your last terrible service and when you wake up the following morning where you decide if you are going back in. It is that choice that will ultimately decide if you have what it takes. If not, then perhaps you are destined for a career

in catering. If yes, then it is time to test your mettle.

You walk in the back door again, and for the first time in a month, the prep cooks acknowledge you. You get on the line, and the well-seasoned sauté cook actually knows your name. The sous chef still calls you a mixed bag of expletives but this time with purpose. You realize that working diligently and organized has somehow become second nature. Muscle memory takes over, and your hands can find stuff before your eyes can. Your legs get used to standing for long hours, and the blisters on your cutting hand formed a tough callus. It is happening: a metamorphosis of sorts, and you are no longer on the outside looking in but part of



the machine. Before you know it, dinner service is over, and that same screaming sous chef is taking you out for a drink. Now, you are on your way.

The kitchen attracts certain individuals. We swear too much, drink often, and never have time to eat. You are out too late and sleep too little. The only friends you have are your colleagues, and you never see your family. Holidays are just another busy night, and you usually celebrate your birthday with a dessert from the pastry chef. It is a terrible lifestyle that Bourdain tries to describe. Even as I try to put into words what I

experienced growing in my career, I find myself reaching for a descriptor that isn't there. You have no choice but to fall in love with it.

When I talk of my career, I cannot help but get romantic. The lifestyle, the people, the food. Every scar on my arm is a story. The cooks with whom I work are my family. The food we create nurtures your soul and fosters the good times of which memories are made. In turn, it is that sense of creation that each cook looks to express and searches for with almost addiction-like tendencies: the smile that creeps across a guest's face when the collard greens bring them back to a place they only visited as a child. It keeps me going, it keeps our team going, and it keeps our chefs going. We carry that drive with us each day. The culture has evolved. The cases of ramps that arrive in the spring are still a pain to get through. I am no longer getting screamed at but am the one doing the screaming. And with that transition, we carry a responsibility to keep the passion burning in each young chef. The long, caffeine-filled days that turn into sleepless nights when we think up something new and exciting to bring you with each changing season. The plate, a blank canvas if you will, spurs our desire to create something that you will ultimately enjoy. Welcome to our world.

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

Mama's Turn

Hurry Up and WAIT!

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*.

On a recent trip to a local amusement park with my family, I had my first experience with virtual lines. Instead of being forced to stare at the back of some stranger's

head for 55 minutes as I inched my way to the front to board what inevitably turns out to be a 30-second thrill ride, I could spend my time meandering through an air-conditioned lobby looking at photos and memorabilia, watching TV clips and playing trivia. While waiting for my turn, I passed my time sitting on a comfy couch charging my phone. I will be the first to say that this new way of "waiting in line" for amusement rides is awesome, however, it did make me stop and think just how different a world we are living in.

We live in a "now" society. Everyone wants things yesterday, and with the help of technology, that is exactly what they can get. We can literally wish for something, order it and have the UPS man dropping it on our doorstep the next morning without ever leaving our living room. I just can't help but wonder if all these instant downloads, entertainment and gratification are not hampering our ability to wait. And what about our kids?

Just because we can give them things right away, should we? Are we raising a bunch of overeager marshmallow eaters who would fail a modern-day marshmallow test?

We live in a "now" society. Everyone wants things yesterday, and with the help of technology, that is exactly what they can get.

When I was back in college, I remember reading about a study done way back in 1960-something by this fancy, schmancy Ivy League psychologist. It was called the marshmallow test, and the purpose was to study children's self-control. It was a rather simple test. Kids ages 3 to 5 were given a choice of a treat – an Oreo cookie, a pretzel stick or, yup, you guessed it...a marshmallow. The researchers then told the kids that they could eat their treat right away, or, if they waited until the researcher returned, they would give them two treats. As you can imagine, most of

the kids gobbled up the marshmallow as soon as the door was shut. But here is the thing that always amazed me about this study. The researchers followed these kids for decades and found that those who did wait were more likely to have better SAT scores, better jobs later in life and even lower BMIs (probably because they weren't eating marshmallows).

There is no doubt about it, waiting is an important life skill, and even with virtual lines, we all still need to learn how to do it. I know that kids learn good habits by watching the grownups around them exhibiting those habits.

Perhaps that is why I am so concerned. You see, I have noticed that I am becoming more and more impatient. I never let the microwave finish counting down; when someone is texting me and those three little dots appear more than once, I desperately want to text: "????"; and the poor car in front of me has about .5 seconds to move after the light turns green before they hear the sweet sound of my horn!

All this said, I am promising to be a better role model and teach my kids to wait! There is one exception. I will make sure my daughter knows to never, ever waste her time waiting around for Prince Charming. She doesn't need a man to save her and, besides, he most likely took a wrong turn, got lost, and is too stubborn to ask for directions!



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Fashion: 5 Trends for Fall

ALPA RAMA

Fall is approaching and everywhere around the world, ladies are getting ready to change their wardrobe from Summer to transition into Fall with sweaters, jackets, etc... but hey let's be honest, we in Lake nona are just transiting into another prolonged Summer as the weather is still pretty warm so here is your ultimate guide of the top 5 trend for this season and yet be appropriate for Florida.



1. Lady in Red

Not only designers have introduced this bold bright color for this season but they are going all out with everything red. Literally for head to toe. You are going to see this color a lot. Don't hesitate at all to wear all red! (Summer sweater from Banana Republic, Skirt and Boots from Zara)

2. Metallic Futuristic

Who said metallics are only for special occasion or New Years Eve. This Fall, we are going all out with metallics, from silvery sequins, to mesh dresses and skirt. It's time to flash and shine! You can wear it as a statement piece like in the photo or go all out with a sleek metallic dress for a night out. (Blazer from H&M, T shirt from Zara, Skirt from Asos)



3. One off shoulder

So last season it was off shoulder, this time we covering one shoulder. This is such exciting trend for us Floridians as we can beautifully show off our one shoulder top as layering it with a jacket is not necessary. I guess this is the benefit of being in Florida. Shop for one off shoulder with ruffles as it makes it even more of a statement paired with pretty much any bottom as it's a very versatile piece. (Top and Pants from Banana Republic, Hat from Forever 21)

4. Floral Fever

Floral Prints always worn during Summer is now doing a big come back for this coming Fall/Winter season. Designers have gone all out and you will see a burst of floral print on pretty much everything from dresses, to pants to jeans to accessories such as bags and even shoes. So don't be afraid to rock your floral this season! (Ensemble from Dezzal, shoes from H&M)



5. Oversized Sunnies

Sunnies are a must have when you are in Florida, and this season oversized rectangular statement sunnies are a thing. It's bold and it gives you that chic touch as well! These sunnies will seeing in all the stores and if you can find them for an affordable price. The one I am wearing are from Quay for \$50 and they are an amazing quality.

So this was your ultimate fashion trend guide for Fall! Show off your outfit by tagging #nonahoodfashion

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One-Pot Chicken Pot Pie Pasta

KATIE JASIEWICZ, KATIESCUCINA.COM



tra time. However, the idea has crossed my mind a few times, and I think it would be divine if you had it readily available!

For this meal, I started by sweating the carrots, onions and celery until cooked halfway through. I like to sweat the vegetables in chicken fat if I have it on hand. I typically get the excess chicken drippings when I buy a rotisserie chicken at the store. If I don't use it right then, I'll freeze the drippings and use it for another meal. I like the chicken fat

method because I feel it adds a depth of flavor to the meal that you just can't achieve with traditional butter. But don't fret; if you don't have the chicken fat on hand, you can use butter. Your dinner will still taste amazing. I promise (I've made it both ways).

So, let's get back to cooking. After your veggies start to cook, add in the spices, chopped mushrooms and pasta. Give everything one big stir, then pour in the chicken stock, place the lid on the skillet and let it cook for 20 minutes. You'll want to add in the frozen green peas during the last five minutes of cooking. I like to add the peas in frozen. I'll also give the pot of pasta an occasional stir to avoid the pasta from sticking.

While the pasta cooks, in a small bowl I'll mix together the heavy cream and cornstarch and set that to the side. Then, once the pasta is done cooking, I'll turn off the heat and add in the cooked, chopped rotisserie chicken. Then I'll mix in the heavy cream mixture and let it stand in the skillet for at least five minutes with the lid on. I've let it rest for up to a half an hour before, and it

was still delicious. The sauce will be thicker instead of a thinner consistency. If you happen to reheat the one-pot chicken pot pie pasta the next day, pour a little heavy cream on top to keep the pasta moist and saucy! Trust me, you'll be happy you took my advice. If you're looking for a new dinnertime favorite, try my recipe for one-pot chicken pot pie pasta.

Prep Time: 15 minutes

Cook Time: 35 minutes

Servings: 6

Ingredients:

- 1/4 cup rendered chicken fat or 3 tablespoons unsalted butter
- 5 carrots, chopped
- 2 stalks celery, diced
- 1/2 white onion, diced
- 1 tablespoon poultry seasoning
- 1/2 cup baby portabella mushrooms, chopped
- 1 box penne pasta
- 1 32-ounce box low sodium chicken broth
- 1 cup frozen green peas
- 1 cup heavy cream
- 1 tablespoon cornstarch
- 2 cooked chicken breasts, chopped
- salt and pepper to taste

Directions:

In a large skillet, melt the chicken fat (or butter) on high heat. Add the carrots, celery and onions and sweat the vegetables for 5 minutes, stirring occasionally. If using butter, you might need to add a little chicken stock to the pan for additional liquid to sweat.

Add in the poultry seasoning, mushrooms and penne pasta. Mix well and add the chicken broth. Cook on medium heat with lid on for 20 minutes until pasta is tender. Add in the frozen green peas during the last 5 minutes of cooking. While pasta cooks, mix together the heavy cream

and cornstarch in a small bowl. Set to the side.

Once the pasta is done cooking, turn off the heat and add in the chopped chicken. Mix in the heavy cream mixture and let stand for at least 5 minutes with the lid on. Season with salt and pepper to taste and enjoy!

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August Events:

- 4 Special Run for Houston
- 9 Lake Nona Cars & Coffee
- 13 Breakfast Connections by LNRCC
- 14 Coffee Club Nona, EOCC
- 16 USTA Florida Junior State Doubles Championship
- 20 Monthly Luncheon, EOCC
- 22 Business Luncheon, LNRCC
- 28 District 1 Candidate Forum, LNRCC
- 28 Coffee Club Nona tours the USTA
- 30 RUN NONA 2017

MARKET MONDAY AT LAKE NONA YMCA

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

LAKE NONA NIGHTS: LIVE + LOCAL

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

YOGA NONA SPONSORED BY LAKE NONA LIFE PROJECT

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

LAKE NONA BACK TO NATURE FARMER'S MARKET

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

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