



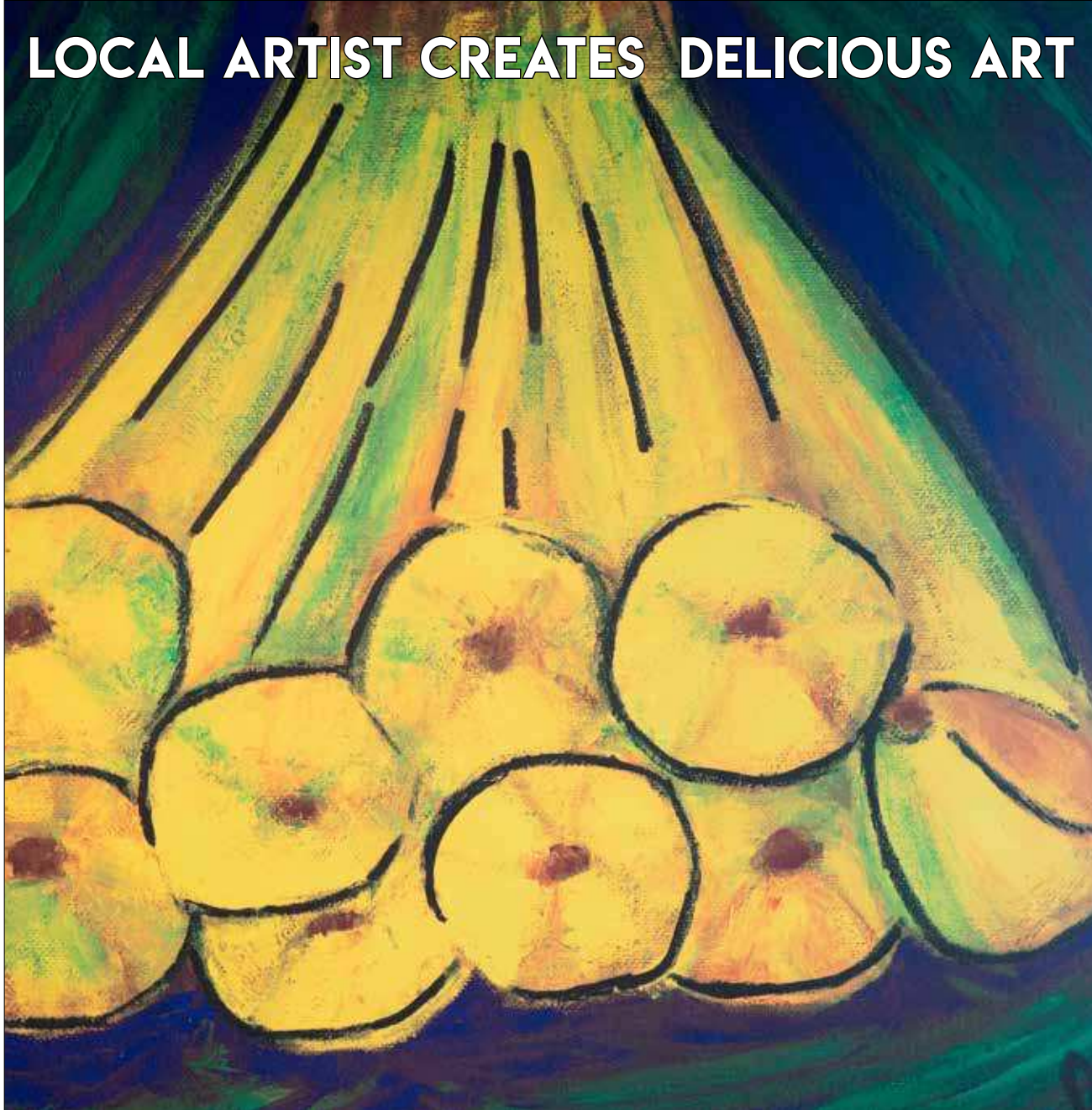
# nonahood news®

OCTOBER 2017

*Creatively and Independently Produced by the Residents of Lake Nona*

Volume 2 | Issue 9

## LOCAL ARTIST CREATES DELICIOUS ART



**ENTERTAINMENT**  
> **NEW** SECTION INSIDE!



### TOUR DE CURE

> **READ** PAGE 12



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### HELP MOB

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# Publisher's Desk

RHYS LYNN



## Pride, Fear, and the Future of NHN

I want to touch on a few things in this note. The past month has been a whirlwind in more ways than one. Evacuating our family and leaving our home to avoid Hurricane Irma was just the start.

As we fled north we stayed in touch with our friends and neighbors who were hunkering down as the storm drew in. Not being there was difficult. The drive north was miserable and everyone was cranky. We dealt with these minor inconveniences while worrying about our friends and our home.

For me, the worst part was the fear of the unknown. Waiting for the storm to come in and refreshing hurricane tracks over and over to see what path it would take. Would we run out of gas? Many gas stations were empty; the rest had hours-long lines. Once we got to the hotel we had booked, how long would we have to stay? What route would we be able to take back home?

#### Pride

What we heard about going on back home made us incredibly proud. The 'Help Mob' that organized to assist one another before and after the storm is just one amazing story that came from the trials the Nonahood faced. There are others: drone operators performing free scans of their neighbors roofs to check for post-storm damage, friends sharing hurricane snacks, and coming together to help those in need. We could probably fill an entire paper with these stories.

*"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."*

-Mr. Rogers

We've been proud to be a part of this community since we moved here. I'm proud to see us binding together in times of crisis and need. There's something incredibly special about this place and I know I'm not

the only one who feels this way. I hear it echoed in conversations here all the time. We've got a good thing going here and it's important to cultivate the amazing community we're all a part of.

#### Fear

When we took over as publishers for Nonahood News, it was a safe, straightforward business. Along the way we've made it a little more complicated and introduced some risk. We've added staff, more content, an entertainment section, and started printing Nona Connect on heavier paper. We've moved from home offices to using dedicated space in Guidewell Innovation CoRE co-working facility. Paper prices are going up. Individually, those are little things. Together, they add up to a fair chunk of increased overhead.

Facing fear isn't easy. Where does this fear come from? In the case of Nonahood News as a business, fear of the unknown comes into play. The process of building and training the team has had us spread thin. We haven't had time to do any outbound marketing at all. We've been lucky that some people have come to us. I'm personally not much of a salesman so on some level I'm fine with not having time to try and sell ads. That can't be put off forever, though. Maybe if I think of it as *rocket fuel* we need to reach our next stage instead of *money*, it might help. We'll see.

#### The Future

We have plans to keep increasing the scope and quality of content we produce. We're building an amazing team and we've got some great new things coming your way soon. We'll be doing an outreach survey before the end of the year to find out what we should focus more on. Fair warning, it will be a long survey. We'll be giving away random prizes to some participants, though. To make sure you're included, please join our mailing list - <http://nonahood.to/weeklypress>

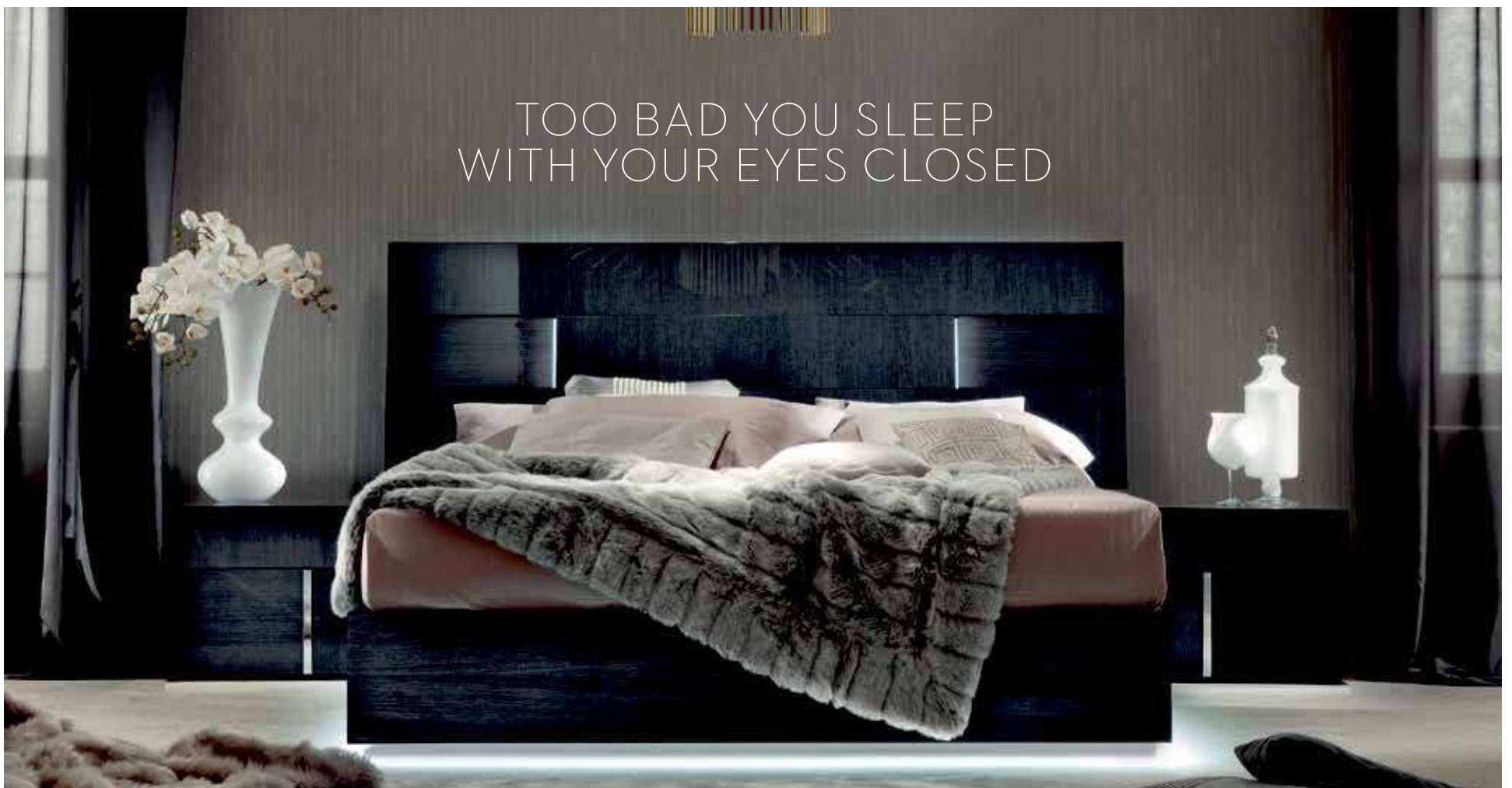
Until that survey goes out, we have two questions:

**What are we doing well?**

**What could we be doing better?**

Send an email to [publisher@nonahoodnews.com](mailto:publisher@nonahoodnews.com) and let us know.

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# Local Leaders

## Viruses That Kill Cancer – A Potential New Treatment From UCF



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

Four years ago, Candace Fox watched her grandfather die of aggressive lung cancer, and at that moment, she committed herself to finding a cure.

Today the 24 year-old Ph.D. student at the UCF College of Medicine, is doing just that. She is genetically altering a parainfluenza virus that usually causes respiratory infections to selectively attack cancer cells. In the lab at the Burnett School of Biomedical Sciences building in Lake Nona, the virus kills many cancer cells and makes those that survive more vulnerable to chemotherapy drugs.

Her research recently received an \$8,000 grant from Circle of Hope for Cancer Research, a nonprofit group based in Central Florida. Its founders, Joan Tashbar and Rosa Holloway, are two lung cancer survivors who donate 100 percent of the funds they raise through 5K runs and golf tournaments to medical students doing cancer research.

"Joan and I battled Stage 3 lung cancer and after we became cancer-free we tried to find a way to give back and started raising money for cancer research," Holloway said.

She said Fox's was one of the most promising applications for research funding they had received this year.

"We have to look at all avenues to find a cure for cancer and hers was among the top two of the close to 20 applications we received," Holloway said. "It is a unique project that, if successful, could make a big impact for cancer treatment."



Candace Fox  
Ph.D. student at the UCF College of Medicine

The virus is programmed to selectively infect cancer cells without harming healthy ones. That's a dramatic improvement over traditional cancer therapies like chemotherapy that harm all cells, leading to serious side effects. In addition, once the virus is administered, it activates the body's immune system, causing it to attack the cancer cells as well. As Fox explained, "This combination therapy will allow us to use a lower dose of chemotherapy drugs, reducing the side effects for the patient."

The UCF graduate student is working with Dr. Griffith Parks, director of the Burnett School, who is a virus specialist. While viruses have traditionally been seen as a danger to health, using viruses to selectively

kill malignant cells is one of the newest trends in cancer research.

So far, the UCF team has tested the virus therapy on lung, breast, prostate and ovarian cancer cells isolated from patients' tumors. Breast, prostate and ovarian cancer cells infected with the modified virus, then chemotherapy, showed an improvement in cell death. Lung cancer cells were completely destroyed. The next step will be using animal models to test the effectiveness of the treatment, and then human clinical trials. The Circle of Hope grant will help with that testing.

"Cancer is so prevalent and aggressive and some tumors have the ability to become resistant to chemotherapy drugs," Fox said of her work. "So we do need to find better, more potent treatments."



## A Memo From Commissioner Jim Gray

Last month, we discussed the groundbreaking of two new parks for the Lake Nona area with a third park scheduled to begin in 2018. As part of my continued focus on building stronger neighborhoods, I am focused on expanding our existing bike and walking trails. These trails are intended to provide residents the chance to get outdoors, enjoy some exercise, and safely visit area parks and amenities.

As you can see on the attached map, the current trail system runs throughout North Lake Park, Laureate Park, Medical City, East Park and Randall Park. My commitment is to connect the entire system along with providing the appropriate number of benches, water stops, and bike repair stations.

Next year, we begin the expansion of Narcoossee Road from the Beachline to the 417 Expressway. In addition to improving some of our underperforming intersections, we will construct a 1.5-mile bike trail adjacent to the west side of

Narcoossee Road. This will serve as a key connection for North Lake Park with all other areas of the southeast trail system.

As we continue to grow, I will continue working with our City Transportation Department to expand our trail system to provide area residents with safe, user-friendly connectivity to our parks, restaurants and shopping opportunities.

City of Orlando Commissioner  
Jim Gray can be reached by email  
at [Jim.Gray@CityofOrlando.net](mailto:Jim.Gray@CityofOrlando.net)  
or by calling 407-246-2001.

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# Nona Brew Crew Keeping the Nonahood Beautiful

MIKE VIGH



In August, Nona Brew Crew completed our second quarterly volunteer event in partnership with Keep Orlando Beautiful (KOB) and the City of Orlando. The event was held at Canvas Restaurant and was part of an educational series hosted by KOB's Coordinator, Jody Buyas. Jody provided insights about the stormwater drainage process, the pollution cycle and the long term effects of stormwater pollution.

As Laureate Park continues to grow with residents and businesses, Nona Brew Crew is looking for effective approaches to reduce pollution and enhance our community and environment. Our first step was to adopt Tavistock Boulevard through KOB. We will also maintain other Laureate Park streets and lakes. Nona Brew Crew has partnered with the City of Orlando's Stormwater Compliance Program Manager to address construction debris along the white shell path behind Reymont and will continue to address other construction debris as needed.

The first neighborhood volunteer event was held this past March. Over two dozen volunteers turned out to clean up a total of 55 bags of pollution within two hours. We found everything from a checkbook to a 40-foot roll of barbed wire and an excessive number of plastic bags. When Jody talked to us about our cleanup, she pointed out that, "Usually, people immediately think about grabbing the big pieces of trash, but the little stuff, like candy wrappers and cigarette butts are just as harmful, and often go unnoticed."

As the weather cools down in the fall, the Nona Brew Crew will organize another neighborhood cleanup event, so stay tuned!

The second initiative for Nona Brew Crew is to bring awareness to stormwater pollution and the impact it has on our greater environment. When rain falls and doesn't absorb into the ground, it becomes stormwater runoff. This runoff carries pollution down the drains to area lakes, wetlands and other open bodies of water. Did you know there are a total of 123 lakes in the City of Orlando? Pollution in our local waterways eventually feeds into the intercostal water channels, including the St. John's River.

Pollution down storm drains not only includes trash, but fertilizers, oil, sediment and other forms of blockage, such as mulch. During our August meeting, Jody brought up what KOB calls "poo-lution." While natural, even our pet's waste can become absorbed into our water and have a negative impact. All these forms of pollution cause oxygen levels to deplete and alters the pH levels in the water, which creates toxic conditions for fish and wildlife.



The city's goal is to prevent pollution from going down the drains through education and volunteer efforts. Greater awareness leads to a bigger impact on maintaining aquatic life and preserving area lakes and waterways for their recreational and economic value.

Last month, Nona Brew Crew applied over 75 stormwater prevention concrete stickers along Tavistock Boulevard. If you're not familiar with stormwater drain signage, they can be found around most cities with bodies of water including Orlando, Washington D.C. and more. The latest trend is creating storm drain artwork that not only educates but is beautiful to look at, too. Artwork like this is growing in popularity in the Mills 50 area. The goal of the signs and artwork is to help draw attention, provide awareness and reduce pollution down the drain. Look for our concrete stickers around the neighborhood!

To report stormwater pollution, any resident can contact the Nona Brew Crew, call the Stormwater Hotline at 407-246-2370, visit [www.cityoforlando.net/stormwater](http://www.cityoforlando.net/stormwater) or email [stormwater@cityoforlando.net](mailto:stormwater@cityoforlando.net). Be sure to include the address of violation, date, time and a brief description. Problems to report include: household hazardous waste, yard clippings/waste, pet waste, fertilizers, pesticides, soil/sediment erosion, car wash detergents and liter.

Remember - only rain down the drain and stop the poo-llution.

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## Cannonball Kids Gets Help in Targeting Pediatric Cancer

VANESSA POULSON

In 2017, it is estimated that 15,270 children and adolescents ages 0 to 19 years will be diagnosed with cancer and 1,790 will die of the disease in the United States. Though cancer in children is much rarer than in adults, it is the leading cause of death in disease past infancy in the United States. Cannonball Kids' cancer (CKc), based in Winter Park, is a non-profit organization focused on furthering childhood cancer research to eradicate the deadly disease of cancer.

Cannonball Kids' cancer was founded in June 2014 by Michael and Melissa Wiggins, parents of Cannon Wiggins, who was diagnosed with Stage IV high-risk neuroblastoma at 20 months old. Michael and Melissa learned that so little time, effort and funding is devoted to finding cures for children's cancer compared to adult cancers, and as a result, children are unnecessarily and unjustly lost. CKc aims to stop the tragic reality of children suffering and dying because of the lack of research in the world of children's cancer treatments.

CKc will receive at least \$162,500 over the next two years from two local organizations – XL Soccer World and Runway to Hope – for research grants that could save lives for children fighting cancer. Immediately, \$62,500 in combined donations from both organizations for 2017 will go toward funding existing research trials. XL Soccer World alone has made a \$100,000 commitment for 2018 that will fully fund a new research trial, which allows even more children to be given an option for survival. Runway to Hope plans to evaluate the opportunity to provide CKc additional aid and funding for 2018.

Due to the generosity of these two organizations, CKc is actively behind funding nine research grants.

"We're grateful to XL Soccer World and Runway to

Hope for their generosity and vision in funding these vital childhood cancer research grants. Oftentimes, it's so easy to donate something tangible to the cause, like blankets, meals, and granting wishes, which are great, but research is the key to changing the face of pediatric cancer," stated Melissa Wiggins, executive director of CKc. The \$100,000 donation made by XL Soccer World is allowing CKc to establish a research grant in the name of the organization: the XL Soccer World Research Grant. The funds for this grant will be generated through XL Soccer World's annual Kicking Kids Cancer events



Trevor Scheerer

in Orlando (to be held Oct. 14), Virginia and Maine.

"XL Soccer World and Kicking Kids Cancer are delighted to be partnering with CKc to fund a research trial through our annual fundraiser this fall. Through our joint efforts, and the generosity of the soccer community throughout Central Florida, we hope to truly Kick Kids Cancer to the sidelines," added Ciaran McArde, CEO of XL Soccer World.

Runway to Hope, a longtime supporter of existing pediatric cancer programs in Central Florida, has committed \$12,500 to CKc's Trevor Scheerer Grant. Funds were raised through the organization's annual Fashion Brunch & Boutique Stroll on Sept. 17 at the Mall at Millenia. The grant's namesake, Trevor Scheerer, an 8-year-old boy from Lake Nona, walked in the Runway to Hope gala three times before his passing from relapsed rhabdo-

myosarcoma in 2016.

After Trevor's passing, the grant in his honor was established to offer up to 36 children the chance at surviving deadly, relapsed tumors through a novel immunotherapy trial at the University of Wisconsin-Madison Carbone Cancer Center. "We thank CKc for honoring one of our Runway to Hope models, Trevor Scheerer, by funding a trial in his name. His legacy will live on with strength and kindness through the good work being done by their foundation," added Josie NeJame, co-founder of Runway to Hope.

CKc continues to work with foundations already involved in pediatric cancer work to direct more funding to research, with the goal to raise \$1 million in funding for the grants by year end. "Every dollar counts; we never know which dollar will find the cure," noted Melissa Wiggins. In too many cases, parents with children fighting pediatric cancer are told their child has no more options for survival. CKc is providing options through these new research trials.



Trevor Scheerer

## Neighborhood Watch: Getting to Know Your Neighbors

LINDA THIERRY

Last month, the Laureate Park Neighborhood Watch Area Coordinators talked about the importance of getting to know your neighbors. This month, we thought we would share with you some things Laureate Park has done to promote this objective:

Critical to bonding our community together has been the private Laureate Park (LP) Facebook page. We acknowledge upfront that our FB page, like most, is not without an occasional thread that goes sideways. The good news is there is always a calming voice that steps in to bring things down a notch or two.

We strongly recommend neighborhood groups consider starting their own FB pages. The LP FB page

is not associated in any way with the HOA or Tavistock (developer). It was started a little more than four years ago by Spencer Phelps, a resident of LP. It is a private page that Spencer and Mike Nunez, another LP resident, volunteer their time to administer. The administrator job can be very time consuming since they cross check all requests for membership with the Orange County property appraiser website. In addition, they regularly recheck members since people are always coming and going. There are currently 1,000 members.

This FB page has enabled people to share concerns, ideas and activities; connect people with similar interests; and spawned numerous other smaller interest-focused LP/Nona FB groups. It was invaluable during both hurricanes Matthew and Irma in keeping the neighborhood connected and supported.

LP offers neighbors participation in numerous small-group activities. Some of the groups that have helped connect neighbors in LP include walking/running, cycling, bunco, lunch, game night, cooking, Bible studies, book clubs, Help Mob, yoga, and weight loss – and these are just a few. All these groups started with one

or two volunteers posting on FB, "Who would like to..." The result is many, many neighbors getting to know each other and finding additional common interests. You learn the streets in your neighborhood, where people live, and walk or bike to your activities.

Organize neighborhood-wide celebrations/events/activities for everyone to enjoy. In LP, the neighbors have organized several super fun events over the past four years. Memorable ones include: last day of school water fight; football kickoff night in the park; pick-up soccer and football in the park; potluck brunches; meet and greets; Easter egg hunt with crafts and DJ in the park; and Labor Day bike parade and picnic with DJ and relay races in the park.

Again, these activities were all started by one individual or group of individuals that said, "Wouldn't it be fun to..." Our most recent event, the LP Labor Day bike parade and picnic, started exactly that way. Someone said, "I used to live in a community where we..." A couple others said, "Let's do it!" Twenty-one volunteers later, we had a fabulous event enjoyed by neighbors of all ages.

So we encourage you to get to know your neighbors. Plan a block party, gather together for a night of cards, start a book club. Lastly, and very importantly, please participate whenever possible. Be the organizer, the volunteer and/or the participant. The benefits are tremendous. You will get to know wonderful people who at minimum you share a corner of the world with, and probably much more.

Laureate Park Neighborhood Watch  
Area Coordinators

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





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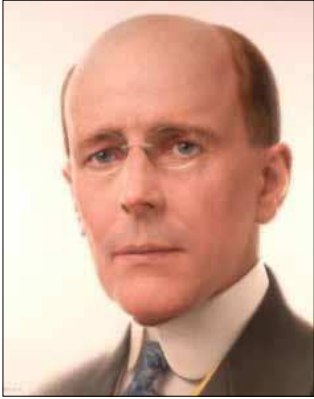


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## Rotary Means Business Is a Fellowship of Rotary International

SONYA LABOSCO



(Paul P. Harris, January 1911)

What makes a business successful? The right timing, the right place and the right people. Nothing replaces hard work and dedication to customer service. Combining this formula with community service in your local area equals winning!

The Rotary Club of Lake Nona lunch proudly hosted the area's first Rotary Means Business Fellowship at Bosphorus last

month. Rotary Means Business Fellowship encourages Rotarians to support the success of their fellow Rotarians by doing business with them and by referring others to them. Rotarians embrace the foundations of

what the Rotary Club was based on more than 100 years ago. Rotarians adhere to the Four Way Test. Is It the Truth? Is It Fair to All Concerned? Will It Build Goodwill and Better Friendships? Will It Be Beneficial to All Concerned?

For more than 112 years, Rotarians' commitment to adhere to the Four Way Test has proven successful indeed. Rotary is a global network of 1.2 million neighbors, friends, leaders and problem solvers who come together to make positive, lasting change in communities at home and abroad. On Feb. 23, 1905, Paul P. Harris, Gustavus Loehr, Silvester Schiele and Hiram E. Shorey gathered in Loehr's office for what would become known as the first Rotary club meeting. Harris' desire for camaraderie among business associates brought together these four men and eventually led to an international organization of service and fellowship.

Networking meetings are held monthly at the busi-

ness or residence of Rotary Means Business members. There is always plenty of great food and beverages. To check dates or request information for future Rotary Means Business Fellowship meetings, visit the Rotary Club of Lake Nona Lunch website at

<http://www.lakenonarotary.com>

"If anyone tells you that it is reprehensible to make a dollar or two for the wife and babies from club associates in straightforward business transactions, tell that person that some foreign substance has gotten into his carburetor."



## The Power of Community: Nona 'Help Mob'

VANESSA POULSON



It takes a special kind of person to take action in urgent situations. There is a lot of compassion involved in taking steps to do what is right as an individual, and, it is even more special to see a group of people band together through their compassion to do something good for their community. The Laureate Park "Help Mob" was born from the need for community action in the wake of Hurricane Irma. Using the power of communication from neighbor to neighbor, as well as the strength of social media, members of the Help Mob wasted no time in joining together to help the community prepare for the upcoming hurricane as well as take action in the aftermath of the event.

The group, coordinated by Mike Nuñez, who has organized group events for members of the Nonahood in the past, came together out of pure necessity to help their neighbors prepare for Irma's arrival and take care of the community they love so dearly. Prior to the hurricane, the Help Mob worked to assist neighbors lift heavy lawn furniture and secure it before Irma's intense winds reached the Nonahood. They worked diligently going from home to home to take care of any needs of homeowners who might not have been able to make all of the preparations themselves.

Even after Irma had made its way through Central Florida, and as soon as it was safe, the group went out to assist in the cleanup efforts. Members of the Help Mob relied not only on social media to reach those

in need but also on technology like drones to pinpoint areas of the community and share footage of the aftermath and cleanup with the homeowners. This footage was captured and uploaded, allowing community members to monitor the progress of the cleanup and keep tabs on which areas of the neighborhood still needed assistance from the Help Mob.

The group helped to move fallen tree branches, roof shingles that had blown off, or other debris around the neighborhood. The cleanup effort has been instrumental in helping the lives of neighbors return to normal after Hurricane Irma.

This group of compassionate, dedicated and community-oriented people has made it obvious they are ready to take action for the betterment of the community. We are so grateful for the Help Mob and all that they have done to take care of the residents in the Nonahood and Laureate Park.





# Business & Real Estate

TRAVIS JACOB

## What We Can Learn From the Intentional Culture of Maven Creative

Maven is a creative agency full of creative people built to be a powerful, creative partner. COO Corey Curyto exemplifies this company mantra. He not only talks about it, he lives it and models it to his team members every day. When I sat down to interview him about the culture of his company, he spoke with enthusiasm and excitement. He started right off by saying culture has to be intentional and modeled from the top down. Building a winning culture can't be just words, and the people leading the organization must cast the vision and live it out every day.

Great words to hear from the COO!

To Corey, investing in his people is what makes his company successful. He also believes that the culture of Maven is a living, breathing organism that invades every corner of the organization. The following three themes that are foundational to the everyday operations of this organization rose to the surface as we talked:

**1. Value-driven culture.** When Maven hires for any position, they look for someone with the same DNA as their cultural values. Those values include: Freedom, Servant Leadership, Honor, Fun, and Integrity. Everyone is part of the family there. Everyone is a leader. They look for smart, passionate individuals for their team. They all feel like they are building something together. Included in this value-driven culture is a value-balanced life. Team members enjoy a flexible work

schedule that is goal driven instead of hourly driven. With regular office hours of 10a.m.-4 p.m., team members are expected to prioritize their time out of the office for their personal lives as well as work. In order to preserve their values, they are always asking themselves the question, "What can we do better to create an environment our team members never want to leave?" They are very serious about serving their clients and getting work done, but they don't take themselves too seriously. They often do fun things in the office such as birthday celebrations, half days out of the office, and Friday lunches with the entire team.

**2. Emotionally invested in clients.** They view their clients as an extension of their team. They genuinely care about the issues their clients are facing, and they do everything they can to help them solve those issues. They also are very serious about treating each client according to the same values they live by on the corporate level.

**3. Always think beyond ourselves.** The vision of the owners goes beyond the profit and loss. Everyone is encouraged and expected to be vision-driven and have an influence on the community and culture at large. Team members enjoy the privilege of taking paid time away from work for humanitarian or philanthropic trips that do not count against their regular vacation time. In addition, the company invests in the local community by doing a certain amount of pro-bono work and sponsoring events that are close to their hearts. Serving their community is not an afterthought but is at the front of their minds and considered a privilege. Being heavily involved with Creative Mornings/Orlando is just one way they invest in the local community.

To Maven, success means growth and relationships between both team members and clients. This success, though, comes with a certain sacrifice. It can be a bit "messy" at times simply due to the fact that their business is heavily relational and deals with all the diversity that comes with having different people on the team. However, in the end, the investment in creating and maintaining this kind of culture is worth every minute (visit [mavencreative.com](http://mavencreative.com)).



## Business Spotlight: Drive Shack's Daniel Huertas

BRITTANY BHULAI



Daniel Huertas

The Lake Nona Sports and Performance District will be adding a new addition in January 2018. Catering to all golf lovers, the new facility will be known as Drive Shack. It's set to be a three-story structure with a driving range that is nearly 60,000 square feet and also will include bars and lounge areas.

There also will be a restaurant on deck that serves a maximum 250 guests with a staff of about 100 workers to deliver food that looks and tastes great. One may stop to ponder, who's manning this kitchen? None other than Daniel Huertas, who has been in the food industry for 30 years.

Taking his first breath in 1967, Huertas was born to love food. Originally from Brooklyn, his passion for crafting eatables began in early boyhood. He picked up the habit from his mother, who was always in the kitchen cooking up a storm. After awhile, he'd make his own dishes for fun, playing around with different ingredients and spices. His desire to cook didn't stop there. During high school, Daniel went to work as a dishwasher at a local restaurant. Soon, he became a short order cook and then a prep cook. It was not long before he found himself attending culinary school. "When I went to culinary school, that's when I fell in love with it, the career, the food itself. Everything in

general. It's about falling in love with what you do," says Daniel.

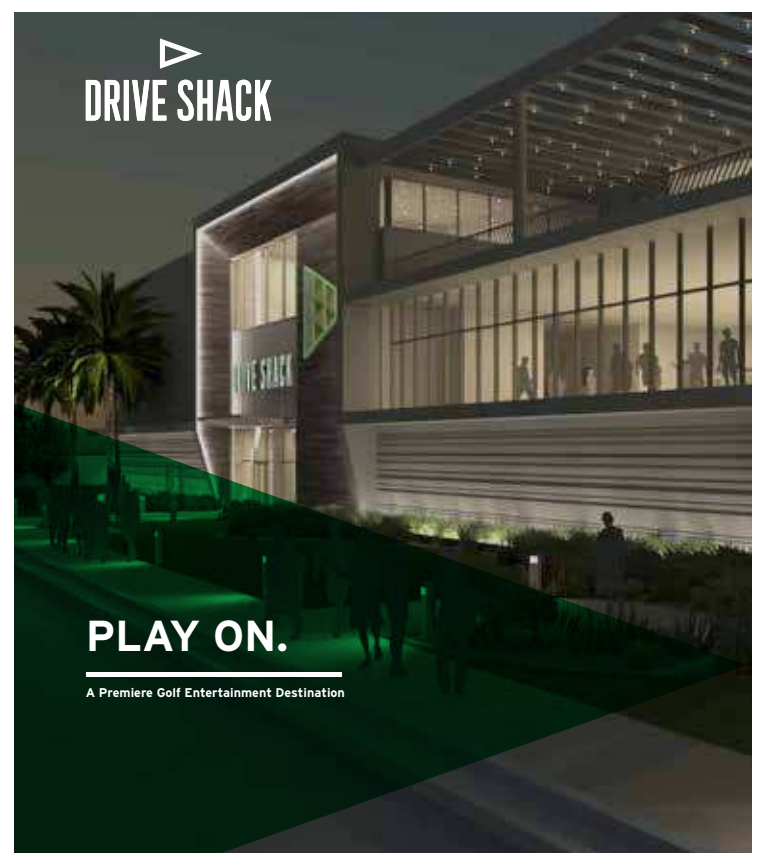
After culinary school, Huertas worked for River Cafe in Brooklyn. It was not long before he found himself working overseas in Moscow. Daniel was able to open a few sandwich shops of his own along with some delis.

Building a name for himself through the years, Daniel obtained the title as an executive sous chef at both the DoubleTree by Hilton in Philadelphia, Pa., and in Florida, and at Sands Casino Resort in Bethlehem, Pa. Climbing higher up the ladder, he landed the executive chef position at Crowne Plaza Hotels & Resorts in Orlando. Afterwards, he spent a little over three years working for American Cruise Lines as an executive traveling chef, where he oversaw the food and beverage department of 40-plus ships.

Having fulfilled his time traveling all over the seas, Huertas returned to home base and began working for Drive Shack. "I mean, I wanted to be closer to home," says Daniel. He has a 16-year-old daughter and a 25-year-old son, and being involved in their lives as a father is quite important to him.

As for Drive Shack, the restaurant will maintain a casual, family-oriented atmosphere. The menu will contain goodies such as crab cake appetizers, flatbreads, burgers, pizzas, strawberry short cake and ice cream. Huertas says the menu is flexible to meet the needs of its patrons who are glu-

ten intolerant, lactose intolerant, vegetarians, or even have peanut allergies. Daniel claims that every dish will have his touch of exceptional presentation and service. Besides the restaurant, this seasoned cook is definitely excited for Drive Shack's grand opening and can't wait to see the new vibes of enthusiasm it brings to Lake Nona residents.



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# Features

## 'Fall' in Love Again With Your Lawn, Citrus Trees and Garden

AMBER HARMON

Fall is here, and it's time to set the gardening stage for next year. Now is the time to take a look at your lawn, citrus trees and vegetable gardens to see what's fresh and green and see what needs some extra love and attention. Fall is the best time to fertilize, so if you act now, your landscape will thank you for it all year long.

Since October is "fertilize everything" month in Central Florida, put together a fertilization plan for the season. It is important to apply fertilizer only when it will not be exposed to extreme heat and subsequently burn grass or plants. Fertilize in the early evening or early morning and always ensure it is watered in according to the instructions on the package.

**Lawn:** First, identify the type of grass in the yard and select a fertilizer for that grass. The recommended fertilizer has "controlled-release" nitrogen, which will release nitrogen over time for a longer effect. It is tempting if you have weeds to just select a "Weed and Feed" product to cover everything. Beware, in many cases, Weed and Feed might be too harsh for your lawn because you cannot control the rate at which the herbicide is applied to kill the weeds. Only use Weed and Feed if weeds have a uniform cover over the entire yard. Always follow instructions carefully when applying any fertilizer. Over-fertilizing can damage plants and the environment.



six times between February and October. The second year five times, third year four times, and three times a year after that. A fertilizer with 8-8-8 (N-P-K) is typically a safe bet. Fertilizer is intended to be spread over the span of the roots, which is comparable to the canopy of the tree. Do not apply fertilizer to the trunk. If you fertilize and are still having issues with fruit production, you can take a soil sample to your local County Extension Office to check the pH of the soil and get any recommendations for adjustments.



portant. N is Nitrogen and helps plants grow tall. P is Phosphorous and helps plants produce fruits and vegetables. K is Potassium, and that helps to grow strong roots and prevent disease. Choose a balanced organic fertilizer that has a similar number for N, P and K whenever possible. When using organic fertilizers, like compost, the nitrogen and other nutrients are not always quickly available. Therefore, it is important to use additional fertilizer and not only rely on compost to fertilize the garden. After planting, also remember that fertilizer needs to be applied proactively to the vegetable garden every 4-6 weeks in order to ensure the healthy production of vegetables.

**Vegetable Garden:** Each season, the plants you have grown deplete the soil of nutrients. It is important to amend your vegetable garden soil with a boost of nutrients your plants will need to grow vegetables and to be healthy. An easy way to boost the garden is with organic compost and fertilizer, just like we did in the Laureate Park Community Garden displayed here. I recommend a 60/40 mix of 60% potting mix or soil with 40% compost. This way,



the nutrients from the compost are available without providing too much nitrogen to the soil.

It also is important to add some fertilizer to the garden. As most gardeners know, this is a topic that can be challenging. To the point, N-P-K is really im-

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# Tour De Cure: Helping to End Diabetes

MAUREEN KARKOVICE

## November is National Diabetes Month and November 14 Is World Diabetes Day

November is National Diabetes Month. The goals are to (1) raise awareness about the risk factors for diabetes and (2) encourage people to make lifestyle changes.

These goals have become even more urgent since there is an alarming rise in the number of Americans with diabetes. The new figures from a recent report from the U.S. Centers for Disease Control show that cases of diabetes and prediabetes continue to rise among all ages and ethnic groups.

*If this trend continues, 1 in 5 Americans will have full-blown diabetes by 2025, and 1 in 3 by 2050.*

Dr. Ann Albright, director of the CDC's Division of Diabetes Translation, National Center for Chronic Disease Prevention and Health Promotion, warns that we cannot sustain this trajectory – *the devastating price is too high for our families, our healthcare system, our workforce, and our nation.*

### What is diabetes?

Diabetes mellitus refers to a group of diseases that affect how the body uses blood sugar – glucose – which is an essential, important source of energy for the cells that make up your muscles and tissues, as well as the main source of fuel for the brain. Insulin, which is a hormone made by the pancreas, helps glucose from food get to the cells to be used for energy. If the body does not make enough, or any, insulin or does not use insulin well, then glucose stays in the blood and does not reach the cells in the body. Diabetes occurs when there is too much glucose in the blood (high blood sugar).

### More than 1 in 3 Americans have prediabetes (33.9% of the U.S. population)

The report states that 84 million Americans – more than 1 in 3 – have prediabetes: blood sugar is higher than normal but not high enough yet to be type 2 diabetes. Without lifestyle changes, people with prediabetes are very likely to progress to type 2 diabetes. CAUTION: If you have prediabetes, the damage of diabetes, specifically to your heart, blood vessels and kidneys, might already be starting! However, making changes NOW can make a difference!

People who are at risk for type 2 diabetes can cut their risk in HALF simply by eating healthy foods, avoiding tobacco use, increasing physical activity, and losing weight. These changes also significantly improve health for those already diagnosed with the disease.

### Type 1 diabetes: 1.25 million American children and adults (about 5% of those diagnosed with diabetes)

In type 1, your immune system attacks and destroys the cells in the pancreas that make insulin. This can happen over a few weeks, months or years. When enough of the cells are gone, your pancreas makes little or no insulin and blood glucose becomes dangerously high. People with type 1 diabetes need to take insulin by injection with a syringe, an insulin pen, or an insulin pump every day to stay alive. Type 1 diabetes is typically diagnosed in children and young adults, however, it can appear at any age.

### Type 2 diabetes: 29 million + Americans (9.4% of the U.S. population)

Type 2 diabetes is the most common form of diabetes.

In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, the pancreas makes extra insulin to make up for it. But, over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 usually gets worse over time. Even if you don't need to take medications at first, you might need to do so later on.

Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.

*Up to 70% of type 2 diabetes cases could be prevented through the adoption of a healthy lifestyle.*

### What causes type 2 diabetes?

Scientists do not know the exact cause of type 2 diabetes. However, development of type 2 diabetes has been associated with several risk factors. These risk factors include:

- History of hyperglycemia, prediabetes, and/or gestational diabetes (GDM)
- Genetics
- Race and ethnicity
- High blood pressure
- Overweight and obesity
- Physical inactivity
- Family history
- Age
- Abnormal cholesterol

### Treatments for type 2 diabetes

The two goals of diabetes treatment are to make sure you feel well day to day and to prevent or delay long-term health problems. The best way to reach those goals is by:

- Taking medications, if your doctor prescribes them.
- Planning healthy, balanced meals – choosing what, how much, and when to eat.
- Being physically active.
- Maintaining a healthy weight.
- Avoiding tobacco use.

### Common consequences of diabetes

Over time, diabetes can damage the heart, blood vessels, eyes, kidneys and nerves.

- Adults with diabetes have a two- to three-fold increased risk of heart attacks and strokes.
- Women with type 2 diabetes are 10 times more likely to have heart disease than women without type 2 diabetes.
- Neuropathy (nerve damage) in the feet, combined with reduced blood flow, increases the chance of foot ulcers, infection and eventual need for limb amputation.
- Diabetic retinopathy is a key cause of blindness and occurs as a result of long-term accumulated damage to the small blood vessels in the retina. 2.6% of global blindness can be attributed to diabetes.
- Deaths – diabetes remains the 7th leading cause of death in the United States.

### Cost of Diabetes (2013):

- Total cost: \$245 billion
  - Direct medical costs – \$176 billion
  - Reduced productivity – \$69 billion
- Average medical expenditures for those with diagnosed diabetes are 2.3 times higher than those without diabetes.

### World Diabetes Day – November 14 (Globally, every 6 seconds, a person dies from diabetes.)

Created in 1991 by the International Diabetes Federation, the goal of World Diabetes Day is to be the global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue. World Diabetes Day became an official United Nations Day in 2006.

Each year, the International Diabetes Foundation chooses a theme for the year-long campaign for World Diabetes Day that

reflects the realities of dealing with a chronic condition. The theme for 2017 is “Women and diabetes – our right to a healthy future.” This will promote the importance of affordable and equitable access to care and education for all women to better manage their diabetes and improve their health outcomes.

### Ways to observe National Diabetes Month

- Participate in a diabetes-related event (ADA, JDRF) – participate in a walkathon, health fair, run or bike ride.
- Seek out special Diabetes Month sales or other offers.
- Observe World Diabetes Day on Nov. 14 – find events at [www.idf.org](http://www.idf.org).
- Learn something new about diabetes, visit:
  - <http://ndep.nih.gov>
  - [www.jdrf.org](http://www.jdrf.org)
  - <http://www.diabetes.org>
  - <https://www.idf.org>.
- Start a conversation with people you care about to make healthy lifestyle changes.

### Firsthand experience

My family was thrust into the world of diabetes in 2010. We had no experience whatsoever with diabetes; we didn't know of any family members or friends who had diabetes. As a special education teacher, I have had students with a variety of medical needs, but none with diabetes. We were clueless!

My youngest child, Mary, is a 2017 graduate of Lake Nona High School. She was in fifth grade when she was diagnosed with type 1 diabetes on March 22, 2010. I first noticed that she looked like she had lost some weight. Truthfully, I did not think much of it at the time since she was a cheerleader and very active. I remember noticing that she also was suddenly thirsty a lot. Mary wasn't feeling well the day before I was leaving for Camp Lejeune (North Carolina) for my Marine son's knee surgery. She was tired, sleeping a lot, and had thrown up some – I thought she had the flu or a stomach virus! I left on Sunday and I made arrangements for someone to take her to our family doctor on Monday morning, the same day as the surgery.

I recall sitting in the family waiting room at the Naval Hospital when I got the phone call: Mary had type 1 diabetes. I was blindsided. When the surgeon came to discuss how my son's major surgery (meniscus transplant!) had gone, the tears were rolling down my face as I tried to focus on his words, and my head was reeling from her diagnosis. I needed to be there for my son, but I was so worried about Mary and how this life-changing news was impacting her. I begged the surgeon to help get us safely on the road back to Orlando as soon as possible. We could not leave until Thursday, so I drove all night with my son in the back seat, his knee in a giant contraption, so we could get to a family appointment with a pediatric endocrinologist on Friday morning. Seriously?! This was crazy, but the focus was and is always taking care of whatever medical and emotional needs my kids face! Trials truly can build perseverance and resilience, if we let them!



This appointment was a family "training" for us to learn how to check her blood glucose (sugar), administer her insulin, identify symptoms, and monitor the carbs for her meals. My son insisted on being there for his baby sister, so we were helping him on crutches; also there - my younger son, Stephen (then just turned 18), my daughter Hannah (then just turned 15), and a family friend. We were ready, willing and determined to learn how to take care of her, but to say it was overwhelming is an understatement!

We all were mind blown to realize that this is a 24/7/365 job - there is no break or reprieve from her care. She (we) never get to relax and forget about measuring food and counting carbohydrates, finger pricks 5-8 times a day to check blood sugar, constantly factoring multiple daily insulin injections, plus the impact of stress, a cold, a sunburn on blood sugar, on and on...so many things impact daily living when you have type 1 diabetes. We have to be physicians, dietitians, personal trainers, mathematicians - while teaching Algebra 1, I actually used her formula for figuring the amount of insulin to teach using algebra in real life! That really got my students' attention!

We learned how diabetes high blood sugar and low blood sugar impact a child in the classroom: It can cause dizziness, fatigue, blurry/impaired vision, drowsiness, headache, irritability, anxiety - all of which obviously impact the ability to concentrate and learn. This also leads to trips to the nurse, which means more time out of class, which emphasizes the need for good diabetes management for learning as well as health.

The first meal we ate out, at a place we frequently went to, we had to ask for the nutrition guide to check the carb count. When we realized the enormous number of carbs in the meal she usually got, she burst into tears realizing that she couldn't have that, which of course ripped our hearts out. Wow.

Fast forward seven years: Mary, her siblings and I continue to learn to adjust to her life with diabetes. She was hospitalized for the first time (she's been really lucky!) just this past spring, due to diabetes complications from a severe stomach virus. She was hospitalized again in April during Grad Bash, with her first diabetes emergency, **diabetic ketoacidosis (DKA)**, an acute, major, life-threatening complication of diabetes. She was truly blessed to have the stellar support of some Lake Nona High School teachers and chaperones who did not leave her side, caring for her at Universal Studios while I was speeding to get to

her. They were AMAZING! Our ambulance ride and second stay in the ICU at Arnold Palmer Hospital was yet another new experience thanks to diabetes.

Mary and I attended our first Friends for Life Annual Conference, held at Disney's Coronado Springs Resort this past July! Children with Diabetes hosts an international group of world-renowned clinicians, researchers, physicians, adults, children and families with diabetes to learn the most current information in diabetes care, attend educational sessions, and get cutting-edge diabetes management ideas. We both had the opportunity to connect with professionals but also to take part in discussion groups and connect with other families who walk in similar shoes. Mary also had the opportunity to receive a free, on-site retinal screening from a team of eye care specialists from the Institute of Ophthalmology and Visual Science from the New Jersey Medical School at Rutgers University! There also were insulin pump trials, celiac screening, and family screenings for type 1 diabetes risk factors. This was a major learning experience for us both! She found an insulin pump she wants - her doctor just ordered it, and she was to receive it on Sept. 28!

If your family is impacted by diabetes, please check out this incredible conference, to be held again at the Disney's Coronado Springs Resort, July 10-15, 2018: <http://www.childrenwithdiabetes.com/activities/>

**Tour de Cure at Lake Nona**

We have a fantastic diabetes fundraising event right here in Lake Nona!

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The Tour de Cure is held in 40 states nationwide to benefit the mission of the ADA: to prevent and cure diabetes and to improve the lives of all people affected by diabetes. The ADA funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; pro-

vides objective and credible information; and gives a voice to those denied their rights because of diabetes.

The Tour de Cure is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced cyclist. This event is a unique opportunity for businesses, clubs, friends and families to come together to form teams with the vision of a life free of diabetes and all of its burdens.

The 2017 Tour de Cure was a HUGE success with more than \$747,000 raised!

The 2018 Tour de Cure Lake Nona website will be opening in October. To learn more about participating here in Lake Nona, visit [www.nonacycle.com](http://www.nonacycle.com) or join the Nona Cycle Facebook group: <http://nonahood.to/nonacycle>.

**Website:** <http://www.diabetes.org/lakenona>

**Twitter:** @TourdeCureOrl

**Facebook:** Tour de Cure (Orlando, FL) @tdcorlando

**Sources/Resources:** Centers for Disease Control; National Institute of Diabetes and Digestive and Kidney Diseases; U.S. Department of Health and Human Services; American Diabetes Association; International Diabetes Federation; JDRF.



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## Fisher House Construction Update

BRITTANY BHULAI



If a United States military veteran is an inpatient at the Orlando Department of Veterans Affairs Medical Center, they no longer have to bear living apart from their families or loved ones. One might inquire how this is made possible. The answer is simply a Fisher House.

Showcased in the heart of Lake Nona's Medical City, the VA houses up to 134 military veterans. The facility's main goal is to provide a home for vets who are in need of medical treatment and hospitalization. Attached between many of these vets and their caregivers are emotional ties. Being physically apart from each other does not aid in any way and can take tolls on both parties. All they long for is time together and to be in the presence of one another.

To solve the issue, the Orlando VA Medical Center has partnered with the Fisher House Foundation to construct a Fisher House on the VA's property. The basis of a Fisher House is to provide families of veterans with a home to stay in on site while their vet receives care at the VA.

The Fisher House is a two-story building with 16 suites, eight on the top and eight on the bottom. At full occupancy, it can hold 44 guests. Each room will be equipped with a phone, TV, DVD player and a tablet. There will also be free Wi-Fi all around the house. On top of these luxuries, guests also will be able to use a kitchen area, dining room, family room, laundry facility, library and an outdoor patio setup.

All of this will be at no cost to the guest. As long as the loved one affiliated with their veteran lives at least 50 miles away or more, they can qualify to stay at Fisher House. There also is no time limit to the guest's duration at the house.

Currently, the Fisher House Foundation is working on interior aspects such as painting rooms, putting down flooring, hanging light fixtures and bathroom installations. The landscape is the next chore to tackle on the to-do list. They also will handle all furnishing costs for the building. Once these tasks are complete, the Orlando VA will take ownership of the structure. They will be responsible for all costs associated with things such as cable, Wi-Fi, electricity and security systems.

In favor of the production process, there were no setbacks caused by Hurricane Irma that struck Florida in September. One of the project engineers working on Fisher House, Dimos Triantafyllu, states, "They had secured all their equipment prior to the hurricane, and they were far along in the construction that it didn't really impact it." There was no damage done.

As a Lake Nona resident, one can help a guest receive a more pleasurable experience at Fisher House in several ways. Gift registries can be filled out at both [www.bedbathandbeyond.com](http://www.bedbathandbeyond.com) and [www.walmart.com](http://www.walmart.com). Donation drives also can be hosted within the community to collect paper goods, baking items, kitch-

enware, toys for children, or laundry items. Gift cards also are accepted from places such as Publix, Walmart or Target. In addition, Orlando Fisher House has a few "post-construction" plans up their sleeves where volunteers can help. They plan to make some upgrades to the outdoor patio, adding ceiling fans. There also is a project for creating a "climate-controlled storage shed" and a "summer kitchen."

The Fisher House began construction in late 2016 and is expected to complete the building process by December 2017. The National Fisher House Foundation will host an opening ceremony of the house in January or February 2018 when the house is finally expected to open up its doors to guests.

Terri Turner, the Fisher House Manager, simply puts it: "We really want to get the local people excited about it just because it's another great amenity to have."



## Nona Alumni: Christopher Vestal

NICOLE LABOSCO

In this recurring monthly special, Nonahood News will be featuring those who've graduated from Lake Nona High School and will recognize the achievements they've made since. Some will have been a part of the first graduating class. Others might have graduated a few years later. Few have stayed in the Lake Nona area, and many have explored the world or are still doing so. Let's see where life's journey has taken them so far!

**Name:** Christopher Vestal

**Age:** 24

**Year Graduated:** 2011

**Occupation:** Pilot

**Current Location:** Loveland, Ohio

This month's star was one of the 200 or so who were in the high school's first graduating class. The year was 2011, when Lake Nona High was still forming traditions and making its mark in the high

school athletics world. Vestal moved to the Lake Nona area in 2010 from Wilmington, Ohio, and played as a fullback on the men's varsity soccer team while he attended the school. His post-high school goals were to fly for the airlines and to continue to learn.

Christopher's father served as his inspiration to become a pilot, and he started taking flying lessons at the age of 14. He flew his first solo flight at 16, and at the age of 18, Vestal met his goals. "I have been fortunate enough to be able to accomplish my goals I have set out for. I received all of my flight ratings, and I became an instructor teaching people to fly to gain experience. I then went on to work for United Express when I was 21, where I started as a first officer and then upgraded to captain at 23,

where I was the youngest captain at the airline during that time. I then was able to move on to Air Transport International, where now I am currently the youngest captain at the company there at 24."

Vestal was recognized by the Federal Aviation Administration (FAA) for his aviation accomplishments when he received his commercial pilot license and is now one of the youngest 767 captains in the industry. "I have known I've wanted to be a pilot since I was practically born. It's been the only thing I've wanted to do. It feels very rewarding, and I feel that I have been very fortunate to have the opportunities that I have had in life to make this happen."

Just over the last couple of months, Vestal has accom-



plished some major life milestones.

"I proposed to my fiancée in February live on the Today Show. We also purchased a home in Loveland, Ohio, together, which will not only be our first home together but our first home period. [We're also] planning our wedding in Cincinnati in June of 2018."

Vestal actually met his fiancée, Kimberly, on Tinder, and they dated for about a year and a half when he decided to propose. He knew he wanted to propose to her after the first week of dating. Vestal applied for the Today Show to feature his proposal, and they chose him to be featured on the "Marry Me TODAY" segment. You can view the video, which aired live, by searching for "Schoolteacher stunned by surprise proposal."

Vestal is working hard to further himself in his aviation career and plans on finishing his Bachelor's in Aviation Science at Utah Valley University in about six months to a year. His advice for future Lake Nona alumni? "To work hard toward your goals and, even when it gets rough, to stay focused for what you ultimately want in life."

Written for current and future Lake Nona alumni by a Lake Nona alumna. Check back in to our November issue to learn about our next Nona graduate(s)!



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# ReThink: A Conversation About Life, Leadership and Relationships

RODNEY GAGE

## ReThink... Your Problems

Got problems? The truth is, if you don't have problems, you don't have a pulse. I think we can all agree that in one way or another we all face problems. Author Chuck Swindoll says, "Life is 10% what happens to me and 90% how I react to it." We can't control what happens to us, but we can choose how we respond when we face difficult situations and circumstances in our lives.

Keeping the right perspective in the midst of our problems is the key to overcoming our problems. So, how can we overcome our problems?

### 1. Find The Greater Purpose in Your Problems.

Instead of asking the question, "Why?" what if we turned it around and asked, "What?" What is it I am supposed to learn through this situation I am facing? If we think about it, there is always a greater purpose that can be achieved and will actually help us profit from our problems. We can always find a greater purpose through our pain and problems.

At the age of 8, our youngest child was diagnosed with a rare hip disease called "Legg-Calvé-Perthes." That day changed his life and our entire family. Life took on a whole new perspective. Our lives would no longer be the same. Our son, Luke, would no longer be able to do what all the other kids got to do – he had a choice to make. He could grow up either bitter or better – the difference between the two is the letter i.

We can't choose our circumstances, but we can choose how we respond. I am pleased to say that my son Luke, now 16 years old, is 100% healed and is liv-

ing a perfectly normal life. He found a greater purpose through his pain. It was while he was sitting in a wheelchair for nearly three years that he took up music. He learned to play the guitar and piano. Today, he is a singer/songwriter and is incredibly gifted with creative video production and technology. If we keep the right perspective through the difficult situations in life, our problems can actually be turned into

we face. However, at some point we have to take the focus off ourselves and place it on others. We will discover quickly there is always someone else who is dealing with bigger problems than we are. I heard someone say, "You can't live a perfect day without doing something for someone who will never be able to repay you." Who better to encourage someone who has been diagnosed with cancer than someone who has had cancer? Who better to encourage someone who has experienced the pain of divorce than someone who has gone through it themselves? Who better to give hope and help to someone going through financial difficulties than someone who has lost everything? You get the point.

There is always a greater purpose we can learn and grow from, and there are always people who are waiting to be helped with the help that only we can give. Sally Koch once said, "Great opportunities to help others seldom come, but small ones surround us daily."

*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 re-thinklife.com.*



a platform to inspire others.

### 2. Find a Way to Help Others Through Their Problems.

It's easy to sit around indulging in self-pity or blame others for the problems and circumstances



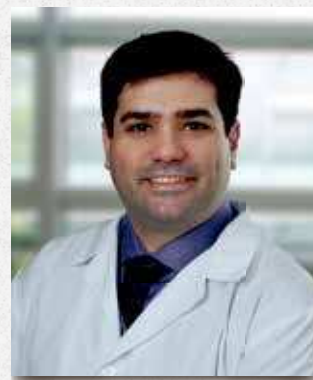
## Surgical Care Expands in East Orlando

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- Speaks Spanish, basic French and Haitian Creole



### Francisco Couto, MD

- Board Certified, General Surgery
- Fellowship, Minimally Invasive Surgery, University of South Carolina, Greenville, SC
- Residency, Surgery, Drexel University/Hahnemann University Hospital, Philadelphia, PA
- Medical Degree, Central University of Venezuela, Caracas, Venezuela
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# GuideWell Immersion Event: Emerging Minds – Brain-filling and Mind-blowing!

SUSAN VOSSELER

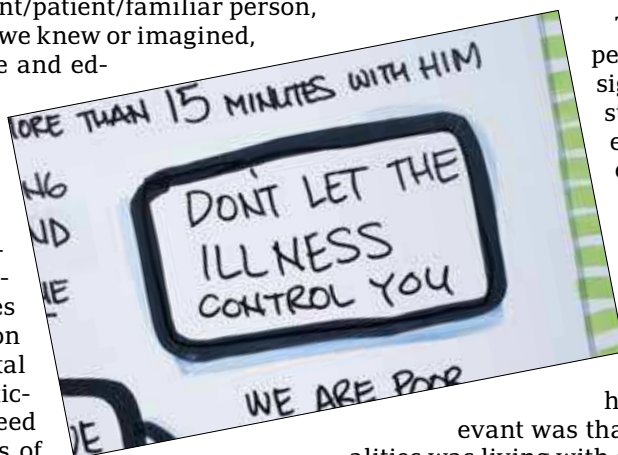
“Emerging Minds – Illuminating the Path to Mental Wellness at the GuideWell Innovation CoRE” is an ongoing collaborative and innovative exploration of the journey of individuals living with mental health conditions and their access to mental health care. Hosted by GuideWell Innovation, Emerging Minds began with a three-day immersion event that allowed participants to gain a perspective on the obstacles facing persons living with mental illness. GuideWell Innovation is anchored in Lake Nona Medical City and focused on leading broad-scale change to transform the health system into a more integral and useful part of people’s everyday lives through collaborative innovation.

Emerging Minds included leaders in mental health such as former U.S. Rep. Patrick Kennedy, Dr. Steven Chan, best-selling author Pete Earley, and Mental Health America’s Paul Gionfriddo as well as invited peer specialists, clinicians, employers and community members. They collaborated to explore the experience of a person living with a mental health condition through the journey of the mental health care continuum.

Immersion participants were encouraged to contribute, consider, listen and learn in a collaborative environment. The design of the event conscientiously and comprehensively addressed learning styles, personality types and the physical being of participants. We were engaged, educated, inspired, fed and hydrated! Even the design of the GuideWell Innovation CoRE contributed positively to the fluidity and movement of people and ideas.

To immerse in the experience of a mental health condition, each participant was invited to develop a personality experiencing a mental illness. Personalities could represent a client/patient/familiar person, a combination of persons we knew or imagined, relative to our experience and education in the mental health field.

Some participants were adept at assuming the personality; they embodied the role in conversation, during meal-time and during exercises designed for exploration when living with a mental health condition. All participants I spoke with agreed that walking in the shoes of someone else is at least uncomfortable, and at most, profoundly disorienting. It was a very emotional experience. Many reported being exhausted by it, stressed and challenged, and, ultimately, aware of a deeper responsibility to be the voice of their personality, to advocate for them and to speak for their well-being.



comfort-



Through an interview exercise, we established a deeper understanding of our personality. As interviewer, we assumed our actual personal and professional roles; as interviewee, we assumed our personality. This exercise was meant to help us understand more deeply and to uncover any assumptions we might have, to develop insight and to become aware of themes and misconceptions about mental health and mental health care.

The largest percentage of personalities experienced the significant moments of understanding and insight in the earliest stage. Discussion of early diagnosis and treatment ensued. In an ironic twist, my interview partner and I were two of only three personalities of the more than 160 participants who returned to their lives seemingly unaware of their mental health needs. Additionally relevant was that each of those three personalities was living with social/cultural stigma...of being adopted, of being gay and of having a child with autism. None had yet made the connection between the stress of the social/cultural stigma and their experience of anxiety and depression.

Patrick Kennedy spoke of “living in the illness and not recognizing it.” Our three personalities lived in unchanging states of being.

As we came together in team sessions and in gradually larger groups, stigma actually emerged as a

theme. Living under stigma with a socially inferior status induced/increased stress, anxiety and depression. It became evident to all that positive change in perception will contribute positively to the mental well-being of persons with mental illness as well as persons in families with a mental illness.

The power of social media and influencers to shape cultural norms and acceptance became a point of focus. One participant who spoke openly of his mental health diagnosis and experience offered the most insightful perspective; but, of course, he wasn’t creating a personality, he was sharing himself. To be sure, nearly every presenter shared personal stories of mental health care for themselves and/or family. Virtually everyone is touched by the state of our mental health care. We have the power to be influencers to help shape acceptance and understanding and to improve quality of life.

I emerged from Emerging Minds hopeful...

A white paper of the three-day immersion is due in October; this paper will synthesize the ideas and themes emerging from the immersion event. The collaboration continues with a six- to nine-month engagement of additional contributors to the field of mental wellness. Emerging Minds provides hope that emerging ideas are on the move to address a more comprehensive approach to mental well-being and to do so through the filter of a more positive approach.

Mental illness becomes mental wellness becomes mental well-being.

I could go on...brain-filling and mind-blowing!





# the ARTIST

## Local Artist Creates Delicious Art

VANESSA POULSON



If you're familiar with the new Keke's restaurant in Lake Nona, or any other Keke's establishments, you've probably come across Jeni Santana's work. On the walls of the restaurant are beautiful, eye-catching paintings of some of Keke's breakfast and brunch favorites, painted with an artistic sense of at-

tention to detail, almost like pop art. The attention to color, shape and scale could only have been achieved by an artist with a deep passion and dedication for their work, a framework for which Jeni Santana is the perfect fit. The process of having her work put up in Keke's is what Jeni considers to be both her most challenging and most rewarding artistic pursuit.

It all started with an innocent breakfast trip to a Keke's in 2009. Jeni pointed out the clip art being used on the walls of Keke's and made the recommendation that the stores start using art done by real artists on the walls instead. Kevin Mahe, co-owner of Keke's, took Jeni up on her suggestion, and after reviewing work from three different artists, they selected Jeni to be the one to create the pieces for the restaurant chain.

After reviewing a lot of different ideas and original paintings, as well as deliberation with Kevin and others at Keke's, they settled on concepts that were "fun, bright and happy." Jeni created some original

12x12 paintings that are housed in the corporate office and reprinted in a variety of different sizes for the Keke's restaurants.

For someone as talented as Jeni, it's hard to believe she wasn't always as interested in art as she is now. Though she has memories of painting with family members on occasion, she didn't take her first formal art class until college. After moving from Arkansas to Central Florida and falling in love with the area, Jeni began college, where her artistic nature began to come to light.

Although Jeni's original interest was in interior design, the school she was attending did not have a formal interior design program. In order to continue being involved in the creative and design aspects she was interested in, Jeni ended up taking some art classes. It was in one art class in particular where she fell in love with the medium and switched her major to art, with a focus in graphic design.

Jeni taught elementary art for more than 10 years and has remained passionate about teaching and creating art even while balancing her art with raising her children and managing a family. When asked what she wants her work to mean to the community, Jeni noted that she wants to make "the insignificant seem significant." No matter the size or scale of the object she's painting, she wants the

concept to be fun and light hearted. She states that she hopes never to create something that is too dark or unsettling. "There's already enough dark and bad stuff in the world today" Jeni adds.

Down the line, Jeni hopes to construct a series dedicated to stained glass, as she finds glass to be one of the most fascinating areas of art and wants to pursue it more thoroughly.

Jeni is incredibly proud of her work in Keke's. "If that's what I am remembered for, then that's fine by me," she stated. Next time you're in your local Lake Nona Keke's or any other of the many Keke's stores, make sure to check out Jeni's work all around you while you enjoy your breakfast or brunch.



## Lake Nona Rotary Cleans the World With Magic

NICOLE LABOSCO

Today's the day you give back. You make your way into the Clean the World warehouse and immediately your senses are overcome with the fresh aromas of soap. Your sense of smell has been wiped clean. You see hundreds of others dedicating their free time to helping others. Some are unboxing and separating donated hygiene products like lotion, shampoo and conditioner. Others are operating heavy machinery that processes, mixes and shapes new bars of soap. The teamwork and unity in this large room is far from uncanny. Suddenly you realize you really can help create a difference. On Friday, Sept. 15, members of the Lake Nona Rotary and the Orlando Magic volunteered their time to help give back and assemble relief kits for Hurricane Irma victims at the Clean the World headquarters near Boggy Creek, where liberation is provided one bar of soap at a time.

Clean the World is a nonprofit organization that

recycles soap and hygiene products to prevent hygiene-related deaths around the world. It was founded in 2009 by Shawn Seipler. The nonprofit is keeping busy creating relief kits with the many hurricanes that have created immense amounts of damage. Its world headquarters are located right along the outskirts of Lake Nona at 2544 East Landstreet Rd., Suite 600, Orlando, FL 32824. Clean the World has recycling operation centers all over the world: Hong Kong, Canada, London, Las Vegas and Orlando.

Soap saves lives, and Clean the World is proving that. The nonprofit has distributed more than 40 million bars of soap to more than 115 countries, and they're not done yet. There are many opportunities to volunteer, whether it's donating time or money, and you can visit [cleantheworld.org](http://cleantheworld.org) to discover how you can help.



# Health, Fitness & Sports

## Nona Cycle: Having Fun While Doing Good

DEBRA LOWE

There are plenty of reasons to enjoy cycling: get fit, enjoy the outdoors, spend time with family and friends, or achieve a goal of riding a specific distance in a certain amount of time. Cycling is great exercise. A 130-pound person can burn 470 calories an hour cycling at a moderate pace – and have fun while doing it. What if you could do all the above while helping those in need? If you enjoy riding your bike and have a desire to make a positive difference, cycling for a cause is the perfect fit.



Many charities use cycling events to raise funds and awareness of their cause. On any given weekend, anywhere in the country, you can participate in a charity ride either solo or as part of a team.

Charity rides can be organized by the benefiting organization or a community group (a Rotary club, for example) raising funds on behalf of several organizations. Charity rides cater to every skill level from a short “fun ride” to a 100-mile “Century ride” and beyond. Whether you want to fight hunger, raise funds to support the cure of a disease, honor a loved one or save the environment, there is a ride for you.

Generally, organized rides have multiple corporate and individual sponsors with the revenue offsetting the cost of putting on the event and hopefully adding to the net proceeds. Riders pay a registration fee that often includes a commemorative item (a water bottle, jersey, etc.); this fee should also cover event costs and support the organization. If it is important to you to know how much of your entry fee is going toward the

cause you wish to support, be sure to inquire beforehand.

Each rider (or team) is required to do fundraising in support of the organization, or if the ride is organized by a community organization proceeds may be earmarked to a number of entities. Prizes are often awarded to the top fundraisers.

There are two types of courses: “open,” meaning you will be riding with vehicular traffic, or “closed,” where traffic is rerouted away from cyclists. The course will have “SAG stops” where you can rest, enjoy a variety of snacks and have access to facilities. Some rides also will offer support vehicles that patrol the course to offer assistance.

While charity rides are an excellent way to build your riding skills, there are a few things to consider before signing up: You will be riding on the road with a large number of other cyclists of various abilities – be sure you are comfortable in this environment and have a knowledge of hand signals and riding etiquette. A helmet will be required, and your bike should be in good working order.

For those who want an experience beyond a local day-long event, there are rides covering multiple states: the seven-week cross-country Big Ride Across America raises funds and awareness for the American Lung Association. Over a period of 48 days, participants ride almost 3,000 miles from Seattle to



Washington, D.C., passing through 12 states along the way.

The National Multiple Sclerosis Society offers more than 100 multi-day Bike MS events across the country each year, raising critical funds for the organization.

The 8th Annual Ride 4 Ronald to be held on Oct. 15 here in Lake Nona is a great way to experience cycling for a cause. Proceeds benefit the more than 2,000 families who turn to the three Ronald McDonald Houses located in Lake Nona and Orlando each year for no-cost lodging while their critically ill children are hospitalized. Riders of all ages can choose from routes ranging from 3.5 to 60 miles.

Cycling for charity is a win-win for you and your favorite cause, so give it a try. Like all things cycling related, you'll find yourself coming back for more.



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# Healthier You: Ayurveda

ASHNI MULCHAND



## Have you heard of Ayurveda?

Ayurveda is a Vedic science. It means the heritage is from the Vedas – the sacred scriptures in Hinduism. This science is mainly designed to bring the human body back into balance so it can heal itself. The most well-known branch of this science is yoga. Today, yoga is recognized as a holistic practice that is enjoyed by thousands if not millions around the globe. Just like yoga and meditation have only one purpose – to expose the illusion and neediness of the mind and become free – Ayurveda's purpose is to create balance to live life in harmony with the environment. Ayurveda

is another well-known branch of the Vedic science. Can you imagine living your life according to your own terms and wishes?

Being free means to love who and how you desire without holding back any expression, and to wear whatever or act however you like without any concern about what people might think of you.

And what if you were free of cravings like sweets, chips, chocolate, coffee, money or shopping? Ayurveda seeks to free you from all that so the delicate, vulnerable and powerful "you" can shine and empower you to just being you.

In Ayurveda, the mind is thought to be the origin of all disease. The mind creates protective patterns and belief systems that start early in childhood and shape your personality today.

As infants and toddlers, the mind is poorly developed, allowing these little ones to be pure and attractive. As we grow up and get hurt feelings on the playground, figure out how to get mommy and daddy's approval, or discover the magic of ice cream, each child creates a new, safer version of their personality based on these very unique experiences. Often, these childhood personality traits are carried into adulthood and, while they served you as a child, they often don't serve you as an adult. These protective emotional patterns are generally created to keep the child safe and out of emotional harm, but as adults, they put significant stress on the body.

The two main guiding principles of Ayurvedic science are:

- The mind and the body are inextricably connected.
- Nothing has more power to heal and transform the body than the mind.

Freedom from illness depends upon expanding our own awareness, bringing it into balance, and then extending that balance to the body. This process isn't as complicated as it might sound. For example, when you meditate you effortlessly enter a state of expanded awareness and inner quiet that refreshes the mind and restores balance. Since the mind and body are inseparable, the body is naturally balanced through the practice of meditation. In the state of restful awareness created through meditation, your heart rate and breath slow, your body decreases the production of stress hormones such as cortisol and adrenaline, and you increase the production of neurotransmitters that enhance well being, including serotonin, dopamine, oxytocin and endorphins.

According to the science of Ayurveda, everyone has a specific body and mental type that is determined and influenced by five elements (space, air, fire, water and earth). We are constantly under the influence of these elements. When we know our body type, we can consciously create a plan to live a balanced and fulfilling life. The body type classifications are: vata, a combination of space and air element; pita, the element of fire; and kapha, a combination of water and earth element.

Knowing your body type, you can implement a plan to keep your energy aligned with your body, mind, spirit and surroundings. When we get tensed or stressed, a degenerative stress response is driven into every cell of the body. Depending on your particular body type, your body will process this change of the cell in its own unique way. The stress pattern is created in the mind. The stress reactors also get stored in the fat cells as molecules of emotions. When we take care of our body and allow new patterns to develop, the emotional molecules are released, giving an opportunity for deep mental, emotional and spiritual transformation.

Ayurveda believes that healing starts from within. When we live a lifestyle in harmony with nature and our own body type, we can reach a fully-balanced life. Proper diet, exercise, herbal support, yoga, breathing and meditation help promote

maintenance of overall health and emotional wellbeing. It is clearly unique in this day and age to find a system of medicine that is more than 5,000 years old and is still largely practiced on the planet. Here in the west, this system is in its infancy, whereas in the east there are more than 300,000 Ayurvedic doctors.

According to Ayurveda, living in harmony with nature's cycles is required for the body to enjoy the self-awareness needed to heal itself and then build the clarity needed to provoke deep emotional change in one's life. Ayurveda recognizes that all living creatures, whether human, plant or animal, must live in harmony with nature in order to survive. Like the owner's manual of your car prescribes maintenance schedules for the long-term health

of your car, Ayurveda speaks of daily and seasonal routines that ensure maximal health, mental clarity and longevity. For example, birds fly south in the winter – their survival depends on it. In the fall, leaves turn red and fall off the trees – it's a law of nature. We humans tend to insulate ourselves away from much participation in the changes that take place from one season to the next. We don't realize that, just like the birds, our survival depends on nature as well. By simply putting on or taking off a sweater and eating the same foods 365 days a year, we are not keeping up with the original human design. Going to sleep and rising with the sun, eating seasonal foods for your region, and building your activities around the natural rhythms of the day are all simple and profound ways to stay in harmony with nature. Through the science of Ayurveda, we can practice simple, holistic ways to live a healthy and well balanced life.

Ashni Mulchand is certified Stress Management facilitator for the Art of Living foundation, a certified Health Coach, Mental Health First Aider, Access Consciousness Practitioner, Business Woman & Volunteer. She has worked for more than 15 years in the field of human potential, personal development and self awareness as a facilitator and trainer. With her expertise, she has lectured and facilitated programs on stress management, meditation, health and lifestyle in North, South, Central America and the Caribbean. In 2013 she started Ashni Lifestyle Solutions. A coaching practice that uses simple techniques to empower individuals to take responsibility for their health and well being while living through daily chaos of life.



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#### 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.

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## Venous Insufficiency and the Athlete

KAREY FREEMAN

Surprising as it may seem, venous insufficiency is extremely common among athletes and is frequently the cause of decreased performance. Venous insufficiency arises out of a weakness or dysfunction in the valve system in the lower extremity veins. Although we don't commonly think of healthy athletes as having circulatory problems, the truth is most athletes do suffer from the consequences of venous insufficiency without even knowing it. Heaviness, sluggishness, tiredness, tautness and leg pain are all too often attributed to muscle pain and not underlying the venous insufficiency.



Venous reflux in the athlete originates from the same causes found in the general population but is made dramatically worse by aggressive training and competitive performance. There is even evidence that some intense forms of exercise such as distance running, weight training, and competitive cycling can actually cause venous reflux by placing enormous repetitive stress on leg veins. For most women, this reflux usually begins around the time of pregnancy and becomes progressive with an athletic lifestyle, while for most men, there is a familial history and

likely an occupation that requires prolonged standing or heaving physical lifting. The common theme for all is that once venous reflux is present, aggressive athletic training creates progressive venous hypertension and secondary side effects of elevated pressure and venous pooling.

### To help combat venous congestion that has built up during exercise, athletes should take certain measures:

- Walk or perform toe raises in the shallow end of a swimming pool – this is the best post-exercise therapy to activate the calf muscle pump, the strongest driving force of the venous circulation, while eliminating some of the gravity effect
- Leg elevation and calf muscle activations against resistance bands
- Wearing compression garments while training – experts believe this will counterbalance the venous hypertension that builds up during exercise while preventing leg swelling and decreasing the amount of venous blood trapped in the legs. (This has also been shown to improve recovery times!)

Minimally invasive vein therapy – the most definitive way for an athlete with venous insufficiency to achieve better performance and healthier legs while

training and competing is to treat the underlying cause of venous reflux. This is the most durable, long term method available to alleviate the harmful effects of venous hypertension in the athlete while decreasing the need for external compression garments.

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



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## To Treat Cancer, Give It a Lifeline

DEBORAH ROBINSON



Research in the lab of Masanobu Komatsu, Ph.D, aims to stabilize tumor blood vessels to prevent breast cancer from spreading.

*In honor of Breast Cancer Awareness Month, we're highlighting the work our scientists are doing toward the next generation of breast cancer therapies.*

Providing more oxygen to a tumor might seem like exactly the wrong way to treat cancer. But Masanobu Komatsu, Ph.D., Associate Professor in the Cardiovascular Metabolism Program and the NCI-designated Cancer Center at Sanford Burnham Prebys Medical Discovery Institute in Lake Nona, is trying to find treatments that do exactly that. Enhancing a tumor's blood supply, which carries oxygen to cancer cells, actually lowers the chance that the cancer will spread.

"We're aiming to minimize one of the most challenging and devastating aspects of breast cancer – metastasis," Komatsu said. "Mortality rates for metastatic breast cancers are still incredibly high. Of the patients with cancer that has spread and led to tumors in other organs, almost 80% will survive less than five years."

Cancer cells become more likely to move into other tissues as they adapt to a low oxygen environment due to a tumor's defective vasculature. Because these blood vessels grow abnormally fast and malformed, oxygen is limited in the tumor's interior. However, the cancer cells buried within continue to grow and mutate, so some can survive the lack of oxygen. The master switch that enables cancer cells to generate energy by alternate means also triggers changes that let them enter the circulation and find new homes.

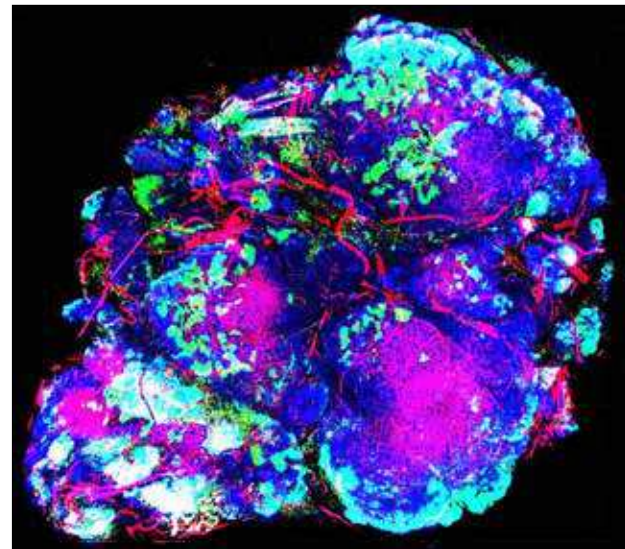
Strengthening the blood supply also could help to make the cancer more vulnerable to therapeutic attack, Komatsu added. "Improving the circulation inside a tumor would help anticancer drugs – and the body's own T cells, which also help eliminate cancer – reach all the tumor cells, and increasing oxygen levels helps sensitize them to radiation and immunotherapy."

Studies using mouse models of disease suggest that normalizing tumor blood vessels confers such

benefits, but existing drugs known to stabilize the vasculature have shown limited benefit. Komatsu and his lab are looking for better therapies by screening microRNAs, small pieces of genetic material that regulate gene activity.

With funding from the Florida Breast Cancer Foundation, the scientific team is testing each of hundreds of microRNAs to look for those that affect signaling pathways controlling the stability of tumor blood vessels. The microRNAs that come up positive could either be developed as drugs (to be used in combination with other cancer-killing treatments) or be studied further to find new drug targets.

"This strategy is relevant not only to breast cancer but also to any solid tumor," commented Komatsu. "The therapies we hope to find could help a huge number of patients."



Stabilizing tumor blood vessels (red) would eliminate adaptation to low oxygen (green and blue). Image credit: NIH Image Gallery

# USTA October Update

**DANIEL PYSER**

October marks a big month for the United States Tennis Association (USTA) National Campus in the world of adult tennis. Throughout the month of October, the USTA National Campus will be hosting five USTA League National Championships covering a number of age and skill divisions.



Established in 1980, USTA League has grown from 13,000 players in a few parts of the country in its first year to more than 900,000 players across the nation today, making it the world's largest recreational tennis league. USTA League was established to provide adult recreational tennis players throughout the country with the opportunity to compete against players of similar ability levels. Players participate on teams in a league format, which is administered by the USTA through its 17 sections. The league groups players by using six National Tennis Rating Program (NTRP) levels, ranging from 2.5 (entry) to 5.0 (advanced). USTA League is open to any USTA member 18 years of age or older.

The 2017 USTA League season will be the fifth with the updated structure and format. It offers four age categories (Adult 18 & Over, Adult 40 & Over, Adult 55 & Over and Mixed 18 & Over) to better align participants with players their own age. A fifth age division, the Mixed 40 & Over, was added in 2014. The restructuring guarantees more frequency of play opportunities at more appropriate age groups.

Also, for any local players who want to get involved, the USTA National Campus has expanded its offering for adult social match play. These sessions resemble a classic "pick-up league" and include both singles and doubles options for a wide range of skill levels. The sessions, which cost \$15 for singles and \$20 for doubles, are led by USTA National Campus pros and are designed for local players to grow their tennis network in a fun yet competitive atmosphere.

Monday nights include singles match play for 3.0, 3.5 and 4.0 players. The same is offered on Tuesday evenings for doubles. Wednesday offers both singles and doubles options in the evening, with the addition of novice doubles sessions in both the morning and evening. Finally, a Saturday morning session for 3.0, 3.5 and 4.0 doubles will continue throughout the fall.

Finally, one of the most unique events on the entire 2017 calendar comes to Lake Nona on Oct. 8-22 as the USTA National Campus is set to host the International Tennis Federation (ITF) Super-Seniors World Team Championships. The tournament is the senior tennis equivalent of the Davis Cup and Fed Cup competitions, with top American tennis players representing their countries in the 65-, 70-, 75- and 80-and-older age groups.

The U.S. will enter the event as the defending champions in three events: Queens' Cup (Women's 75 & over), Doris Hart Cup (Women's 80 & over) and Gardner Mulloy Cup (Men's 80 & Over). The Americans will be looking for their eighth consecutive Queens' Cup trophy; they will be defending the Doris Hart Cup and Gardner Mulloy Cup for the first time.

The U.S. will be fielding teams in all eight of the traditional divisions, as well as the newly added 85-and-over men's division.



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## Concussions Outside of Athletics

MICHAEL SEIFERT, M.D., UCF HEALTH



Most people are familiar with concussions in the context of athletic events. However, concussions also happen in everyday life. While most athletes have medical professionals on the sideline to evaluate them quickly if there is concern for a concussion, this is not true of the general public. I wanted to briefly review the cause and symptoms of concussions, as well as provide an overview of the common treatment and course.

A concussion is abnormal mental functioning that occurs after an injury to the brain. Concussions can happen to anyone who experiences a whiplash event or a hit to their head. If you ever experience such an incident (e.g., a car accident, an impact on the head,

or a serious fall), symptoms of a concussion are:

- Confusion, such as not knowing the date or not knowing what had just happened.
- Significant increase in fatigue or, conversely, inability to fall asleep.
- Feeling “foggy” or not alert.
- Sensitivity to bright lights or loud noises.
- Difficulty concentrating.
- Balance problems.

If you experience these symptoms,

you should immediately remove yourself from the situation where you were injured. With any injury to the head, doctors want to rule out the possibility of other brain injuries that are more serious. When you are evaluated for a concussion, expect to be asked questions about your memory and problem-solving skills. Your balance and coordination also should be examined. Most concussions do not require any medical images of the brain or head. However, it is important to be assessed by a doctor well versed in concussion management to make the determination if additional testing or imaging is needed to rule out other possible brain injuries.

A common misconception about concussions is that you need to “black out” to have one. In fact, you can have a concussion and remain alert the entire time. Unfortunately, another old idea that still persists is that you should not sleep the night after a concussion. Actually, resting is the best way for your brain to recover from a concussion!

Most concussion symptoms go away in one to two weeks with proper treatment. Guidance from a physician can determine if medication changes, physical therapy, or restrictions at work or school might help your concussion resolve more quickly. Concussion care is still an evolving field, and we may find new approaches as more research is done regarding this common injury.

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# Local SORA Rowing Paddling Back After Hurricane Irma

VANESSA POULSON

## After Hurricane Irma's Damage

The local South Orlando Rowing Association (SORA) ", an over 100-member club of middle school, high school, and adult rowers, is working toward coming back together stronger in the aftermath of Hurricane Irma. In wake of the hurricane, the team's boatyard and dock in Moss Park were destroyed by the wind and rain, creating a difficult, uphill battle in the effort to rebuild what was lost in the storm.

Not only is the team making strides to rebuild, but many of the members are training for a variety of upcoming important events. Lake Nona resident and VA employee Mike Varro will be rowing in the Para-Rowing Mixed Four Boat at the World Rowing Championships taking place this month in Sarasota. Mike also is currently training for the Paralympics. Along with Mike, SORA's head coach's son, Ben Davidson, also has been selected to participate at the World Rowing Championships in addition to currently training for the next Olympic Games.

With such prestigious and significant events on the horizon for two of the team members of SORA, the damage caused by Hurricane Irma comes at a time when the team is working harder than ever to prepare for what is just around the corner. Training for events like these is incredibly important and essential.



SORA is incredibly grateful for the kindness received from Lions Den Crossfit and the Lake Nona YMCA, who have been gracious

enough to allow the rowers to use their facilities over the past few days so they don't lose momentum in their training efforts.

"Irma did significant damage to Moss Park and to our facilities, including our boat storage, oar storage and dock, which will take weeks to repair. We are asking for any help you can offer so we can rebuild a stronger boatyard and get our boats back on the water again."

The team has created a GoFundMe page to help raise money to help them to rebuild and to come back together as a team.

SORA is a well-decorated rowing team, having earned two state championships in 2016 along with numerous state medals. "These are dedicated kids who strive to be the best rowers. This devastation will not keep them down, but it's going to take a lot to get back to where we were. We don't just have youth programs, we also have adult rowing, veteran rowing, and adaptive/para rowing," says Sarah Miller.

*If you would like to support the South Orlando Rowing Association, visit <http://nonahood.to/sorarebuild> to donate to their GoFundMe page.*



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Laureate Park First Annual Labor Day Parade



City Park Groundbreaking



# Early Game a Win for Lions

PHOTOGRAPHY BY PAUL THIERRY

- Lake Nona High School's varsity football, cheerleaders and band didn't let a little bad weather stop them.
- The home game against Liberty High School was moved up a day in the face of Hurricane Irma's looming threat.
- Lake Nona's Ethan Johnson cuts up the field on a touchdown reception during the Lions' 41-0 victory.



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# Education

## School Update: Sun Blaze Elementary

TAMI TURNER

Our Sun Blaze family continues to grow! In August 2013, Sun Blaze opened its doors to 640 students and 51 staff. Just five years later, there are more than 1,100 students and 123 staff. Fifteen portable classrooms have been added to the campus to accommodate the rapid and substantial growth with additional portables to be added in the near future.

Sun Blaze Elementary School has been recognized as an "A" school five consecutive years by the Florida Department of Education for the high level of performance that students demonstrated on statewide testing during the school year. I am impressed daily at the commitment, flexibility and teamwork that our staff, parents and community demonstrate to support our school and public education. Our annual Back to School Skate Party was an amazing event for Sun

want to thank our PTA for the time they invested planning this event that serves to strengthen our Sun Blaze family. They continually go above and beyond to provide opportunities for our students, families and staff to build relationships with people in the community and invest in our school.



On Wednesday, Aug. 30, more than 140 dads, step-dads, grandfathers, uncles and father-figures gathered in the Sun Blaze Cafeteria to register for the Sun Blaze WATCH D.O.G.S. program.

The WATCH D.O.G.S. (Dads Of Great Students) program is one of the nation's largest and most respected school-based organizations in the country. Since the program's creation in 1998, more than 6,450 schools across the country have launched a WATCH D.O.G.S. program of their own. Each school year, hundreds of thousands of fathers and father-figures make a positive impact on millions of

children by volunteering millions of hours in their local schools through this amazing, one-of-a-kind program.

Sun Blaze is proud to be the first school in Orange County to incorporate the WATCH D.O.G.S. program. Sun Blaze WATCH D.O.G.S. volunteer in their child's classroom, assist in the Media Center, and help during special areas and in the cafeteria for part of a day.

This is a great way for our dads to connect with their child's school and make a huge impact.

Watch D.O.G.S. photo here (First meeting)

I would like to invite our Lake Nona community to follow our social media links to stay connected with all that is happening at Sun Blaze Elementary. The website address is SunBlazeES@ocps.net. You can follow us on Facebook at SunBlazeElementary.

Go Stingrays!

Tami Turner



Blaze families to grow closer as a community while having a great deal of fun! Hundreds of families and staff were in attendance skating, eating and developing new friendships. I was able to connect with many students and parents throughout the evening, getting to know our families outside of school. I



## School Update: Moss Park Elementary

TIM WHITE

### National Walk to School Day

Oct. 4 is National Walk to School Day. The Moss Park Physical Education Department would like to invite parents, students and staff to take your walking shoes to the parking lot of Spring of Life United Methodist Church at 11101 Moss Park Rd. and walk to school with us.

All walkers who meet us at the church must have a parent or adult to walk with them. You don't have to join us at the church to be involved. Walk as you usually do if that works best for you.

### The Golden Shoe Award

Although Walk to School Day is focused more on walking and Bike to School Day is focused more on bicycling, both days welcome and encourage all forms of active transportation to school.

Every student who walks to campus will receive a sticker. The class with the most participation stickers will win the "Golden Shoe" award.

### Why Have a Special Day?

In 1969, 48 percent of students in grades K-8 (ages 5 through 14) walked or bicycled to school.

In 2009, only 13 percent of students in grades K-8 walked or bicycled to school.

In 1969, 89 percent of students in grades K-8 who lived within one mile of school usually walked or bicycled to school.

Walking or bicycling to school gives children time for physical activity and a sense of responsibility and independence. It also creates an opportunity to be outdoors and provides time to connect with parents, friends and neighbors.

A lot has changed since 1969. Maybe walking to school isn't a great option for your child, but it is an excellent way to create healthy habits for children and adults. Let's take this opportunity to teach our kids how to be safe whether it's walking to school or walking for fun. Join us in promoting pedestrian safety in our community.

Let us know if you can join us by contacting [timothy.white@ocps.net](mailto:timothy.white@ocps.net).



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With unique programs such as Geomotion, custom tailored tools to enable children as young as three to conduct scientific experiments, and student-led projects that incorporate the environment and charity, it's no wonder that students at Amazing Explorers love to learn. At Amazing Explorers Academy, even recess is a learning opportunity. When you walk out through the outdoor play areas, you are met with gardens in bloom, exploration areas, and oversized blocks. Most would see these as areas for children to run and play but Amazing Explorers has transformed these into educational pitstops where gardens become places where kids can learn about photosynthesis and cultivation, and building blocks teach them about structural integrity and load stress. It's been proven that stimulating several senses enables children to grasp concepts better and to retain information more readily. The Geomotion program provides students with a fun way to learn while moving or listening to music – just think about how easy it is to memorize lyrics ... how quickly can your children remember the periodic table of elements with a song?

## PASSION + HEART + NATURE = EASTON!

Interested in nature since before he could talk, Easton was saddened to see the trees that lined his hometown of Oviedo be slowly cut down. Passionate about saving the trees and the environment, four-year-old Easton started a recycling program at the Oviedo branch of Amazing Explorers Academy to raise awareness and to get his classmates and teachers involved in his cause. Students bring in recyclables to be used in school projects – boxes for robots and cans for gardening and water experiments w- and bring home knowledge on what should and shouldn't be tossed in the recycling bin! Encouraged by his teachers, Easton hopes his program will spread throughout his town and for recycling to be seen as a gift to nature and not a chore!

To learn more about Amazing Explorers unique philosophy and teaching methodology, visit <https://youtu.be/sHrzxlGlaq>



Amazing Explorers 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.



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## School Updates

### Lake Nona Middle School

CHERYL WOOD, ED.S., ASSISTANT PRINCIPAL

Lake Nona Middle School's many responsibilities include creating a safe learning environment that brings forth a culture of teaching and learning along with the virtues of #Knight-Honor: kindness, connection and curiosity. Our School Advisory Council (SAC) and Parent Teacher Student Association (PTSA) sponsored more than 600 students participating in two anti-bullying programs this year.

Challenge Day involved 7th graders working together to create a school where everyone is included and thrives. The program was held in the gym and led by two energetic, highly-trained facilitators. The



program also addressed some common issues seen in most schools, including cliques, gossip, rumors, negative judgments, teasing, harassment, isolation, stereotypes, intolerance, racism, sexism, bullying, violence, apathy and hidden pressures.

Soul Shoppe inspired a paradigm shift among our 6th graders to create a sustained climate of safety and eliminate bullying. Soul Shoppe supported our students by giving conflict resolution tools that allow them to support each other.

These innovative, interactive and highly effective programs gave these students an EXPERIENCE of empathy, transforming not only their behaviors but the very ways they see each other. Teachers, administrators, parents and students worked together to create a school community where everyone feels safe and celebrated.



### Northlake Park Elementary School

LEE H. PARKER, PRINCIPAL

#### Solar Eclipse

On Monday, Aug. 21, fourth-grade students who had signed permission forms and special solar glasses were able to participate in viewing the solar eclipse. The event tied in perfectly with fourth grade's science standards: "Describe the changes in the observable shape of the moon over the course of about a month; recognize that Earth revolves around the Sun in a year and rotates on its axis in a 24-hour



day; and relate that the rotation of Earth (day and

night) and apparent movements of the Sun, Moon, and stars are connected." Fourth graders were able to use a rare, real-world experience to help understand rotation and revolution. Even some of the staff members joined in to witness this amazing celestial event!



### Eagle Creek Elementary School

ROBERT MCCLOE, PRINCIPAL

#### • Hurricane Prep...



Eagle Creek would like to thank each of the parents and teachers who volunteered their time to ensure our school was secured and ready to go for Hurricane Irma. Your commitment of time and energy to helping secure

our school is very appreciated!

#### • Teacher and Support Person of the Year...

Huge congratulations go out to our Science Coach, Ms. Kimberly Seaver, for being selected as Eagle Creek's Teacher of the Year. Ms. Seaver does whatever it takes to get the job done as Science Resource Teacher and Coach at Eagle Creek Elementary School. Her positive and professional attitude and love for science are contagious. Students are always looking for Ms. Seaver before and after school to participate and/or show off their science skills in the various activities she leads. Ms. Seaver is committed to ensuring success for all of our students and the teachers at Eagle Creek Elementary School. Science at ECE wouldn't be the same without you, Ms. Seaver! Thank you for all of your hard work, dedication and creativity!



Congratulations also go out to Ms. Carmen Ortiz Rodriguez for being selected as Eagle Creek's Support Person of the Year. Ms. Ortiz Rodriguez comes to school every day with a smile and a commitment to do her best. She's not just the Eagle Creek Elementary School's resident custodian, she also models several positive qualities for students, including hard work and sincere caring. One of her gifts is building relationships that contribute to the family atmosphere at Eagle Creek Elementary School. Our students and teachers look forward to seeing her each day and can always count on her infectious smile to perk up the day! Thank you, Ms. Carmen, for your dedication not only to our ECE building but also to our students and colleagues alike!

#### • Social Media...

Eagle Creek welcomes you to follow us on our various social media outlets. We have many new and exciting ways for you to keep up with the daily happenings of our Eagle Creek Panthers! You can check us on Facebook, Twitter, and Instagram:

> Facebook: search Eagle Creek Elementary School

> Twitter: @ECE\_ELEM, @ECE\_FineArts, @ECE\_PhysED, @PantherChorus, @ECEbooks\_OCPS, @ECE\_STEPS, @ECE\_GreenPaws, @ECE\_Yearbook, @ECE\_Kinders, @ECE\_FirstGrade, @ECE\_2ndGrade, @ECE\_3rdGrade, @ECE\_4thgrade, and @ECE\_Grade5\_OCPS

> Instagram: search ECEbooks\_OCPS

#### • Open House...

On Tuesday, Sept. 19, Eagle Creek Elementary hosted our 3rd Open House Event. An



open house provides the opportunity to meet school administrators, speak with teachers, tour the school, ask questions, and learn all about the daily happenings at school for your child. We would like to thank each of our Panther families for coming out to join us at this special event. Our students enjoyed showing you all around our school and showing off their PANTHER PRIDE!

The Eagle Creek Panther Chorus will be performing the National Anthem on Oct. 13 for the Orlando Magic vs. Cleveland Cavaliers preseason game. This game is considered the most anticipated game of the preseason.

The Panther Chorus will also be performing at Avalon Park for EOCC (East Orlando Chamber of Commerce) OCPS Education Day on Saturday, Oct. 21.

Info submitted by Darlene B. Grande



## STEM Focus: Moon Shots, and how to Get There

ANDRE GARCIA



On Sept. 12, 1962, President John F. Kennedy's declaration, "We're going to the moon," inspired an entire country and an entire generation of aspiring young engineers and scientists in the aerospace industry. A few years later, when we did, in fact, land on the moon, millions of families watched the moon landing together from their living rooms, and again, this inspired an entire

generation to think the unthinkable and dream the unimaginable. It also inspired the saying, "moonshot." New fields related to space, communication systems, materials and propulsions were spawned at research universities around the country due to the top-down demand from industry. Those who pursued these fields and careers found themselves at the epicenter of the technology revolution that our country experienced during the 1960s, 1970s, 1980s and 1990s and spawned an infinite amount of derivative technologies and fields.

In recent years, the local space industry has gone through a renaissance, although this time it's being led by private industry. Companies like SpaceX, Blue Origin and United Launch Alliance are launching rockets at a rapid pace locally here in Central Florida at Cape Canaveral. Once again, they're capturing the imaginations of an entire generation with ambitions of heading to Mars, colonizing the moon, and space tourism. The careers and educational backgrounds needed to actualize these ambitions are fast-paced, highly sought after, and constantly changing.

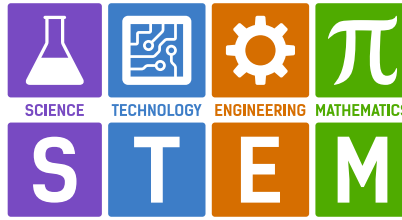
Well-established fields such as aerospace engineer-

ing, mechanical engineering and electrical engineering are always good staple technical foundations to break

into these exciting fields. There also are some new and fast-growing fields for those who are interested in a career in the aerospace world. Fields such as machine learning and big data analytics are highly sought after not only by the aerospace industry but also by the business world and other traditional consumer product companies. The fields related to material sciences and propulsion technology are also vital if we strive for Mars. These fields have extremely bullish prospects for the next several decades and are set to lead the next technology revolution over the coming several decades.

The aerospace world is a fast-moving and exciting field. Private industry has stepped in to fill the void left by the end of the last space program. Central Florida is a significant player in this industry, which is full of exciting and rewarding careers that offer a front row seat to history in the making. All of you who choose to pursue these highly in-demand fields will find this industry extremely challenging and rewarding and will not regret their decision.

The founders of the companies who are leading this private industry renaissance in aerospace were inspired as kids by our country's "moonshot" feat of reaching the moon. Our current youth who become inspired by the space race going on today will become



the next generation of aerospace engineers inspired to strive for the impossible and reach for what was previously thought to be unimaginable. It is in our best interest to steer our next generation of STEM practitioners toward these wildly rewarding and sought-after fields. At [EduCoachOrlando.com](http://EduCoachOrlando.com), this is our specialty. We coach the next generation of STEM practitioners and enlighten them on the current trends of the industry and the educational and career steps required to get there. If you or your high school or college student are interested in learning more, reach out to us at [EduCoachOrlando@gmail.com](mailto:EduCoachOrlando@gmail.com).

*Dr. Andre Garcia is a scientist/engineer at a large defense contractor and owner and founder of [EduCoachOrlando.com](http://EduCoachOrlando.com). He has previously worked as a scientist for the Army, Navy and Air Force and has significant experience in academia, industry and government STEM careers. He can be reached at [EduCoachOrlando@gmail.com](mailto:EduCoachOrlando@gmail.com).*



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# ENTERTAINMENT



- 10.3** Lake Nona YMCA National Night Out (5-8pm)
- 10. 3** Crescent Park National Night Out (5-8pm)
- 10. 10** Wine Glass Painting Event
- 10. 12** Live + Local goes weekly again!
- 10. 12** LNMS Spirit Night @ Pig Floyd's
- 10. 15** Ride-4-Ronald, Lake Nona Town Center
- 10. 13** Crescent Cinema: Zootopia
- 10. 24** LPE Spirit Night @ Grown (5-9pm)
- 10. 26** Lake Nona YMCA Halloween Spooktacular
- 10. 28** Spook Nona @ Town Center
- 10. 29** "Trunk 'O' Treat" @ Amazing Explorers

# NonaVentures: Halloween Horror Nights (2017)

NICOLE LABOSCO

It's that time of the year again when the weather cools down, the leaves change color, apple cider and pumpkin spice become popular, and pumpkins make their debut. But for Floridians, we just get the orange gourds and pumpkin spice obsession. When October nears, I know there's one thing I look forward to - Halloween Horror Nights (HHN)! This year's theme: **The Best Nightmares Never End. You're invited to have the time of your life. Or what's left of it.**

I try and make attending Halloween Horror Nights a priority when the season rolls around. Lately, I've gone every year, but there have been a few I've missed. A younger me would probably thank the current me if that was possible. My first HHN was the year I moved to the Lake Nona area, 2002. That made me nine years old. Put simply, I lost my voice within 30 minutes of being there and scraped my knee when I fell from being frightened so badly. This was back when they used to hide inside the ride lines, which I personally think they should bring back. That way you can't really hide anywhere other than the bathrooms.

For those of you who've been to HHN before, you've probably noticed that if you manage to go through all the houses, you're considered one of the lucky ones. To those residents who have yet to attend, I'd say at least try it once and see what you think of it. Take it from someone who actually bought the express passes two years in a row - it's expensive! But it pretty much guarantees you'll make it into every house, which I feel makes it worth it if you have the money to spend. Otherwise, buying a standard ticket and maybe using a little bit of black magic would suffice. I've been lucky enough to get into pretty much all of the houses most years, but there were a few where I was only able to get in to three or four.

This spooktacular special consists strictly of my opinions on the houses and scare zones to help out the Nonahood residents on which houses I feel are worth waiting for in the long lines, especially if it comes down to having to pick and choose.

There is a total of nine haunted houses this year. Let's check them out:

## American Horror Story: Volume Two

*I was told by a Hard Rock Cafe employee that it was the best and longest house...she was right about one thing.*

The line said 45 minutes long; it was probably more like a 35-40 minute wait.

Overall, I thought this house was just okay. Now, I've never seen an American Horror Story episode, but it really wasn't that scary. Besides the element of surprise, there really wasn't much going on. Props were somewhat realistic & some of the actors' commentaries were pretty humorous. There was one section where a woman said, "You're not man enough for my fajita." If we're being completely honest, I couldn't stop laughing. I'd say the best part was when you enter a room and about halfway through there are scare actors on stilts - pretty intimidating with creepy characters towering over you. One room even smelled like straight up baby powder. It's a fairly long house, probably about five minutes long.

☆☆☆☆☆

## The Fallen:

45 minute wait

Lots of laughter and excitement with those walking out while I waited in line. This one was also just okay. Nothing super special, but there were lots of cool ideas as far as the scare actors go - lots of characters on stilts and popping out of little holes in the wall. The use of strobe lights helped amplify the overall experience. The best part is when you approached a corner where a goblin-like scare actor flew toward you on a swing-like arrangement. If I were a scare actor, that'd be my choice! It looked like fun! There were times you had characters coming at you from the ceiling as well, and they basically just dropped toward you - pretty cool. If they timed it right, you'd definitely flinch. Lots



of twists and turns in this one with props & fabric hanging from the ceiling obstructing your view. It's a smart design/layout. Water sprayed at one point and that felt nice with how hot it was. One of the Universal employees who helps guide you through the house was at the end. She said bye, and I knew she was setting us up. A scare actor popped out when you were already out of the house, when you're least expecting it. Those are the best!

☆☆☆☆☆

## Dead Waters:

35 minute wait

Large groups filed out laughing and enjoying themselves. Seemed like it must be really good. Absolutely the longest line, but it was worth it. I thought this was the best one so far! You immediately walk into a small single-file line with black curtains, and you get an eerie sense that things are reaching for you through the curtains. You then instantly turned the corner to see what looks like a sinking old ship which was pretty realistic. This house had lots of moments where I jumped. The props were definitely the most realistic in this house and they even immersed you by having you walk on a slant in the beginning. That was cool, but if you're clumsy like me, it could create an issue, especially if someone pops out and scares you. I thought the theme was carried along quite nicely with lots of strobe lights, fog and water spraying at one point, too.

☆☆☆☆☆

## Horrors of Blumhouse

45 minute wait - line moved super quick, more like 20 minutes long.

There were fans in line, FINALLY! I feel like that should be a given when in Florida as it's absolutely necessary. As soon as you enter this house, there were lots of fog, twists and turns. There was a pretty excessive amount of strobe lights, too. I thought this was going to create some issues. Overall, the house had some pretty cool props and a nice combination of three movies: The Purge, Insidious & Sinister. The two poor unfortunate souls in front of me will be having nightmares for the rest of their lives. This house would've been even better if those two girls in front of me weren't constantly being targeted and getting scared, that way I wouldn't have seen everything that was coming. There was a cool section where a scare actor was hiding in a pretty intricate clock setup. I think those two girls would rate this house 5/5 stars, but I didn't get the same full experience they did.

☆☆☆☆☆

## Saw: The Games of Jigsaw

45 minute wait

This was one of the houses I was really looking forward to going in. I kind of had higher expectations, but it still didn't disappoint. I grew up as a fan of the Saw movies. I definitely enjoyed this house and had my fair share of screams. You only see Jigsaw once in the very beginning - I was hoping to see more of him, maybe like a robot of him riding the tricycle or something similar to that. I was expecting something like that. That would've certainly creeped me out. Needless to say, the infamous pig-headed character was all over the place and that freaked me out a lot. There was a room with about 10

to 12 pig-headed characters where only a handful of them moved towards you in a strobe light. I have a love-hate relationship with those kinds of rooms. They really know how to make me cringe. However, it did feel like there were a handful of scare actors missing. Some of the traps from the movies could've had more focus directed on them. I didn't pay as much attention to the details in the design and props because the pigs were out to play. This house also had tons of the black plastic strips that hang from the ceiling and quite simply whack you in the face and obstruct your view. Felt like a bit much, and if I had my way, I would get rid of a lot of those minor details. Overall, it's really good but I wish the rest of the scare actors were there.

☆☆☆☆☆

## The Shining

30 minute wait

This was the longest of the lines throughout the night, so I saved it for last. It's the one I've been looking forward to the most! The line broke out into a bunch of cheers and applause, which led to a "USA! USA!" chant. You have no idea how excited I was for this house. I had super high expectations as I'm a fan of the classic movie. Before entering, I noted how I was hoping to hear the classic "Here's Johnny!" line, and how I was ready to see the creepy twins (okay, maybe not so ready...) and the bloody elevator scene. You start off walking through the hedge maze and it was snowing. It was pretty nostalgic, but it kind of smelled like you had set foot in a bird's cage. The props and set design in this house were spot on; super realistic! It felt a little scarce-on-scare actors, but that may have been because it was closing time. There was a glass maze which I definitely would've gotten lost in if it weren't for the guys ahead of me. I got my fair share of "Here's Johnny!" too! There were a couple of times I thought I was for sure going to get hit in the face with a prop with how close they came, but it's all a part of the experience.

The twins only made a brief appearance and they were pretty hidden and the little boy was only a doll on his trike which was a bummer. REDRUM was written on the walls and the classic axe through the door scene was dragged out through about the latter half of the house, so it got a little repetitive. The Jack Nicholson actor's makeup impressed me at first, but then I noticed it was a weird mask that left their eyes uncovered, and the whole thing just seemed kind of weird. When I entered the ballroom/bar scene, everyone was frozen, and then the infamous strobe lights occurred and next thing I knew, a scare actor was in my face. I knew it was coming too, but I was too slow to react. I exited through the hedge maze again, which was pretty spot on. I like how they tied the beginning and end together and really made it a continuous story to truly place you in the movie. The bloody elevator scene was okay, but I would've liked to have seen them go all out for that. Overall, I still really enjoyed it.

☆☆☆☆☆

The following three houses were closed due to a power outage and the power was never restored.

## Ash vs. Evil Dead

## Scarecrow: The Reaping

## The Hive

Unfortunately, those three houses being closed



**Festival of the Deadliest**

I never made it through this area as my focus was on the houses, but it seemed like something of a party.

Invasion!

One word: ALIENS ☹️ Super short and pretty pointless. This section always seems to have a really short scare zone of maybe 100 feet. The event could've done without it.

**Altars of Horror**

This was the first scare zone in the park, and it was a combination of all of the other scare zones. It kind of seemed like they ran out of ideas and just threw this one together.

I didn't make it to either one of the two shows, but I usually don't waste my time waiting to see those when my priority is the houses. In four and half hours, I was able to experience six out of the nine houses.

Needless to say, I was bummed that the three houses stayed closed

caused the other lines to increase by about 20-25 minutes, making them all over an hour wait.

What would HHN be without the scare zones? The same.

I've never been a fan of the scare zones. I feel like they aren't as good as they have potential to be. In my opinion, they aren't scary and it's rare that actors try to scare you.

**The Purge**

Busy section and too few actors. This area was defi-

nately overcrowded, and I feel the lack of actors in the designated area failed to really make an impression.

**Trick 'R Treat**

The decorations in this area were pretty cool and they had a few characters that made me laugh because it was pretty much a potato sack or a box over the person's head. Creepy little characters skipped around saying, "Trick or treat." Hands down the best decorated.

the entire night, but I'm pretty happy I was able to do the two houses I was really looking forward to (The Shining and Saw). So there you have it, Nonahood reviews Halloween Horror Nights 2017. Now it's up to you to decide if you're brave enough to get chased down and delve into the pits of darkness which we consider the thrills of October entertainment. If you have a suggestion for our adventure column, let us know at <http://nonahood.to/nonaventure>

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## Nona Vino: Does the Wine Glass Matter?

**TOM KAUCIC**

Have you ever wondered, does the wine glass really matter? Well, it does. Wine requires different stemware to reach its full flavor potential. It's not just about the temperature and quality of the wine but also the way it is consumed through the glass. For example, heavier red wines with high tannic and moderate acidity are best served in a large, Bordeaux-style wine glass. These types of wine glasses are designed for wines such as Cabernets and Merlots. They are intended to create aeration (introducing air into the wine) and will cause the wine to focus more down the center of your palate.

The Burgundy wine glass was designed for a lighter, full-bodied wine with high acidity and moderate tannins such as Pinot Noir. It is not as tall as the Bordeaux wine glass, but the bowl is substantially larger. The larger bowl provides breathing space for the bouquet to develop. The glass directs the wine to the tip of the tongue, which will allow the wine to cover more of the entire palate. Certain wines will showcase their full flavor better if they touch particular parts of the tongue.

White wine glasses are more U-shaped and upright than the red wine glass, allowing the aromas to be released in the glass while also maintaining a colder temperature. The white wine glass style that is best for younger wines (three years and less) has a larger opening, directing the wine to the tip and sides of the tongue in order to taste its distinctive fruity sweetness.

Where and how we sense tannins, acidity and sweetness all can be enhanced by the shape of the wine glass.

Wine glasses do make a difference, but if you are just looking to have an all-purpose wine glass that offers a

similar function, then find a bowl-shaped glass that is in between that of the red and white wine glass. This shape will allow you to serve both types of wines and not be concerned about what specific glass goes with which wine.

I would recommend that you try to taste wines in different glassware as an experiment. Get a bottle of Chardonnay and fill a shot glass to the brim, a pint glass with 3 oz., a wine glass with 3 oz., and a coffee mug with 3 oz. and smell each one of them separately. See if you notice a difference. The wine glass should be a hands-down winner when it comes to aroma. Then, take a taste from each glass and see what is different. The wine glass also should be the winner here.

There is a reason for stemware and the way it makes your wine experience special.

Hint: When drinking any wine, it is always best to have a stemmed glass so your hands don't change the temperature of the wine too rapidly. Never hold the wine from the bowl of the glass. You should always hold your glass by the stem. If you hold the wine glass from the bowl, it will change the aromatics considerably.

Remember, the best way to drink wine is with family and friends. Wine always tastes better when you are with people you love and care about. Also, don't take wine so seriously – it's just adult grape juice.




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## Pet of the Month



**PET NAME:** The Rat Pak (Rocco, Enzo, Vito)

**PET AGE:** 5-2 yrs

**TYPE:** French Bulldogs

**PET QUIRK** We are 3 brothers from Miami that are always doing things and going places together. We are true bullies on the outside but pure love on the inside. We especially love children since they're closest to our height. & love to play. We are always out & about socializing ; especially since we are new to Nonahood & we seem to always attract the paparazzi!

Submit your pet for pet of the month at <http://nonahood.to/pet>

## Katie's Cucina

KATIE JASIEWICZ, KATIESCUCINA.COM

Fall has officially arrived in the Nonahood – well, maybe not the weather so much, but pumpkin season is here. I find that most people either love or hate pumpkin. Very few times do I find someone in the middle. I'll admit, I was a pumpkin hater for many years. Once I became pregnant with my son a few years back, I instantly became a pumpkin lover. I craved all things pumpkin, and I'm really happy that the craving hasn't left me some 3½ years later. If you visit my food blog, you'll find a wide variety of pumpkin recipes from breakfast treats (like these waffles) to main dishes and desserts. I pretty much love to add pumpkin into everything and anything I can!

We love breakfast in our home, and you can find me making breakfast every weekend. Well, I'm starting to take Sundays off thanks to the new Keke's that just opened. I've started giving myself a morning off, and I have no regrets. So, on Saturdays, you'll find me making buttermilk waffles from scratch, stuffed French toast, sausage skillet, etc., in my kitchen. It all depends on how much sleep my baby gave me the night before and what I'm in the mood to make.

I'm a big fan of waffles (the eating part – not so much the cleaning up the waffle iron). I adapted my fluffy buttermilk waffle recipe and turned it into a pumpkin version. If you like waffles and have always wanted to try making them at home, I suggest you invest in an inexpensive waffle iron. I got my first waffle iron from Kohl's for \$20. Nothing fancy, but it did the job. Making the batter is easy, and then it's time to let the waffle iron work its magic.

These fluffy pumpkin buttermilk waffles will make your fall complete. They are the perfect fuel you'll need to get the day started before you head to a local pumpkin patch, corn maze, or even a fall festival.

*Pro tip: make a few batches of pumpkin buttermilk waffles and freeze for an easy homemade breakfast on the go the following week.*

## Pumpkin Buttermilk Waffles

Yield: 4.5  
Prep Time: 10 minutes  
Cook Time: 3.5 minutes  
Total Time: 17 minutes



### Ingredients

- 2 large eggs
- 1-½ cups buttermilk
- 1 stick unsalted butter, melted and cooled
- 1 teaspoon vanilla extract
- ½ cup pumpkin puree
- 1-¾ cups all-purpose flour
- 2 teaspoon pumpkin pie spice
- 3 tablespoon sugar
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- Freshly whipped cream, pecans, and salted maple caramel sauce

### Directions

- Preheat the waffle iron. Using a stand mixer, beat the eggs, buttermilk, unsalted butter, vanilla extract, and pumpkin puree for 30 seconds.
- In a separate bowl, combine all the dry ingredients, all-purpose flour, pumpkin pie spice, sugar, baking powder, baking soda, and salt.
- Add the dry ingredients to the wet ingredients, mix for 30 seconds on medium speed. Scrape down the sides of the bowl and mix again for another 5-10 seconds.
- Spray the waffle iron with cooking spray, ladle 1 cup batter into waffle iron. Cook for 3 minutes and 15 seconds. Repeat until all the batter is used. Let cooked waffles rest on a wire rack.
- Serve waffles with freshly whipped cream, pecans, and salted maple caramel sauce.
- Note: Visit [KatiesCucina.com](http://KatiesCucina.com) for the recipe for salted maple caramel sauce.

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## Nona Travel: Germany and Austria

DEBORAH BULLEN

Reading about someone's vacation can be as exciting as looking at a slide show of someone's vacation. Yep, no one wants to go there, least of all me. Instead, what I will attempt to bring you is an abbreviated, personalized look at some of the regions I've visited.

Travel abroad has been my passion since I stumbled upon a short (four-year) career as a flight attendant with Air Florida in the early '80s. If you are traveling to one of these countries or have already been, you've no doubt referred to Rick Steves' or any of the other numerous guides out there for detailed information. This series will provide a brief reminiscence of some of my past experiences.

### Southern Germany and Austria

We flew into Frankfurt, Germany, and took a train to Ansbach bei Sachsen, where we had friends. The timing was late September, so not only was the weather about as good as it can get, we were there for Oktoberfest. On day one, we visited Nuremberg, a beautiful, low-key city in northern Bavaria known for its medieval architecture. We wandered through the old town and some of the new before settling in at one of the many outdoor dining areas, all set up as half-timbered cottages. The fare was similar everywhere (lots of "wurst"), so we picked one and had our first taste of the many different sausage dishes, beers and wines. Little boiled potatoes accompanied every dish. I found them boring little carb balls and, being health conscious, decided to limit my carb intake to beer.

The next day, we drove to Rothenburg. Rick Steves does a wonderful 30-minute show on this tourist spot, but you'll need to see it firsthand. It's a well-preserved, medieval, walled city with shops, restaurants and hotels catering exclusively to tourists, but you won't care, it's too charming to pass up.

The third day we rented a car and drove down the Romantic Road, stopping briefly for coffee in Dinkelsbühl, another walled city. I

could have spent a day there and in most of the towns we passed: Nordlingen, Harburg, Würzburg. Do yourself a favor and stop frequently. We made it to Garmisch-Partenkirchen in the Bavarian Alps by dusk. Garmisch-Partenkirchen is primarily a ski town, but it's beautiful year round and was uncrowded at that time of year. The next day was spent exploring in the town and the neighboring town of Oberammergau, with its scenes of the crucified and risen Christ decorating almost every conceivable wall space (it's where the annual pageant is held every week leading up to Easter).

We took another day to visit Linderhof Castle and Neuschwanstein Castle. Again, another very touristy destination, but we were right there. If I ever get back to southern Germany, I'll linger in the small towns and skip the big tourist spots.

Leaving the Alps, we headed to Munich where, after checking into the Westin, we headed immediately to the famed Marienplatz clock tower and – we were too late! We had to reconcile ourselves by having a beer at the historic beer hall, Hofbrauhaus. I wish I could tell you what we had for dinner that night – probably weisswurst, bratwurst, or something with wurst on the end of it – but I only remember how very large and very alcoholic the beers are there. I think I had only one (which is equivalent



Rothenburg

to at least three here).

The next day dawned beautiful again as we headed first to a small museum (Franz von Suck) and later to Oktoberfest. I'll only say this about that: We stayed too long at the fair. We met lots of people, sang songs in German (and no, we don't speak German, but when there's a will, there's a way), made toasts every few minutes, discussed lederhosen and dirndl dresses...you get the picture. The next

day, we walked around the English Garden with our water bottles, atoning for our brief but significant mid-life crisis of the day before. Later, we headed onward to Salzburg. Ok, another tip: the day after Oktoberfest, don't plan another drive – just hang out.

We got to Salzburg, checked into the Blue Gans, a small hotel in the historic area, had dinner and immediately took the lift up to the castle. Why are we such gluttons for punishment (recall that we're still recuperating)? Well, we only had a day and half before moving on again, so we made the most of it, even staying for a concert of chamber music in the castle that night (and yes, staying upright was a challenge since we almost fell over with fatigue). The next day, we checked out the city center as best we could with limited time and got back on the road toward Vienna with renewed rest.

Vienna in two days is like Paris in two days. You just have to see what you can and plan another trip. We stayed next to St. Stephen's Cathedral in the historic and elegant Hotel König von Ungarn, which has been around since 1746. We took a driving tour of the city, stopped at the Schonbrunn, the Habsburg's winter Palace, went to the Belvedere Palace, St. Stephen's, had nice dinners, shopped, peeked inside the Opera House and walked all over that part of the city. But I really feel like we tried to do too much in a short period of time. It was a bit of a fire drill. We haven't made that mistake again. But it was still a good time.



St Stephens in Vienna

## From Scratch: A Lesson in Sustainability

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 hate avocados. I know I just ruffled some feathers with that statement, but it had to be said.

Not for lack of flavor or texture, but I find paying \$100 for a case of 40 avocados extremely irresponsible. Take it off the menu, you say? Raise the prices? If only the consumer wasn't so fickle, that might be an option. After all, you put it in your salad, in smoothies, and on toast...how could you possibly go without it?

That's the dilemma. As chefs, we're committed to using local, sustainable ingredients, yet we are held accountable to the needs and wants of our guests. There's a strange coexistence between restaurants and the people they serve. The consumer is more knowledgeable about the food they eat, and yet most don't understand why they pay more for salad instead of fries.

Sustainability is the commitment to remain diverse and productive indefinitely. It gave rise to the "farm-to-table" restaurant, and with it more and more ventured outside their comfort zone, eating a far wider variety of foods. Chefs focused on seasonality and



supporting their local farmers. In return, people ate healthier and diversified their palate. Quinoa and bulgur, kohlrabi and kale. The corporate chains took a huge hit in profits as the era of fast food and mass-produced bacon wrapped steaks was over. Non-GMO, wild caught, and free range became the standard. But like all trends, this one didn't last.

The industry, not to lose out on profits, reacted, and soon the largest suppliers in the U.S. got their hands on those free-range chickens. The corporate chains with their buying power could buy up the supply. The small farms that once thrived in their niche role can't compete with the larger markets. The problem now is that the trend became the standard, and now sustain-

ability has become less and less sustainable. What made something so desirable in the first place has slowly drained the market of its resources, and when there is less of something it becomes more expensive.

In return, restaurants and chefs have had to make a tough decision: Take the increase in costs and cut into the razor-thin margins or pass along the cost to the customer with a price increase, both of which tend to end badly for the restaurant. I'm sure you're thinking, "Come on, how many people would quit eating at a restaurant over a dollar?" I wish I could give you a hard stat to back me up, but I can tell you from firsthand experience that the impact is always

negative.

Which brings me back to the avocado. Do we raise the price? Eat the cost? Remove it from the menu completely? Honestly, I'm raising the price every time. Whether that sits well with you means you are one of two types of people: When you open the menu, do you look at the food first or the price first? I side with the former. If you do not, then you should just order the fries.

**CANVAS**

# Back to Basics: Millennial Pink Drinks

NICOLE LABOSCO AND VANESSA POULSON



Welcome to Back to Basics, where us classy ladies try to establish just how basic one can be in the Orlando area. Each month, we'll be taking on a new theme and we'll be searching for the best in basic trends. We've all heard some of the most recent popular foodie trends: charcoal, galaxy and unicorn as well as familiar classics such as

pumpkin spice and peppermint. We hope we can inspire the rest of the Nonahood to embrace their inner basic.

This month, we're featuring drinks and food themed around this year's hot color: Millennial Pink! First, we visited a quaint tea house called Krungthep Tea Time located in Winter Park. Upon walking in, we were greeted with beautiful vanity lights and a quiet and cozy aesthetic.

## Krungthep Tea Time

**Order:** Nom Yen

**Final Review Nicole:** Krungthep is known for a drink called Nom Yen simply because of its color, PINK! It's a Thai classic, and having only been here once before, I knew I had to embrace the hype. The menu is a short description of pink milk, which is caffeine free. Once I ordered the drink, I was told it was a bit on the sweeter side. As soon as the drink arrived, I'm pretty sure I let out a little squeal. For those of us who love a colorful drink that can be photographed so easily, this is it. This is the moment we've all been waiting for! The Nom Yen is an attention grabber. The drinks are brought out in a large glass mug with crushed ice (my favorite). The Nom Yen is pretty much iced strawberry milk.

**Final Review Vanessa:** I am not usually one who likes drinks that are overwhelmingly sweet, and Nom Yen CERTAINLY fits the category of a kind of drink that is great for those with a major sweet tooth. The drink tastes a lot like strawberry milk, which is something that can easily be found in your local grocery store, but it is the style and aesthetic of Krungthep that makes the trip worthwhile. The drink is great for photographs, as is the entirety of Krungthep, so if you're a "hipster photo junkie," this is definitely something to put on your list of Orlando stops to make.

**Taste:** 8/10

**Aesthetic:** 10/10

**Environment:** 15/10

**Price:** 7/10 \$3 (the mug is a decent size, but \$3 for strawberry milk seems like a bit much)

**Proximity to Nonahood:** 5/10 (I-4...need we say more?)



a prominent flavor. The rose, when drank in large quantities, could taste a bit perfume-like, but you'd be surprised that it tastes less like a flower than you might have originally thought. Boba is always a highlight for me.

**Taste:** 9/10

**Aesthetic:** 7/10

**Environment:** 9/10 (If you enjoy Anime, this is your scene.)

**Price:** \$3.75 for a small

**Proximity to Nonahood:** 8/10



## Chibi's Boba

**Order:** Petite Pink (secret menu)

**Final Review Nicole:** It's boba time, and I couldn't be more ecstatic! To go along with the basic theme, guess what song played while we were here? The Queen of Basic: Taylor Swift. I walked in expecting to order the rose boba, as it's one of my favorite flavors they offer, but the owner suggested Van and I get the works, which I never knew existed. Behold, the Petite Pink! It's a secret menu item that consists of rose boba tea, vanilla syrup and sweetened condensed milk. It's definitely on the sweeter side, but it was so delicious! Van and I got the iced version. I'm a HUGE floral fan, and this drink didn't disappoint. The rose notes are a bit perfumey, but I like that. The vanilla taste is pretty faint, but this will probably become a new go-to drink of mine when I visit Chibi's. Other pink flavors available are strawberry and raspberry, which are both just as yummy. All of the boba teas are available in an iced or slushed version. I can't wait to return! You can never have too much boba!

**Final Review Vanessa:** I've always had a soft spot for boba, as it's one of the things my boyfriend and I really like to treat ourselves to when we have a free afternoon. Rose boba, though it sounds like an interesting flavor concept, actually proved to be quite delicious when made in the way of the secret menu. The vanilla from the sweetened condensed milk of this drink is a lot more subtle than the rose note, more like an undertone and less of



## Dunkin' Donuts

**Order:** Strawberry Lemonade Coolatta

**Final Review Nicole:** This is my first time trying the strawberry lemonade coolatta, and it lived up to its expectations. Nothing screams beating the Florida heat more than a sweet and tart refreshingly cold slush, but be aware...this drink is extremely sweet. The strawberry lemonade flavoring is spot on, though. This is the drink I imagine all of the kids want before they get dropped off at school because it gives them a sugar rush (ahem, I mean energy), and they're not allowed to have Red Bull or any other type of energy drink.

**Taste:** 8/10

**Aesthetic:** 8/10

**Environment:** 8/10

**Price:** 7/10 \$4.99 for a large

**Proximity to Nonahood:** 10/10 (it's within walking distance for some of us!)

Tag along with us girls next month when we feature some of your favorite fall classics such as pumpkin spice, vanilla chai, maple and others! (Because what's more basic than that?)



## Fashion: Trendy Fall Colors

KATRICE TAYLOR

### Finally Fall

While the rest of the country started prepping for fall several weeks ago, autumn is the time that seems to creep up slowly for us here in Central Florida. We are in such a hot climate that even a slight breeze can prompt us to pull out our boots and long sleeves. Luckily, over the past couple of weeks the temperature has dropped slightly (with the exception of a couple of sweltering days), and we have been fortunate enough to go about our days comfortably in the 80s. Every year, fall brings with it new trends and style pieces that change the game. Let's get into it.

### Lady in Red

Red has officially been named the color of fall 2017. After being all over Fashion Week, the classic color makes it way back around the block with a vengeance. Red can be found in all shades for the lips, blouses, dresses, pants and shoes. The possibilities are endless! If you are of a cooler tone, be sure to find a red that is blue based. Red can essentially be flattering on all skin tones. If you are a warmer tone, it's best to find a shade of red that has a yellow or orange base. There is nothing like a flattering red dress with a matching red lip.

### Vintage Style

It seems like the word vintage is thrown around easily these days in regard to style. Vintage, by definition, comes from retrospective, or retro. It refers to clothing that imitates the style of a previous era. If you're interested in vintage, it's important to know

that you should try to focus on one era at a time, as opposed to many different time periods. Think about if there is a specific designer, era, or celebrity whose style you really enjoy. Focusing on one era will help when going shopping. Speaking of vintage shopping, Retromended Vintage, located at 930 Mills Ave., is a great place to start your vintage journey. They have an awesome women's collection and a small men's collection and amazing women there to help guide you on your shopping adventure.

Wide belts also are making a comeback this fall and are not far off from being labeled vintage. Particularly in the 1950s (think Marilyn Monroe), having a cinched waist is the quintessential vintage statement. If you are a little confused about how to start with a belt that will cinch your waist and keep you stylish at the same time, start with a black waist belt. Wide waist belts come in handy when you find a great dress, but it is a little baggy. You're able to be versatile with your shopping choice because you have a belt staple that can turn frumpy into fashion-forward.



## Mindfulness for Stressful Time

ODETTE VACCARO



With Hurricane Irma visiting us in September and then Hurricane Maria affecting the island of Puerto Rico just a couple of weeks later, it was a hectic month to say the least. Tensions ran high, and people were stressed.

I think we can safely assume that at some point in the preparation process, during the hurricane or in the recovery period, we were all overwhelmed, worried or anxious. We all know what that looks and feels like: Your heart races, breathing is shallow and quick, and millions of thoughts scramble in your mind. While this is completely normal, and a typical reaction to stress, it is certainly not pleasant. In addition, our normal stress response does not allow us to be our most efficient and creative self.

Last month brought most of us face to face with a heightened version of stress, which leads us to think: What do we typically do when in the midst of a stressful situation? What if applying your mindfulness techniques can help you better manage what you are facing?

When dealing with these unusual challenges this past month, I was able to notice how a mindfulness

practice or even the intent to practice it has helped me better manage both everyday stress and situations resulting from the norm. Next time you're feeling anxious, stressed or panicked, here are some simple steps to come back to a more centered version of yourself:

#### 1. Recognize and acknowledge your current state of mind.

While most of us are feeling stressed or facing an emergency, we probably do not even realize it. Our thoughts and physical stress responses run amok and get the best of us. Just being able to stop and recognize how we are feeling can help us come back to the present moment and better handle whatever we

are facing.

#### 2. Let the emotion be.

Regardless of the emotion you are experiencing – anger, panic, confusion, or maybe a feeling you can't name – just let it be and flow. We tend to think we need to stop an unwanted feeling and block it. Our reflex is to believe we'll control it better if we stop it. But the truth is, we can't stop ourselves from feeling or thinking. So a more mindful way to handle it is simply to notice it, check in with how it feels in your body and remain aware of it. Typically, the reward is that we are able to return to our "normal" state more quickly.

#### 3. Breathe.

Just as your breath becomes short, shallow and quick when you are stressed, you can help calm yourself by actively focusing on your breath. Stopping for a minute to breathe fully and deeply will do wonders for your state of mind.

Rest your mind on the stream of air as you breathe in and out. Breathe slowly and deeply and try to fill

your lungs a little more than usual. Ideally, you want to breathe through your nose, since breathing through the mouth triggers the "fight or flight response," and that's not what you want in the moment. By doing this, usually anxiety will decrease and your mind will be more calm and focused.

#### 4. Take a mindfulness break.

When we are under stress, we usually forget to take a break. We are in "get it done" mode, running around and constantly trying to do something. But no matter what you do, you need to take breaks to operate well, otherwise your mind burns out.

Try to find a moment of rest. If you pay attention, you always will find short times when you can practice mindfulness even in the midst of chaos. These are usually very short: a few seconds, a few minutes at best, but they will make a tremendous difference if you use them well.

#### 5. Enjoy the silence.

Our minds are always busy and even more so when dealing with a difficult situation. The constant chatter can certainly keep us from accessing our most clear-headed thinking and problem solving. Even if a conversation is going on, try to refrain from talking and try to listen instead. This is a great way to gain more clarity and balance when you feel stressed out.

#### 6. Commit to a regular mindfulness practice.

The more you train your mind to ground and focus on the present moment in the predictable environment of your everyday life, the easier it will be to practice mindfulness during tough circumstances. Give yourself daily chances to sit, breathe and practice meditation, prayer, breathing exercises or your favorite practice.

After a while, this will be a no-brainer: Whenever the going gets tough, your mind will automatically switch to a more mindful and relaxed mode and help you show up as the best version of yourself.



## Mama's Turn

## Halloween: Then vs. Now!

SHARON FUENTES

As I was digging through my garage the other day trying to find my boxes of Halloween decorations, I started to reminisce about the good ol' days. When I was a kid, decorating for Halloween consisted of throwing a sheet over the lightpost to make it look like a ghost. Nowadays, you practically need a storage unit to hold all the faux tombstones and skeletons who dance or moan when someone walks by. Halloween was just one day when I was little – October 31st. Today, the stores are stocking their shelves with candy corn and economy-sized bags of mini candy bars at the beginning of September. There was even a petition awhile back trying to get people to switch Halloween to the last Saturday of October. While I admit having no kids show up to school the next day with a sugar “hangover” does sound like a good idea, this change would seriously mess with my habit of going through the kids’ candy while they’re not home! (Mama needs her peanut butter cup fix.)

There are lots of other ways Halloween has changed, too.

**Costumes**

**THEN:** Oh, sure, you could buy a rigid plastic mask with the eyeholes jaggedly cut out of Raggedy Ann or Andy; but most times, we made our costumes out of stuff lying around the house. Your mom’s skirt, a scarf around your head, bangles and a black eyeliner painted on beauty mark = gypsy. Your dad’s flannel shirt and a pillowcase with a stick = hobo. That old brown paper Publix shopping bag and,



voila, Indian vest. Yes, we had no concept of cultural appropriateness...but we were creative.

**NOW:** The costume discussions start months in advance. There are even THEMED group costumes, and don’t get me started on the amount of time we spend figuring out what the dog will wear.

**Trick or Treating**

**THEN:** You joined whatever random group of kids was out and about. If you ran into a friend and he told you that the house three blocks away had a cool haunted house and was giving out homemade cookies at the end, you went. As in, WE WENT INSIDE THE HOUSE... OF A STRANGER! Parents weren’t there to tell

you it was not a great idea as they stayed home to pass out candy and drink their Long Island Iced Teas that they didn’t feel the need to cleverly re-name Witch’s Brew just for the day.

**NOW:** Kids are assigned groups where there are at least two parent volunteers who have the Waze app on their phone for efficient candy gathering. Parents, who are decked out in those THEMED group costumes, still drink their Witch’s Brew; they just hide it in their coffee tumblers so no one knows just how much they’re drinking.

**Candy**

**THEN:** Our haul consisted mainly of boxes of raisins, candy dots on paper, rolled pennies for our UNICEF box, and occasionally you would score a full-sized candy bar. We weren’t allowed to eat our treats until our parents checked them for razor blades or we took them to the hospital where they did free X-rays. Thankfully, all that radiation didn’t affect the yummy taste.

**NOW:** Parents still check candy, but now it is to see if it includes gluten, red dye 3, or artificial sweeteners. Candy is divided into two bags: one to keep but with the condition that the child is only allowed a ¼-inch sliver every two weeks, and the other is sold to the dentist whom I am sure just turns around and gives to other kids to guarantee business. But, as long as I get my share of peanut butter cups, I don’t really care what the dentist does with it!

## Nona Your Neighbor: Mike Nuñez

VANESSA POULSON



For this issue of Nona Your Neighbor, we caught up with Mike Nunez, a Nona resident since 2013, who has quite the story of how his life led him to reside in the Lake Nona area. Mike told us what the growth and development of this area as a whole means to him. His story is just one of many from Lake Nona residents who have come from far and wide and from a variety of walks of life.

Mike has lived in Central Florida for most of his life. After attending the University of Central Florida and falling in love with the internet and technology, Mike and his brother founded The Performance Company, which is an internet marketing agency, to help meet the need for digital marketing professionals.

While attending a conference in New York City, Mike found the opportunity on a bus ride to a conference event to partake in some networking with the other people on the bus. Little did he know that one action would create a butterfly effect on many events that would occur in his life much later. Eight months after this conference, and those few interesting interactions on the bus ride, Mike was in talks to work with a company he’d dreamed about being part of for a long time, Channel Intelligence, an Orlando tech-startup company. After Mike worked with Channel Intelligence for a time, the news broke that tech mega-

giant Google was planning to purchase the company, making Mike an employee of Google.

With all his successes, even after moving to Chicago for a bit, Mike has always seemed to find his way back to Central Florida, residing in Celebration for a time. Eventually, he settled in Lake Nona, coming back to work with The Performance Company again and with his late brother, who passed away in 2015. “Having a little initiative can change your whole life,” says Mike.

After spending a lot of time – more than 25 years – jumping around the state of Florida, Mike settled on Lake Nona, though the journey to live in the Nona-hood was not an easy one. From a cramped house, to a discussion on how possible it was to gain a waterfront property, Mike and his family eventually moved into the Lake Nona area, and it was love at first sight. Mike attributes most of his love for the Lake Nona area to the culture and the people of the area, along with the increasing technology and advancements that are coming down the line for the area. All the

growth in the area is making Lake Nona a hotspot for people to move to and fall in love with, just as much as it is for the residents who already reside here. With the Lake Nona area set to continue to grow and establish itself as a powerhouse community for the state of Florida, there’s no doubt the culture and technology involved in setting this area on the right path will continue to make it one of the hottest places in Central Florida to live.

As far as advice for those considering joining the Lake Nona community, Mike offers a couple of points for those on the fence about moving here.

“You will get nails in your tires. ... We’re going through some growing pains currently, but the culture and growth outweighs all of the difficulties by far.”

“I’ve lived in almost every neighborhood in Central Florida, but this is really my forever home,” says Mike.

Do you know a neighbor with a great story?  
Let us know!

<http://nonahood.to/nonaneighbor>



## Laureate Park Family Goes All Electric

JERRY LEE



A few years ago, it became time to trade in one of our cars. We began the research on which vehicle might be right for our needs. After a lot of internet soul searching and a few trips to dealers, we ended up with our first electric car. We weren't sure how much we'd really like it, if it would be practical for our needs, or if it would be a total disappointment. We were delighted to learn that after a few years of driving a (nearly) all electric car, it fit our needs really well and was lots of fun to drive.

When our family moved to the Laureate Park neighborhood earlier this year, it was time to re-examine our vehicle needs. My new office is in the Tavistock town center, and my wife would be teaching at Laureate Park Elementary in the fall. We decided to sell our gas-powered car and supplant it with an electric bicycle for my short commute. At the time, it seemed like a safe bet given the distances we'd travel for work each day and our growing experience with the capabilities and limitations of the electric car. We hoped to be right a second time!

Before we settled on an electric bike, we also considered a golf cart and a Segway. The bike seemed to offer the most utility for us. We also began to understand pretty quickly there are currently a lot of choices in the world of electric bikes.

The things that were important to us most were quality, safety and performance. After learning about Vintage Electric Bikes out of Santa Clara, Calif., we began to focus on the value of their bikes and really liked what we saw. Many of their bikes have a nice retro aesthetic and offer a lot in the way of durability and performance. You also can select a number of terrific options, such as custom

colors and other accessories. It also had something we really wanted – regenerative braking. After seeing something about this company on an episode of “Jay Leno’s Garage,” our decision was made.

We knew that to get the most out of the new bike, we needed a cargo trailer to handle small trips to the grocery and to run other errands. Unsurprisingly, there aren't a lot of retro style bike cargo trailers out there. Lots of great companies make great bike trailers, but a ballistic nylon-shrouded aluminum space frame with lightweight composite wheels wasn't going to work for our needs.

On the week the new bike was to arrive, we made a random trip to Ikea and happened to see their newly released bike and trailer on display at the entrance. The trailer seemed perfect for our needs. It had a lightweight metal frame, bamboo slats for the cargo

floor, and a somewhat utilitarian appearance. It was a match.

To make the trailer more like the bike aesthetically, we asked Vintage Electric for their powder coating color code and sourced some spray paint to match. We removed and treated the trailer's bamboo slats with tung oil and re-riveted the slats back to the frame. We painted the wheels to match those on the bike and sourced creme 20x1.75 tires also to match those on the bike.

It's been more than six months since we went all electric. There have been some lifestyle adjustments, but looking back, they were all relatively easy ones for us. We end up answering a lot of questions about the bike and the car wherever we go. So many people are curious about them. Also, some are still skeptical. We tell people, “They work for well for us.” The truth is, they're both also a lot of fun!

Basic Specifications and limitations for Vintage Electric “Tracker” Bike

**Weight:** About 75 pounds

**Range:** About 30 miles. The longest I've ridden without charging is from Laureate Park over to Heintzelman's road north through OIA, east on Lee Vista, and then south on Narcoossee down to Publix and back home. It made that trip with ease.

**Top Speed:** Governed at 20 mph.

**Charging Cost:** On OUC here. Cost from zero charge to full charge is less than 30 cents.

**Time to Charge:** From empty to full is less than 150 mins with the included 120V AC charger.

**Other Accessories:** Phil Wood front hubs are standard. Shimano Alfine hydraulic disc brakes. Schwalbe balloon tires are standard. Some models offer suspension options.

**Drive System:** 52 Volt Li-ion cells (like a really big laptop battery) with a 3,000-watt Crystalyte hub motor. (I estimate the hub motor is about 1/3 the weight of the bike.)



# Meet the Press: Vanessa Poulson

NICOLE LABOSCO



**Name:** Vanessa Poulson  
**Nickname(s):** Van, Vannabanana  
**Age:** 18  
**Position:** Staff Writer  
**Extrovert or Introvert?** Ambivert. Totally in the middle, depending on context.  
**Indoors or Outdoors?** Outdoors!  
**Sun or Snow?** Snow.  
**Dogs or Cats?** Ah! Too hard! Both, but I lean more toward dogs.  
**Vans or Converse?** Converse club FOREVER.  
**Coffee or Tea?** Coffee!  
**Adventurous or Laid Back?** Adventurous!  
**Canon, Nikon or Sony?** Canon!  
**Pop or Soda?** It's soda. I promise.  
**Books or TV?** Books! Every day of the week.



Meet Vanessa Poulson, a book-worm journalist who dreams about the days she covers the bustling streets of New York. Poulson was born in Concord, Mass., but her family moved to Celebration when she was just 2½ years old. Eventually, the Poulson family moved to Doctor Phillips and finally to Laureate Park when she was in seventh grade. Her parents were looking into new neighborhoods with a lot of development and growth. They also wanted their children to attend a high school that offered better opportunities. She graduated from Lake Nona High School in the class of 2017 and even worked at Nonahood News through her senior year.

**What's your favorite hobby?**

"My favorite hobby would have to be writing, reading or doing anything that's active. I love biking and rock climbing, especially. I've always been a very active kid, even though I'm a bit uncoordinated. I have a really adamant sense of adventure, and I'm always willing to try something new if it gets me up and moving. I also love to go out for coffee, and I do take my camera (his name is Peter) with me almost everywhere to capture the little moments."

(Hi, Peter!)

**What's your biggest dream?**

"My biggest dream would have to be to move to New York and work

as a professional journalist in the city. I've been reading about and admiring the news culture in New York for as long as I can remember, and the opportunity to join some of the major organizations up there would be absolutely incredible. I'd like to travel a fair bit, too. I've always had a weird thing for Antarctica, so I'd like to make it there at some point."

**Where do you see yourself in 10 years?**

"In ten years, I will be just 28 years old, so I'm hoping that I will have made it to New York or another major city, and that I'm writing to the best of my ability. I'd like a dog or two in the mix there as well."

**What's your favorite book?**

"Currently, my favorite book is Save Me the Waltz by Zelda Fitzgerald. However, it's likely that by next week it will change to something else again. I like to read a lot, so that makes picking an all-time favorite book a bit of a challenge. Other favorites include The Glass Castle, Candide, The Great Gatsby, Harry Potter and The Half Blood Prince, and The Bell Jar."

**What's something you've done that scared you the most or brought you out of your comfort zone?**

"When I went horseback riding in Alaska. I've always loved horses,

and I've ridden horses before, but it was a whole new experience to ride a horse in the mountains, fields and streams of Skagway, Ak. I was nervous because it was an environment completely foreign to me, and I was riding a horse I'd never met before. I never thought that I would be able to have that kind of experience, where you're so in touch with nature and your surroundings, that it almost doesn't seem real. I know that it is something I will never forget, just because I had to be brave enough to let things go and get on the horse to ride."

**Describe one of your most memorable experiences:**

"In May of 2017, I was able to attend the ProjectHeal nonprofit gala in New York City. I have been working on the National Social Media Team for ProjectHeal since 2015, and most of my work had been done remotely, where I'd never met anyone on the team. It was an incredible experience to not only meet these people I had been communicating via email with for over two years, but also to meet the 70 men and women that the nonprofit has helped send to eating-disorder treatment facilities. It is one thing to see your work exist on a digital screen, another to see the people in the flesh and know that what you did meant something."

Check back next month to get to know another Nonahood News staff member!

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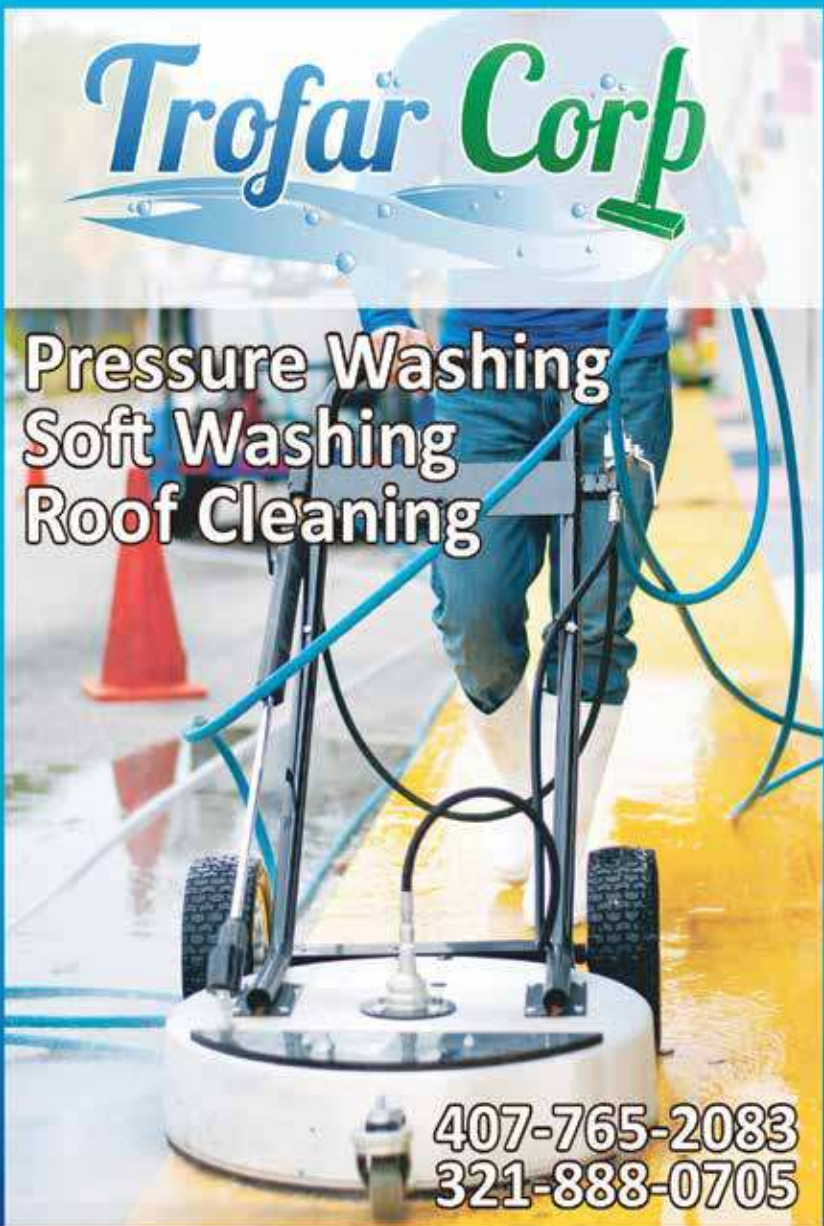





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## Nonahood Calendar

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

### October Events:

- 3 Lake Nona YMCA National Night Out (5-8pm)
- 3 Crescent Park National Night Out (5-8pm)
- 10 Wine Glass Painting Event
- 12 Live + Local goes weekly again!
- 12 LNMS Spirit Night @ Pig Floyd's
- 13 Crescent Cinema: Zootopia
- 15 Ride-4-Ronald, Lake Nona Town Center
- 21 Taste of Nona @ Town Center
- 24 LPE Spirit Night @ Grown
- 26 Lake Nona YMCA Halloween Spooktacular
- 28 Spook Nona @ Town Center
- 29 "Trunk 'O' Treat" @ Amazing Explorers

### MARKET MONDAY AT LAKE NONA YMCA

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

### YOGA NONA SPONSORED BY LAKE NONA LIFE PROJECT

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

### LAKE NONA NIGHTS: LIVE + LOCAL

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

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

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

### ADD YOUR EVENT TO OUR CALENDAR

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

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