



nonahood news®

NOVEMBER 2017

Creatively and Independently Produced by the Residents of Lake Nona

Volume 2 | Issue 10



FIND BEAUTY IN EVERYTHING

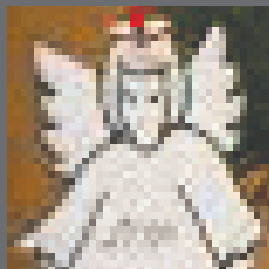
PAGE 16

ENTERTAINMENT
> **NEW** SECTION INSIDE!



**NONA HEROES:
MAN'S BEST FRIEND**

> **READ** PAGE E4



AN ANGEL TREE AT THE VA

> **READ** PAGE 15



L.O.V.E. DONATES TO THE MUSIC

> **READ** PAGE 5

IN THIS ISSUE

Local Leaders.....4
Business & Real Estate 9

Features 11
Health, Fitness & Sports .. 20

Education.....29
Entertainment..... E1

Nonahood CalendarE19

PRSR STD
U.S. POSTAGE
PAID
CALLAHAN, FL
PERMIT NO. 4

Nonahood News LLC
6555 Sanger Rd
Orlando, FL 32827

Your local expert and leading real estate associate for listed and sold homes in Lake Nona.

PETER LUU

321.917.7864
peter.luu@premiersir.com
luucorp.com

Name of brokerage/team is not affiliated with, or sponsored by, Lake Nona Property Holdings, LLC or its affiliated entities. Each office is independently owned and operated. Equal housing opportunity.



Premier | Sotheby's
INTERNATIONAL REALTY

Publishers

Rhys & Jenny Lynn

Director of Marketing

H. Nancy Breed

Managing Editor

Elaine Vail

Staff Content Creators

Brittany Bhulai, Vanessa Poulson, Nicole LaBosco

Writers/Reporters

Aishah Ali, M.D., Brittany Bhulai, David Brenner, Deborah Bullen, Aaron Ferg, Sharon Fuentes, Rodney Gage, Andre Garcia, Dr. Deborah C. German, Jim Gray, Amber Harmon, Travis Jacob, Katie Jasiewicz, Matt Troy Jones, Sonya LaBosco, Nicole LaBosco, Philip Long, Debra Lowe, Jenny Lynn, Siobhan Malany, Ph.D., Rob McCloe, Marta Northcutt, Dany Oliveira, Stephanie Osmond, Lili-ana Pickens, Vanessa Poulson, Daniel Pyser, Jeanette Rivera-Lyles, Sophia Rogers, Linda Thierry, Paul Thierry, Tami Turner, Joe Ulto, Odette Vaccaro, Timothy White, Cheryl Wood

Editing & Proofreading

Linda Carvin and Joe Henry

Layout

Marnie Brophy

Inspiration

Friends and Family

Submissions

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

Advertising

For rates, deadlines, and specifications, visit

<http://nonahood.to/ads> or email advertising@nonahoodnews.com.

Nonahood News, LLC is an independent, privately owned company. All submissions become the property of Nonahood News, LLC. All rights reserved. No portion of this paper may be reprinted without permission of publisher. All advertisements, announcements, and articles submitted are subject to refusal or editing at publisher's discretion. © 2017.

Publisher's Desk

JENNY LYNN



A Grateful Message

When it became time to talk about what to write for our Publishers Note for November, I knew that writing about gratitude was a great idea. This is a topic that is very dear to me. Plus, it's the perfect season for thankfulness.

What does being thankful really mean? We see these words used a lot during the holidays. Is it because we are thankful for the cold weather and owning warm clothing to keep us warm? Is it because we get to celebrate a holiday? Any reason to celebrate is something we should be thankful for, right? Is it something we hold? Being grateful turns things you have into enough.

Or, is it meant to be used in our everyday lives? When I think of it this way, I start thinking of my daily routine, and it reminds me of how blessed we truly are. It's easy to be thankful for the good things in life, but a life of rich fulfillment comes to those who are also thankful for the setbacks and troubles.

TIME

I always think I don't have enough time. Time for us is everything. It's a crucial piece in our daily routine. Although we often don't think there's enough of it, time is something we shouldn't take for granted. Of course, having not enough time is just a feeling we all experience. I have learned to simplify the things I have to do by taking one thing at a time. I create a task list, go through the items one by one and commit to get them done within the time I give myself. If it doesn't happen, then it's not the end of the world. I can find time later.

CHALLENGES

Without the challenges life has given me, I wouldn't be the person I am today. I am thankful for every hardship that comes my way; they help me gain focus and to never give up. As business owners, we face many challenges, so we must be fast, flexible and ready to face it. If it works, great. If not, we need to change it and see what does work. And what worked for us is hiring our team.

TEAM

I cannot be thankful enough for each member of our team. The individual attention and dedication of each one has brought Nonahood News to a level of fun and excitement. As we work on our goals and mission, we know we can turn to each one of them for help and guidance.

OUR READERS

I would like to also thank our readers. I am forever grateful for the time you take to read our stories. A lot of time and effort goes into the creation of Nonahood News, but without you the effort is not even worth it. So, thank you from all of us at Nonahood News!!!

As we get closer to the season of thankfulness, practice being thankful for all the little things in your life, especially the hard ones. If you can see them as tedious, then you can find something you can appreciate in them.

HOLDS YOUR DISHES,
AND YOUR ATTENTION.



THE

KENDRICK TEAM

AT KELLER WILLIAMS



Kevin & Yvette Kendrick

CALL TODAY
for a Free Market Analysis
on the Value of Your Home
in Today's Market
407-271-1854



Like us on Facebook
@KendrickTeam

Relationships Matter



JUST LISTED
RANDAL PARK
4 BED / 2 BATH PLUS DEN



JUST LISTED
EAGLE CREEK
4 BED / 2 BATH WITH POOL



Keller Williams
Advantage III Realty

www.thekendrickteam.com ■ kevin@thekendrickteam.com ■ 407-271-1854

Local Leaders

Diversity and Inclusion Mean Better Care



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

We know that the best doctors are also great communicators – people who are excellent in the science of medicine and also can engage fully with those in their care. As our nation becomes more diverse, physicians – and, frankly, all health care providers – must do more to understand their own backgrounds and those of their patients.

I always have hoped that the UCF College of Medicine would be a place where we celebrate our differences. A place where we share our unique backgrounds and experiences for the betterment of our community. Embracing diversity and inclusion is not only the right thing to do, but it is also the smart thing to do. Research has shown that diverse organi-

zations and teams make better decisions – they succeed more often. By engaging with people of different backgrounds – and really learning from each other – we are all stronger.

That message was brought home once again during our recent Diversity Week events at the medical school. We and visitors from across our community and world talked about many topics. Some were easier to talk about than others. We talked about how stereotypes can get in the way of quality healthcare, and that we all have stereotypes even though we think of ourselves as unbiased. We talked about gender stereotypes and how they impact patient care and the training of physicians. We talked about language – the words we speak and the messages we send non-verbally – and how both have power in communicating with others.

We talked about our need to be culturally sensitive in caring for patients, the fact that a person's religious beliefs, sexual orientation and cultural dining habits can impact both their health and the way we work together to improve it. We also talked about how to provide compassionate, professional care even when a patient makes biased judgements about us – when a patient's reaction to our individual culture or language seems harsh or unfair.

Tomorrow's physicians will practice in a world far more diverse than the one I experienced when I was in medical school. Then, only about 10 percent

of medical students were women. Today, half of all physicians in training are women, and our nation's diversity certainly goes beyond gender. Our patients today speak many languages. They have diverse sexual orientations, religious beliefs and customs. They come to us at a critical time in their lives – when they are sick, scared and distressed. For that reason alone, we as providers or caregivers must be engaging, understanding, compassionate. We cannot be uncomfortable or hesitant in caring for people whose experiences are different from our own. We must meet their needs.

UCF's medical school curriculum is unique nationally because it includes LCTs – longitudinal curricular themes – that run through all four years of instruction. One of these themes is Culture, Health and Society, which says that delivering high-quality healthcare requires us to have a deeper understanding of the backgrounds of our patients, their families and the environments in which they live. Our goal with this instruction is to encourage students to reflect on their own cultural values, assumptions and beliefs and identify how those values influence them as they provide care to others.

A colleague once described diversity and inclusion this way: "Diversity means you're invited to the party. Inclusion means you get to dance." As people committed to improving the health of all, we must be sure we are engaged and inclusive with all who seek our care.

Heidi Bedell

REALTOR®, Armel Real Estate, Inc.
Harvard MBA, 2001 | Navy Veteran, USNA 1993
License: SL3359515



Direct: 321.231.0804 | Web: www.BedellHomes.com

"Gratitude is not only the greatest of virtues, but the parent of all others."

- Cicero

"Fortune favors the Bold"

- Virgil

As we enter the season of giving Thanks, and looking ahead to a year of new Adventures, I wish my friends, neighbors and colleagues a

**Joyful remainder of 2017
and an Awe-inspiring 2018!**

www.BEDELLHOMES.COM / 321.231.0804

1/3 to 1/2 of my profits are dedicated to charities.

A Memo From Commissioner Jim Gray

One of the questions I often receive at HOA and Community meetings is, "How can we learn about proposed developments in our area?" A simple way is go to my City of Orlando-District 1 website.

Big or small, I list upcoming applications in District 1 scheduled for the Municipal Planning Board (MPB) on my website link at <http://www.cityoforlando.net/district01/key-municipal-planning-board-items/>. At this site, you can review the request, see maps of the impacted area, and review our planning staff's analysis.

The MPB is an advisory board to the City Council and is comprised of nine volunteer members. The MPB holds public hearings on the third Tuesday of every month to review and report recommendations to the City Council on such things as planned developments, re-zoning, annexations, conditional use permits, etc. The recommendations and decisions of the MPB are subject to the final approval of the City Council, and remember, just because a project is approved does not mean it will ultimately get built.



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

L.O.V.E. Donates to the Music

NICOLE LABOSCO



On Oct. 5, L.O.V.E. for Nona (Ladies Organized for Voluntary Efforts) voted to select which local non-profit organization would be the recipient of their annual \$5,400 donation. L.O.V.E. for Nona is a women's group organized and founded by Lindsay LaRouche, who also is the owner of the Tap Room in Lake Nona.

"I had been talking about starting L.O.V.E. for over a year, but it didn't really get off the ground until around June of this year. Our first meeting was held at my home, and it grew from there. After having kids, my family and my business all seemed to take up a lot of my time. I had to leave Rotary Club, which I had enjoyed for a couple years, because I just really didn't participate in the weekly meetings and numerous activities throughout the year since my husband travels all the time as a pilot for JetBlue. I still wanted to be a part of something that would allow me to give back without the responsibility to always give a lot of my time, and I knew other women were in the same position."

L.O.V.E. was designed for women who are moms, wives, employees and employers who might have time for things and sometimes don't. The group asks that the members meet once a month and participate in what they can. L.O.V.E. is known for its flexibility and gives women the opportunity to hang out, network and socialize with other women in similar positions, all while doing great things for our community. The group currently has 54 active members. The donation came from the group's annual dues. This year, the Lake Nona High School Band received the gracious contribution.

"We were very excited to find out that we would be receiving this donation as it will help the band tremendously," said Monica Leimer, the LNHS Band Director. "We currently have a long list of instruments that are needed for the band, and this money will help us toward purchasing what we need. Our band is growing every year, and we are trying to keep up with that growth as well as provide high quality instruments for our

advanced students. We currently have students sharing instruments, and our goal is for every student to have their own instrument without having to share. Not every student can afford to purchase their own instrument, and we provide instruments for those students to use. Thank you to everyone in the community that supports the Lake Nona HS Sound of the Lions."

"I can't really speak for everyone when I say why we chose the band because the policy is that we vote as a group. It's an anonymous vote, so it is not discussed. My guess is that knowing the money will go to allowing children who can't afford to be in the band [who will] now be able to join was inspiring," said LaRouche.

For updates and more information, you can visit <http://nonahood.to/lovefornona>.



LAKE NONA

YOUR **LOCAL** REALTY PARTNER WITH A **GLOBAL** REACH

Premier Sotheby's International Realty has seven locations in the Central Florida area, with associates who specialize in local markets that include Orlando, Lake Nona, Winter Park, Melbourne, Lake Mary and Port Orange, but the network does not stop there. With over 20,000 sales associates in brick and mortar locations in 70 countries and territories, the Sotheby's International Realty® network showcases Central Florida properties to the world.



GOLDEN OAKS

10233 Morey Court
\$3,395,000 | Web ID 05532807
Peter Luu | 321.917.7864



LAKE NONA GOLF & COUNTRY CLUB

9220 Cromwell Gardens Court
\$1,300,000 | Web ID 05536323
Erica Pulcini | 407.383.8251



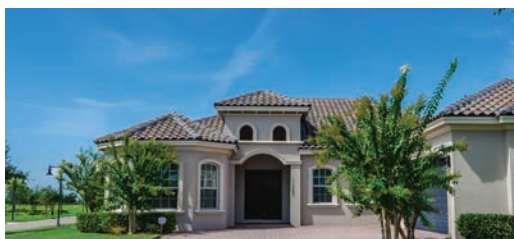
LAUREATE PARK

8233 Canetti Street
\$648,900 | Web ID 05492115
Peter Luu | 321.917.7864



LAUREATE PARK

8391 Laureate Boulevard
\$525,000 | Web ID 05536359
Erica Pulcini | 407.383.8251



EAGLE CREEK

11062 Moberley Circle
\$484,900 | Web ID 05525279
Peter Petrilli | 407.402.2211



FELLS LANDING

14909 Fells Lane
\$479,000 | Web ID 05533176
Peter Luu | 321.917.7864



MELBOURNE

1132 Tralee Bay Avenue
\$418,000 | Web ID 05527562
Wendy Stephenson | 321.794.5140



ORLANDO

10429 Stapeley Drive
\$395,000 | Web ID 05533120
Seda Gulliver | 321.506.6295

Premier | **Sotheby's**
INTERNATIONAL REALTY

PREMIERSOTHEBYSREALTY.COM

SOUTHEAST ORLANDO | 407.480.5014
13816 Narcoossee Road, Suite A

Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. Each office is independently owned and operated. Equal Housing Opportunity. Property information herein is derived from various sources including, but not limited to, county records and multiple listing services, and may include approximations. All information is deemed accurate and neither suggests nor infers that Premier Sotheby's International Realty participated as either the listing or cooperating agent or broker in the sale or purchase of the properties depicted.

Rotary Update: World Polio Day

SONYA LABOSCO

The Rotary Club of Lake Nona Lunch hosted a 5th Annual World Polio Day Event October 24th. Our message: One Day, One Focus: Ending Polio

What is polio?

Poliomyelitis is a highly infectious disease that most commonly affects children under the age of 5. Most know it as poliovirus. The virus is spread person to person, typically through contaminated water. It can attack the nervous system, and in some instances, lead to paralysis. Although there is no cure, there is a safe and effective vaccine – one which Rotary and our partners use to immunize over 2.5 billion children worldwide.

Rotary vs. Polio: A Timeline

Rotary is an international community that brings together leaders who step up to take on the world's toughest challenges, locally and globally. The eradication of polio is one of our longest standing and most significant efforts. Along with our partners, we have helped immunize more than 2.5 billion children against polio in 122 countries. We have reduced polio cases by 99.9 percent worldwide and we won't stop until we end the disease for good.

Why End Polio?

To end polio, we must stop transmission of the virus in the three countries where it remains endemic: Afghanistan, Nigeria, and Pakistan. We must also keep all other countries polio free until we're certain it won't resurface. Up to 60 high-risk countries still operate large-scale immunization campaigns to protect children against polio.

Top five reasons to end Polio:

1. To Improve Lives
16 million people are walking today who would have otherwise been paralyzed
2. To Invest in the Future
If polio isn't eradicated, within 10 years, as many as 200,000 children could be paralyzed by it each year.

3. To Improve Child Health

Polio surveillance networks and vaccination campaigns also monitor children for other health problems like vitamin deficiency and measles, so they can be addressed sooner.

4. To Save Money

A polio-free world will save the global economy \$40-\$50 billion in health costs within the next 20 years.

5. To Make History

Polio eradication would be one of history's greatest public health achievements, with polio following smallpox to become only the second human disease eliminated from the world.

In June, Bill Gates, spoke to 22,000 attendees at the Rotary International Convention, held in the Georgia World Congress Center in Atlanta, highlighting the extraordinary progress that's been made toward a polio-free world, along with challenges ahead. Gates reinforced the message to the audience that the effort must continue and be strengthened before polio cases can be reduced to zero. Calling the Global Polio Eradication Initiative (GPEI) the "single most ambitious public health effort the world has ever undertaken," Gates, co-chair of the Bill & Melinda Gates Foundation, reviewed the historic milestones of the fight. Gates praised Rotary for being the catalyst and visionary partner for ending the paralyzing disease worldwide. "Rotary laid the foundation with its unwavering sense of purpose and its belief that anything is possible if you put your mind and body to it," he said.

Gates noted that more than 16 million people who would otherwise have been paralyzed by polio are walking today. "The scale of this effort is phenomenal," he added. "Polio is the thing I spend the most time on. Every day I look at my email to see if we have



The Beacon and The Code Wall were lit up red on October 24th in honor of World Polio Day. The Lake Nona Rotary Club held a candlelight vigil. Eight candles to represent the eight cases of Polio year to date worldwide.

a new case," Gates said. "I'm very inspired to be a part of this. I'm also very humbled." Rotary Rocks!

Ways to Help:

Learn be informed about Polio

Share the information with friends, family, community partners

Donate to End Polio Now

(<https://www.endpolio.org/donate>)

The Rotary Club of Lake Nona Lunch would like to thank all community partners for participating in World Polio Day, Marriott, Lake Nona Town Center, and Simply Maurita for designing a World Polio Day Candle.

Neighborhood Watch: Laureate Park Rocks the Neighborhood Watch Program

LINDA THIERRY

It was a rocking night in Laureate Park (LP) for the Neighborhood Night Out (NNO) party on Tuesday, Oct. 3. This was LP's first time hosting the NNO.

Families entertained themselves with karaoke to classic rock songs, painted their favorite superheroes on rocks to keep (or later hide for others to discover), played yard games and enjoyed local food trucks. The LNHS Thespian Club styled kids' hair into the rock star look of the '80s. They donated their proceeds to Puerto Rico. There were several vendors for neighbors to learn more about safety and security resources/tools available on the market. Kathy Herford Homes hosted the first annual LP "Talk to Chili to Me" chili cook off – the big winner was Boyd Perry with his Rajun Cajun Chili! Non-perishable items were collected as part of the chili cook off and donated to the Puerto Rico relief.

Special guests from the City of Orlando included Commissioner Jim Gray, Community Liaison Officer Malave, along with a fire truck with firefighters, and an OPD cruiser with officers.

The NNO is an annual event held the first Tuesday in October every year. This event is coordinated through the Orlando Police Department by their Neighborhood Watch Program (NWP). For more information regarding starting a NWP and the NNO party, contact: lauri.brooks@cityoforlando.net; (407) 246-3773; www.cityoforlando.net/police/neighborhood-watch.net. Please note there are deadlines to request grants, get program handouts and to have a City of Orlando official participate at your party. Some of these deadlines occur as early as mid-May.

One of the main objectives of a NWP is to promote neighbors getting to know each other. This event was a great way to achieve that goal. We estimate 400-500 LP residents participated. More than 200 neighborhoods in the City of Orlando threw a party at the same time, focused on getting to know each other and celebrating the good in their communities. We had a rocking good time in LP!

Laureate Park Neighborhood Watch Area Coordinators

Larry Albert, Gene Thatcher,
Linda Thierry





**THE ORLANDO
LAW GROUP, PL**
A Private Law Firm
We Listen. We Care. We Solve.



Your Full Service Law Firm

- Bankruptcy
- Business Law
- Criminal Law
- Employment Law
- Estate Planning
- Family Law
- Immigration
- Landlord/Tenant
- Personal Injury
- Probate
- Real Estate/Foreclosures
- Veteran Law
- Wills & Trusts
- Worker's Compensation

Three Offices Conveniently Located in Orlando

Waterford Lakes <small>12301 Lake Underhill Road Suite 213 Orlando, FL 32828</small>	Lake Nona <small>9161 Narcoossee Road Suite 210 Orlando, FL 32827</small>	Dr. Phillips <small>7625 W. Sand Lake Road Suite 202 Orlando, FL 32819</small>
--	---	--

407.512.4394
www.theorlandolawgroup.com

CHOSEN AGAIN #1 HOSPITAL IN ORLANDO

Florida Hospital is recognized by *U.S. News & World Report* as one of Florida's best hospitals in 14 types of care.



FloridaHospital.com/USNews



Local Charity Creates 4.4 Million Meals for Puerto Rico and Gains International Recognition

PHILIP LONG



FEEDINGCHILDRENEVERYWHERE.COM

Feeding Children Everywhere (FCE), a Longwood-based charity dedicated to providing free healthy meals to children in need, conducted a drive to prepare 4.4 million meals for children in Puerto Rico affected by Hurricane Maria.

domestic and international scale, having provided meals to over 20 million people since October of 2014.

Though FCE calls the Orlando metropolitan area home, their hard work and efforts have touched people from Dallas to Haiti, all the way to international locations like Somalia, Turkey, and India.

This event brought the organization to a total of 5.5 million meals, 1.2 million meals for Hurricane Irma victims and another 4.4 million for Hurricane Maria victims, distributed within the past few months.

This event has brought the charity international recognition and assistance, with volunteers arriving to help at the event from Lake Nona, across the United States, and beyond.

Hurricane Maria has created a devastating situation in Puerto Rico, leaving millions without electricity, water or food. The damages might not be fully repaired for up to six months and even a year in certain parts of the island.

This is when FCE knew they needed to step in and find a way to support the victims in a time of crisis and dire need.

FCE was founded in August of 2010 in response to the earthquake in Haiti, and has worked in situations and with those in need ever since it was formed. Since 2010, the organization has grown on a rapid

Convention Center, North Concourse, North Hall – A2 located at 9400 Universal Blvd., Orlando 32819.

The space was 200,000 feet, chalked full of people working together to plan, prepare, and pack meals to be brought to Puerto Rico.

At one point, there were over 1,700 people in the space at once, the largest collection of people the FCE has ever had volunteering and working at one time.

Over 50,000 volunteers in total showed up to help pack meals, coming from all over the state of Florida and even internationally to assist with the packing and preparing of the food for the people of Puerto Rico.

4.4 million meals were packed in just 17 days time, which was half the amount of time that FCE estimated it would take for them to collect the number of meals that they needed.

The event was a huge success, and received major press coverage from local stations and on social media, with the FCE Facebook page receiving 350,000 hits in just one night after word of the event had gotten out.

Not only was FCE able to provide the people of Puerto Rico with meals, but also helped express the solidarity and the strength of the organization and the state of Florida, as well as internationally, to band together and help those in need.

To learn more about FCE and find opportunities to get involved with the organization, visit their website www.feedingchildren everywhere.com

Join Us

FOR A SPECIAL BREAKFAST DISCUSSION

ON EXCITING AND INNOVATIVE PROGRAMS THAT ADDRESS HUNGER AND POVERTY. Hear from meal recipients, program experts and community leaders about the impact of FCE's innovative Fed 40 mobile app and National Breakfast Program. »

WHEN 8:00AM to 9:30AM **WHERE** CITRUS CLUB
255 S Orange Ave #1800, Orlando, FL 32801

"A large and vibrant Puerto Rican community exists in Central Florida, so many of us know someone who has a family member who lives on the island and is in dire need," Said CEO of FCE David Green prior to the event. "Because of the connection between Puerto Rico and Central Florida, we feel especially compelled to reach out and help. Because of that same connection, we're confident enough people will volunteer to make it happen."

The meals were assembled in the Orange County



BEAUTIFUL ORLANDO
spa & cosmetic surgery

Plasma | Photofacial | Skin Tightening
Weight Loss | Penile Prosthesis | Vasectomy

MENTION
THIS AD FOR
10% OFF
ANY
TREATMENT

Good until 12/15/17

Liposuction of Abdomen
Starting at \$1499

Saline Breast Augmentation
Only \$4500

European Spa Facial with
Massage
Only \$59.99

Plasma Treatment & 50 Units
of Botox
Only \$925

1056 E Osceola Pkwy, Kissimmee FL 34744

(407) 766-6080

www.beautifulorlando.com

Facebook/Beautiful Orlando



NOW LEASING

Lake Nona's Newest Luxury Apartment Community

**OPENS
SUMMER 2017**

ARIEL

844.588.9835

LakeNonaAriel.com

- One, two and three bedroom homes with open floor plans and 9' ceilings
- Full-size washer and dryer
- Gourmet kitchen with islands and premium granite countertops
- Beach-inspired zero entry pool
- Outdoor pavilion with billiards
- Sand volleyball court
- 24 hr. fitness center
- Playground with modernized play system
- One acre dog park with agility course

LAKE NONA

14001 Benvolio Circle • Orlando, FL 32824



Business & Real Estate

Business Spotlight: Drive Shack's Chuck Beyer

BRITTANY BHULAI



"I wanted to be an actor," said Chuck Beyer, the current general manager of operations for the \$25 million golf and luxury complex coming to Lake Nona known as Drive Shack.

Growing up in Memphis, Tenn., Beyer was born into his family's fire alarm business that had been around since the 1950s. He was content for awhile finding work within the family company as he obtained a degree in business. Since he had an interest in acting, Chuck also attended theatrical school in his hometown. Eventually, he wanted to drift away from business and move further into the entertainment world. Beyer found himself moving to Los Angeles, where he eventually got a theatrical degree.

Beyer's acting career began to pick up speed when he landed one of his biggest hits, a role as a co-star playing Robin Brady in *Star Trek: Starfleet Academy*.

He also starred in other entertainment pieces such as *Justine*, *A Midsummer Night's Dream* and *Melrose Place*. For Chuck, his Hollywood inspirations were actors such as Tom Cruise and Marlon Brando. Cruise's acting in *A Few Good Men* and Brando's roles in films such as *A Streetcar Named Desire* and *On the Waterfront* really inspired Beyer.

He wanted to be just like them, in the spotlight and playing solid roles. Besides finding personal joy in acting, he also admitted that a life of fame and fortune was the other part.

Eventually, Chuck crossed paths with an acting coach he would never forget. Her name was Gloria Gifford. Gifford was a huge key in changing his thought process and his outlook on life. She made him see the world from a different perspective. Her ideas were based on how to be a true leader. It was getting people to believe what you were saying from their hearts, then they also would believe with their minds. With such a positive impact on someone, Gifford preached that it would lead you to change the world to make it a better place. At that moment, Beyer opened his heart to her words and changed the course of his life. "It was no longer about me. It was how I affected other people," expressed Beyer. The Tom Cruise and Marlon Brando that he admired didn't seem so special to him anymore. They were amazing actors, but Chuck saw that there was more to living than vanity. He realized that the one true place to get a huge outreach of touching people's lives and making a difference for the greater good was through the hospitality industry. Chuck dropped acting and went to work in the restaurant business in LA.

Chuck did not want to be the man in the spotlight anymore. He wanted to be the man behind the curtain. He wanted to shine the

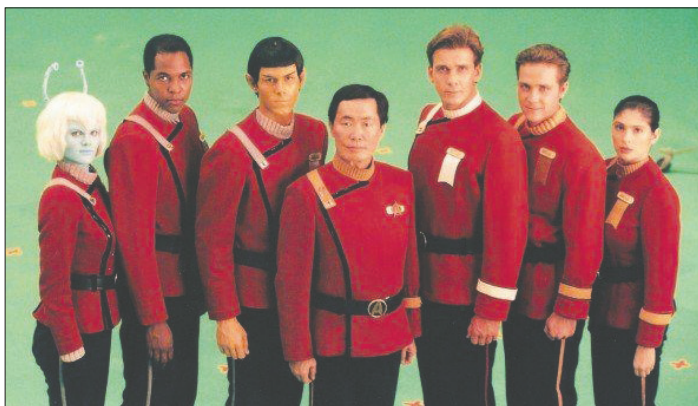
spotlight on others to help them grow and become leaders themselves. People became his passion. One of many people Chuck claims to have impacted is an individual by the name of Jimmy. Beyer stumbled upon him when he came looking for work at a new company he had opened up in Mississippi. Jimmy came to work for Chuck as a dishwasher, and he had the brightest personality and was full of life. However, Beyer would notice the young man had mood swings and at times would lose his joy and positivity. Chuck later discovered Jimmy came from an abusive family that was caught up in drugs and did not provide the best environment. However, doing the best he could, Chuck provided Jimmy with a work environment he felt welcomed to be in, and the kindness and warmth shown to the boy inspired him. The leadership that Chuck portrayed encouraged Jimmy to better himself. It wasn't long until Chuck set him up to room with a co-worker to get him out of the negative energy at home. Soon after that, Jimmy's life began to excel. He took up a position at the front of the house instead of being in the back kitchen. He was promoted into a supervisory role, and as of today, Jimmy is the general manager of the same operation. Chuck was able to take a boy with potential, set him on the right track and ultimately lead him toward success and a fruitful life.

Jimmy grew up with no education and had very little, but Chuck saw his potential and helped turn him into a full-bloomed flower. After knowing each other for 12 years, the two still keep in touch to this day.

"Don't look at work as a void you're filling for yourself, look at it as an impact you're having

on someone's life everyday. It's a bigger picture than yourself," says Chuck. Currently, with Drive Shack, he sits down with the team and reads a leadership book to them. As a group, they learn how to appreciate one another and how to effectively work and communicate as a healthy unit. One of the most important keys is to remove your ego and work at the same level as everyone else.

Chuck's plan for the future is to keep touching as many lives as possible. He states that once Drive Shack opens up, Lake Nona residents, along with everyone else attracted to the area, will have the most hospitable place to go.



CD SPECIAL!
Limited-Time Only

1.45%

APY* 18 Months

1.10%

APY* 11 Months

MONEY MARKET

0.90% APY**

Located in Your
Walmart Supercenter®

5991 South Goldenrod Road
Orlando, FL 32822

8101 S John Young Parkway
Orlando, FL 32819

1471 East Osceola Parkway
Kissimmee, FL 34744

4400 13th Street
St. Cloud, FL 34769

AXIOM BANK®
Banking and More®

AxiomBanking.com | 800-584-0015

Terms and conditions apply.

*Annual Percentage Yield. Rates and APY are subject to change without notice. The APY is as of 08/01/17. These accounts require a minimum opening deposit of \$500. Substantial penalty for early withdrawal. Offer not valid on brokered or institutional deposits. You will be paid the disclosed rate until maturity. Your 11-month account will automatically renew into a 12-month fixed rate certificate. You will have a grace period of 10 calendar days after the maturity date to withdraw the funds in the account without being charged an early withdrawal penalty. The CD products are limited to \$250,000 per product per household. This offer cannot be combined with any other offer. Fees could reduce earnings. Contact an Axiom Bank Banker for further information about applicable fees and terms.

**Annual Percentage Yield. Rates and APY are subject to change without notice. The APY is as of 08/01/17. These accounts require a minimum opening deposit of \$100,000. Federal regulations impose transaction limitations. Fees could reduce earnings. Contact an Axiom Bank Banker for further information about applicable fees and terms.

© 2017 Axiom Bank, N.A.
All Rights Reserved.

Member
FDIC
LENDER
BBB

Creating a Winning Culture Through Mentorship

TRAVIS JACOB



The idea of one-on-one mentorship is not a new concept. In fact, this very idea has been around for thousands of years. At the same time, it has been relatively absent from the business community until recently. Mentorship is quickly becoming one of the main topics of discussion when consider-

ing the resurgence of the younger generations in the workforce. Sam Eckerson is a licensed realtor and is the public relations lead for Heritage Park Realty. He is thinking about the long-term success of his company and future employees by starting with mentorship as the foundation for the winning culture he is building. I had the privilege of sitting down with Sam to listen to him explain his idea of building a culture based on mentoring people for success. Here is what he had to say:

Build a culture on mentorship and relationships. This can be risky because this kind of authentic culture requires all parties to be genuine and vulnerable. In this environment, people are doing both life and business together – a very uncomfortable concept for some. However, the rewards far outweigh the risks. In this type of environment, (1) the leader is hands-on with his/her mentee to train and teach them the business in a highly relational capacity; but (2) a very important precedent must be set where the mentor is a

leader first. Friendship will develop at a later time as the relationship changes; and (3) the relationship is never belittling. The mentor must take the approach of partnering together with his/her mentee as opposed to working in a culture of superiority.

Start with the end goal in mind. The end goal in Sam's case is to hire his mentee full-time and keep them long-term. His idea is that building this type of culture will keep people around for many years – a tall order considering that one of the business behaviors of the younger generations is to be committed to a specific career path but not necessarily to the same company within that path. A culture built on mentors

There also are some specific objectives when considering the end goal: (1) develop someone who gets the importance of the character aspect and will be around long-term; (2) the mentee identifies and learns the critical skill sets to do what they are good at and is working to their highest potential in the right place on the team; (3) the mentee catches the vision and begins to duplicate it over time. This creates a constant environment of mentorship where mentees become mentors, then their mentees eventually become mentors, and the pattern continues.

Mentorship is simply an investment in people to help them be the best they can be. It takes time and a great deal of effort. However, the investment is worth the time considering the benefits to all levels of the organization. People feel valued. They are equipped

to do their jobs. They are developed as leaders. They give their best effort because they know if they do, the company succeeds and they will also benefit.

By making this investment, Sam's personal goal is that his leadership/business ceiling becomes his mentor's floor so he can catapult him to the next level. This, of course, requires a great deal of humility and confidence on the part of the mentor in the desire to see their mentee succeed even beyond their level. Let's also not forget that the reason for business is to make money. Sam believes that bringing these concepts into his company will create a lifestyle where everyone succeeds, makes a lot of money, and will have even more to give to help others as we are called to do.



BBA Aviation/Signature Flight Support Moving Headquarters to Lake Nona Town Center

VANESSA POULSON

Lake Nona's Tavistock Development Company has announced that multinational aviation company, BBA Aviation/Signature Flight Support plans to move its new, 65,000-square-foot, six-story, Class A office building, to the Nonahood.

The headquarters will be located in the rapidly developing Lake Nona Town Center, where PCL Construction plans to break ground this fall on the building at the southwest corner of Veteran's Way and Lake Nona Boulevard. The building is expected to be completed in late 2018.

The original location for BBA Aviation/Signature Flight Support's headquarters has been Downtown Orlando for the past twenty-five years, but they are ready to expand into the prime territory of the Lake Nona area; with our proximity to the Orlando International Airport and other world class businesses, it is a great fit.

"This state-of-the-art business and residential community offers endless benefits for our employees, and for the future of BBA Aviation/Signature Flight Support. We have designed a superior working environment for our team, where we will continue to drive our world class business forward, and we very much look forward to becoming part of the Lake Nona community" says Maria A. Sastre, President and Chief Operating Officer for Signature Flight Support.

BBA Aviation/Signature Flight Support's new headquarters is designed by m+a architects, with the interior plans constructed by Little.

The facility will be LEED designed and will implement the latest innovations in climate control, natural light, collaborative spaces, ergonomic work stations and outdoor space. Occupancy for the location

is expected in the first quarter of 2019.

"We are a significant employer in terms of highly technical jobs and positions" says Sastre, "It's an opportunity for employment and further growth in Lake Nona."

The Lake Nona Town Center has thus far opened and leased 75,000 square feet of class-A office, 16,000 square feet of retail and restaurant space, a dual branded Courtyard by Marriott and Residence Inn by Marriott hotel, and a multi-level parking structure.

"We have had the privilege over the last several years to work with some of the brightest minds in the world on dreaming, designing, and building, what is becoming one of the most collaborative, creative, and productive places to live and work in America" says Tavistock Group Senior Managing Director Rasesh Thakkar.

"To create the ideal place that inspires human potential through innovative collaboration, where we not only focus on the big picture, but also the thousands

of nitty, gritty, details."

The next \$300 million phase of the town center will bring a big entertainment element to the community, which already boasts 12,000 residents and 5,000 employees in the Medical City life sciences hub. Tenants are expected to include a brewery, bowling alley and medically integrated fitness center in partnership with the University of Central Florida, though none have been formally announced yet.

Lake Nona remains the region's fastest growing community.



Features

In the Garden

AMBER HARMON

Do you have unwanted pests in your fall garden? The excessive rainfall since Hurricane Irma is taxing the water tables, and the bugs are everywhere! The ants are searching for higher ground in our homes and, yes, in our vegetable gardens. The mosquitoes seem to have multiplied exponentially with all of the standing water, and the water has yet to begun to recede. So how do we combat mother nature and make sure we are the only ones eating our garden vegetables this fall?

It's important to reduce the amount of stress on your plants. Just like people, plants can get stressed. When we are stressed, our immune systems are taxed and we get sick. Plants have a similar challenge. When a plant is stressed, it not only does not grow and produce well, but it is susceptible to being invaded by pests. The insects have a sixth sense and target plants that are weak and compromised. The way to reduce the stress is to keep the plants healthy by giving them what they need.

Despite all the challenges, you can keep your plants healthy and make your vegetable garden "By Invitation Only" by following these three simple steps.

First, follow the guidelines of Florida Friendly Planting by choosing the "Right Plant in the Right Place":

- Choose only seasonal varieties of plants
- Ensure they are heat tolerant and pest resistant
- Understand the sunlight requirements for each plant



- Full sun means a minimum of 6-8 hours of direct sunlight
- Space the plants properly so nutrients are available

Second, ensure that you are using a nutrient-rich soil or mix. If you are planting in the ground, understand the composition of the local soil so you can amend it with the most beneficial organic matter using compost and fertilizer. Use a balanced fertilizer such as 10-10-10 for the nitrogen-phosphorus-potassium when planting in a raised garden bed. Be aware that Florida soil typically contains an adequate amount of phosphorus so you can use a 10-2-10 when planting in the ground. Then, refresh the garden soil this way for each new season.

Third, have a watering plan in place. The vegetable garden will thrive with ¼" of water daily. If you use an automatic watering system with a timer, also use a rain sensor so you do not over-water your garden when it's raining regularly.

We live in Florida and there are bugs everywhere, so even in the most perfect circumstances there can still be issues with bugs. Here are some guidelines for pest management in the vegetable garden.

DO:

- Identify the insect
Hint: Search for the plant it's attacking and read about common pests

Hint 2: Use the University of Florida website and database

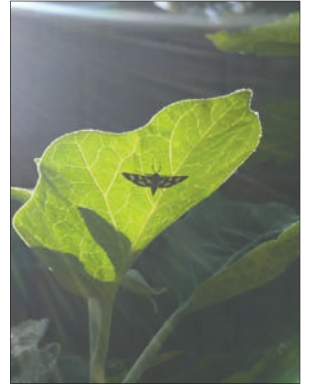
- Select organic pest control products
- Read instructions carefully
- Repeat as directed

DO NOT:

- Treat for pests in the heat of the day
- Use organic pest control products before it rains

There are several "go-to" organic pest prevention products available at your local box stores, such as Neem Oil and Safer Soap for caterpillars and bugs. Diatomaceous Earth for ants and BT (Bacillus thuringiensis) for worms. These are versatile products that treat most pests in the garden. As always, read the instructions carefully and use only as directed.

Follow these simple steps and you will set yourself up for success in your fall vegetable garden and keep your veggies "By Invitation Only" this season.



www.MyNonasGarden.com

"We make organic vegetable gardening easy!"

Luv-A-Lawn
AND Pest Control
CALL FOR FREE ESTIMATES

Locally owned & operated

pest control ♥ lawn & shrub care ♥ termite protection ♥ irrigation repair

www.luvalawn.com 407.908.9139

** ALL COUPONS VALID WITH AN ANNUAL SERVICE AGREEMENT. EXPIRATION 12/31/2017.

FIRST LAWN TREATMENT

\$30 OFF

1ST INDOOR PEST TREATMENT

\$25 OFF

SUBTERRANEAN TERMITE COVERAGE

\$100 OFF

Tough Things to Talk About: Puerto Rico

LILIANA PICKENS

Puerto Rico (PR) is a tiny island in the Caribbean, measuring 100 miles east to west and 35 miles north to south. In 1898, after the Spanish-American War, under the Treaty of Paris of 1898, Puerto Rico came under the sovereignty of the United States.

With the westward expansion of the 19th century, the US established 'incorporated territories' that could and did become formal American states – like the Colorado Territory. But, in 1901, a series of legal opinions known as the Insular Cases argued that Puerto Rico and other territories ceded by the Spanish were full of 'alien races' who couldn't understand 'Anglo-Saxon principles.' Therefore, the Constitution did not apply to them, and Puerto Rico became an 'unincorporated territory' with no path forward to statehood. (Becky Little, PR's Complicated History with the US).

Puerto Ricans received U.S. citizenship in 1917, and Puerto Rico became a Commonwealth in 1952. A Commonwealth, in very simple terms, means PR is not a state and has a non-voting representative in Congress. It has its own Constitution of the Commonwealth of Puerto Rico, however, the U.S. Congress federally controls Puerto Rico, which is why PR is considered a U.S. territory. As per the 2011 President's Task Force on Puerto Rico, the White House clarified that "under the Commonwealth option, Puerto Rico would remain, as it is today, subject to the Territory Clause of the U.S. Constitution" (puertoricoreport.com).

Spanish and English are the official languages of Puerto Rico, and its currency is the U.S. dollar. If we were to classify PR's relationship with the U.S. on Facebook, it would be "it's complicated." And it is very, very complicated!

Without going into details on how they got there (because this is still being discussed), Puerto Rico's economy has suffered a lot in the past decade or even more. Everyone has an opinion, but no one really has a concrete answer...yet. Its infrastructure has not been able to keep up with the times because there is no money to fix it...well, at least that's the argument of some. Based on some people's opinions, the government has stolen money from the people for years. Others say the money just has not been used for the right things. You know how this goes, everyone has their own opinion on why the island is where it is today.

Throughout the years, hurricanes have hit the island quite a bit. The last hurricane I lived through down there was George in 1998, a category 3 hurricane. George came in kind of like Maria, from the southeast crossing the whole island and exiting through the northwest. The devastation I saw in 1998 was pretty bad. But, three weeks later, power was restored and life went back to normal. Three weeks – that was it! A month or so ago, we were hit with Irma. Some never lost power, some lost

power for a day or two, some lost power for a week or a bit longer. Life went back to normal pretty quickly here, too, after Irma. I clearly remember all the Facebook posts of people (me included) complaining about having no power. Our kids were constantly asking when was wifi coming back. Adults were asking the same thing, let's not fool ourselves!! Also, I clearly remember how this community came together and helped each other in our time of need. It was pretty great to see how we helped each other out and even better getting to know all our neighbors.

Maria hit Puerto Rico on Sept. 27. As I am writing this article, it has been 25 days since Maria hit Puerto Rico. As of today, 18 bridges and 26 of the main routes of the island are closed to traffic. There are 5,141 people and 90 pets in 106 shelters. 59% of the people have a little bit of cell signal, and of the 1,619 cell towers, 690 have been repaired. 15% of the people have power. Let me be clear on this last one, power is being restored by priority. Hospitals first, state buildings next, etc. It is not 15% of people like you and me. The governor of Puerto Rico announced that by Oct. 30, 30% of the people will have power; by Nov. 15, 50% of the people will have power; by Dec. 15, 95% of the people will have power. Obviously, these are estimates.

I often find myself wondering if it would've been acceptable, after Irma, for Florida Gov. Rick Scott to throw these dates and percentages at us, and if we would've been just fine with that. I find myself wondering if we would've seen people outraged at the thought of not having power for 11 weeks and 2 days.

As it stands right now, Puerto Rico is at a standstill because of the lack of power. For all kinds of reasons, companies have begun to fire people because they can't afford employees anymore. Businesses that depend on sales have begun to get very worried because people are starting to be unemployed = no money = no sales for businesses. The economic repercussions this storm will have on the island will be immense. Remember how we all worried about the small businesses in Lake Nona being closed for a week after Irma and how we all flocked to them when they opened because we all knew they had taken a hit? Yeah – this is not an option in PR right this moment.

I speak to my family and friends down there every day. Every day, before I touch base with them, I have to take a deep breath to get ready for the conversation that's about to follow. This is a small sample of the conversations I have with my mom:

Me: hola, all good?

Mom: hola.....well....I had to stand in line for 7 hours to get a bag of ice and had to leave because I couldn't stand in the heat anymore. OR well...(she lives in an

apt where generators are not allowed) some neighbors have decided they are going to have generators and the smell is terrible. OR well.....the Puerto Rico you knew is gone. It will be at least 10 years for it to go back to what you knew. Everything has changed.

Me: Mami, let me get you on a plane and come here for a few days.

Mom: No....I can't leave. I have to stay.

Every day, I have the same conversation with my mother. EVERY DAY! The conversations with my friends don't differ too much. One of my best friends is a dialysis patient, and she had to leave the island because the hospital ran out of diesel and couldn't get any quickly enough to give her treatment. She was lucky to get a flight out – that's another issue! Flying out is not simple.

Puerto Ricans in Orlando have thrown themselves at helping PR. I have never seen anything like it. We hosted a 5k a few weeks ago, and 2,000 came and donated money and supplies. Puerto Ricans in Orlando are doing everything we can to help not only the island but the people who are now starting to make their way to Orlando because who can deal with a humanitarian crisis day in and day out?

This past week, I volunteered at the airport's Welcome Center where there is a whole area dedicated to guiding these displaced families. I saw what a humanitarian crisis looks like. I had never seen the aftermath of a disaster like this one. People sat across from me crying, desperate, helpless, confused, hopeless. People were showing me pictures and videos of what once was their home. I am no doctor, but I could see these people were suffering some degree of post-traumatic stress syndrome. Grown men were crying and choking over their words because their families are displaced. What is going on in Puerto Rico is a HUMANITARIAN CRISIS!!!! We can't ignore that! We can't sweep it under the rug because it's inconvenient for us. This is about fellow U.S. citizens in a humanitarian crisis.

There are ways to help! Go search on Facebook for Re-build Puerto Rico, which is an effort I am leading to help people in the island, but also to help those Puerto Ricans coming into our community. I also am posting genuine, legitimate efforts that need funding to do epic work bringing supplies to remote areas of the island.

Let me tell you what I wish I'd known when I was young and dreamed of glory...you have no control who lives, who dies, who tells your story [from Hamilton by Lin-Manuel Miranda]. What we can control is how we react to the crisis that is in our faces.

For more information on how you can help, email lilianapickens@kw.com.

UF Raises Funds for Breast Cancer

NICOLE LABOSCO

On Oct. 24, the University of Florida College of Pharmacy in Lake Nona held its annual Breast Cancer Awareness Luncheon. Students spoke about the risks and signs of breast cancer, the importance of breast self-exams, how to find more information for those who seek assistance and much more. Dr. C. David Smith, a family physician, spoke about specific cases he has seen in practice and the importance of the entire healthcare team working together in conjunction with the patient for patient empowerment and the best possible therapeutic outcomes. Jessica Lewis, a representative for the American Cancer Society, also spoke about the services and resources provided to those battling breast cancer and how pharmacists can be part of the movement through fundraising efforts.

D. Garrett Smith, a third year pharmacy student at the UF campus here in Medical City, is the current president of the Beta Beta Chapter of Kappa Epsilon. Kappa Epsilon is a co-ed professional pharmaceutical fraternity made up of more than 40 chapters across the country. The Beta Beta Chapter received the title of Most Outstanding Chapter for the 2016-2017 year at the National Convention this summer in New Orleans. The frat's two primary national projects are breast and ovarian cancer awareness.

"The organization on the national level was founded in 1921 to promote women in pharmacy and has since evolved into a co-ed organization that welcomes individuals from all walks of life and pro-

motes the success of all future and current pharmacists. The national projects arose as a result of the impact these two cancers have had on our founders and many other notable members across the country. At the end of the day, cancer affects us all. Therefore, Kappa Epsilon will continue to advocate for, support, and encourage all individuals affected by all types of cancer," Smith stated.

At the luncheon, the fraternity presented a check for \$10,423 to the American Cancer Society as part of the small organization's "10,000 Miles for 10,000 Dollars" fundraising initiative. Smith came up with the fundraiser idea when he was trying to convince his fellow chapter members to run a 10K with him.

"Many of our members were scared because they didn't feel like they were in shape enough to do it. Well, then I figured I could start a running club. Then it hit me that we could actually start a fundraiser, and the ideas just took off from there. I also wanted to set a lofty goal and have it be somewhat attainable and not scare anyone off. This was a total group effort and would not have been possible without our amazing team. I am so proud of what we all accomplished together."

Cancer affects all of us in some way or another. Smith mentions that it doesn't matter if you're just one person. One person is all it takes

to inspire change and to help make a difference. "I feel like the most important takeaway from this is to know that you can make a difference. Through innovative ideas, much like the big ideas that are growing this unique community from the ground up, we have the power to inspire, to encourage, to support and to show people who are fighting for their lives that we are standing with them, and they are not alone. It just takes an idea and a strong community. Living in Lake Nona, we have the community part down pat!"



Lake Nona Takes to the Pitch, XL Soccer Style

NICOLE LABOSCO



Do you call it soccer or fútbol? Either way, start cheering “Vamos!” Lace up your cleats and warm up, because XL Soccer World is coming!

For those of us soccer fanatics who reside in Lake Nona, we usually take to pick-up games, school teams or Orlando City matches to get our fix. As of early 2019, we won't have to travel far to take the pitch. XL Soccer is officially coming to Lake Nona and will break ground in early 2018!

The building will be located behind the Valencia campus next to the Lowe's, which is currently under construction. Ciaran McArdle is one of the owners of XL Soccer World. He's worked alongside his business partner, Kris Lamb, for 15 years with their soccer-specific travel company, XL Soccer Tours. Ten years ago, they started the indoor soccer business and now Lake Nona gets to join the team.



“It's incredibly exciting! We have been working on this for a long time, and to finally be able to announce it feels great. As a Lake Nona resident, it's going to be fantastic to have an indoor soccer center on our doorstep. Tavistock have been tremendous to work with over the past couple of years, and they have shown they really care about having an active lifestyle as a big component of Lake Nona.”

XL Soccer World will be a 50,000-square-foot building with two indoor boarded turf fields, two hard court futsal fields, birthday party rooms and XL Side-line, which is the soccer themed café/bar. Of course, the building is 100% air conditioned so it's a pleasant temperature to play in, especially for living in Florida. The hard-court futsal fields are designed to be multi-purpose, so they can transform into volleyball courts. XL Soccer World will be able to assist the local volleyball, lacrosse and flag football programs with field space, in addition to soccer.

It's no shocker that soccer has exploded in Orlando over the last couple of years. The Orlando City Lions have a booming fan base that took off instantly, and the Nonahood has large numbers of children and adults alike who enjoy passing the black and white ball. The closest XL Soccer World as of right now is about 40 minutes away from the Nonahood. Knowing how busy Lake Nona residents are and how we take pride in both our work and our play, having a location minutes away will definitely be beneficial. According to McArdle, residents can look forward to a whole lot of soccer!

“There will be adult leagues each night and on the weekends. We offer youth development programs from two years old all the way through to high school, along with soccer camps every week of the summer and during spring break. We offer pick up soccer multiple nights of the week, too,” McArdle continues.

“[Lake Nona residents can look forward to] games that aren't rained out! Seriously though, we can look forward to a soccer hub within the community. We don't have somewhere we can take our children on a regular basis and not have to worry about the rain or it being too hot to play. The same goes for the adults, having regular adult leagues on a year-round basis in a climate controlled facility encourages us all to play more or even try the game for the first time. We will have a place where we can all go and watch the Orlando City games and be surrounded by soccer fans.”

For those who have never kicked a soccer ball before, XL Soccer World is still something to look forward to. It's a place to start playing for the first time.

“We have a league called ‘Fun and Frolics,’ which is specifically for players who have either never played before or aren't too confident in their ability. It's non-contact and we don't even turn the scoreboard on. It's great fun, a great workout and much less boring than going to the gym. It's also going to be a great place to watch live MLS games, European soccer and the World Cup in 2022.”

McArdle encourages any fellow Lake Nona residents to talk soccer or make any suggestions if they see him out and about. We all know Lake Nona is rapidly growing and XL Soccer World is just one of the many developments our community has to look forward to!



The Preserve at Laureate Park

GATED NEW SECTION IN LAUREATE PARK NOW SELLING!

With a new home at The Preserve at Laureate Park, you're perfectly poised to make the most of each day. Whether it's the quick access to Orlando's major employment centers and world-renowned entertainment, or the abundant greenery, parks, and trails throughout Lake Nona. Plus, at Laureate Park's Village Center, you'll find lakeside dining, a fitness facility, and an expansive Aquatic Center made for both childhood fun and grown-up relaxation.

STOP BY AND TOUR OUR MODEL HOMES

12863 Upper Harden Ave., Orlando, FL 32827 | 407-756-5025

FEATURES

- 2,700 to 4,500+ Sq. Ft.
- 4 to 6 Bedrooms with Den
- 2 to 5 Baths
- 1 to 2 Story Homes
- 2 to 3 Car Garage
- The only gated section in Laureate Park!

Priced from the Mid \$400s

taylormorrison.com | 407.756.5025

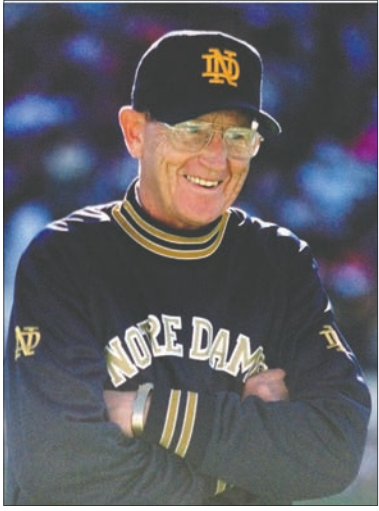


Offer void where prohibited or otherwise restricted by law. All information including, but not limited to prices, availability, incentives, floor plans, site plans, features, standards and options, assessments and fees, planned amenities, programs, conceptual artists' renderings and community development plans is not guaranteed and remains subject to change or delay without notice. Maps and plans are not to scale and all dimensions are approximate. Please see a Taylor Morrison Sales Associate for details and visit www.taylormorrison.com for additional disclaimers. © May, 2017, Taylor Morrison of Florida, Inc. All rights reserved.



Coach Lou Holtz Named Honorary Chairman

BRITTANY BHULAI



With the new Fisher House at the Veteran's Hospital here in Lake Nona set to open in January or February of 2018, final preparations are currently being put into place to ensure that everything is organized so families can begin using the facility upon its opening. One of these final preparations included

naming legendary Notre Dame football coach Lou Holtz as the Honorary Chairman for the Friends of Fisher House Orlando. The Friends of Fisher House Orlando (FOFHO) is a registered 501(c)3 non-profit organization established solely to support funding for the Fisher House.

Holtz is a longtime resident of the Lake Nona Golf and Country Club and an accomplished man, having served as an Army Reserve Officer and earning a commission as a Field Artillery Officer. He graduated from Kent State with a Bachelor's in History after playing linebacker for the Kent State team for two seasons until an injury ended his playing career.

Coming from repair jobs at William and Mary, North Carolina State, Arkansas and Minnesota, Holtz took over the Notre Dame team in November 1985 with a reputation for being able to fix even the most

broken of football teams. In his 11 seasons at Notre Dame, Holtz chalked up more victories than the number accumulated by Ara Parseghian, Knute Rockne or Frank Leahy in their first 11 years on the job, including the consensus national championship in 1988 and a record 23-game winning streak that ranks as the longest in Notre Dame history.

After his departure from Notre Dame following the 1996 season, he joined CBS Sports' *College Football Today* for two seasons as a sports analyst and worked with United States Filter (a global provider of water treatment) as a customer relations spokesman.

Holtz has authored three *New York Times* best-selling books, including *The Fighting Spirit* that chronicled Notre Dame's 1988 championship season and *Winning Everyday: A Game Plan for Success* (August 1998), which has been published in several languages. His latest book, a bestseller that was released on Aug. 15, 2006, is *Wins, Losses and Lessons*, an autobiography of his life and the lessons he has learned.

The Walter Camp Football Foundation, an award that is presented annually to an individual who has attained a measure of success and

been a leader in his chosen profession, named Lou Holtz 1998's Man of the Year. This is the second time Coach Holtz has been saluted by the organization named for the legendary Father of American Football. In 1977, while in Arkansas, he was named Coach of the Year. Additionally, Holtz has been honored with numerous awards for his philanthropy and coaching success.

Notre Dame has a statue of Coach Holtz with his favorite three words on the pedestal: Trust, Commitment, Love, three qualities which he brings to not only the sport that he loves but also to the work in his community and his everyday life.



Julia Francis Going to 2018 Tae Kwon Do World Cup

VANESSA POULSON

The Nonahood is bustling with talented youth and adolescents who find success in everything from academics to athletics, and often, both. Julia Francis, a 15-year-old junior at Lake Nona High School, is part of an elite group that can balance not only rigorous academics but also challenging sports and community involvement.

Julia is currently in the dual-enrollment program at Valencia College, where she is studying to become a sports medicine physician. Julia is a first-degree black belt in taekwondo, a sport she has been active in since she was six years old. She's competed in a variety of tournaments all over the world, from New York to Jamaica, Costa Rica, and Puerto Rico, to name a few.

In her free time, Julia teaches taekwondo to children in the local community to help them learn tech-

niques in self defense, which allows them to help cope with bullying and become stronger. Recently, Julia was able to travel to Dublin, Ireland, to represent the United States in a taekwondo international World Championship tournament. She was there from Oct. 7-16 and worked hard to compete against intense international competitors.

The hardest part of the taekwondo experience, as described by Julia, is not the rigorous training – three times a week for up to two hours each day and sometimes more frequently if a tournament is coming up – but rather, maintaining her weight...she loves food and loves to eat. Julia explains the experience was a “true blessing, a humbling experience and a dream come true.”

Her goal is one day to compete in the Olympics and bring home a gold medal to add to her collections from the tournaments she's won over the course of her taekwondo career. “I love the techniques, and the people I have met all over the world who do what I do,” Julia says, on the topic of what she loves most about taekwondo.



Julia's next big event will be the 2018 World Cup in Australia, where she will once again take the mat to represent the United States against international competition. Julia's mother, Lissette, shared an inspiring post about her daughter on Facebook, expressing that she “want[s] other minority young ladies to know that everything is possible; with God first and determination, you can and will succeed.” With Julia on such an incredible path of determination and dedication, she serves as an inspiration to the community that no matter your age, circumstances, or otherwise, you can still find success.



9161 Narcoossee Road Ste 108 Orlando, FL

NEW Location:
Oviedo on Park
Coming Soon!

Present this coupon and receive

15% OFF

Limit one coupon per customer per visit.
Cannot be combined with other discount.
407 CAFE - Exp: 11/30/2017 code: wk1117



An Angel Tree at the VA

NICOLE LABOSCO



On Nov. 3, the Veterans Affairs Medical Center in Lake Nona will host its first ever Angel Tree. The Angel Tree is meant to support veterans and their families throughout the season of giving, and the Lake Baldwin location also will be included in the local Angel Tree. The Viera and Daytona locations also will be participating for the first time.

Adelina Sowell, the chief of voluntary services, looks forward to bringing our community together in support of those heroes who have served. "Well, I hope that the community just really embraces the opportunity to get involved with the veterans in a way that's super meaningful right now, especially this time of year. A lot of people want to do nice things for people at Christmas, and they want to do nice things for veterans all the time. But because this is the first

time we've done this here, and this community is a very giving community, my hope is that it brings people in who maybe have never come here before, maybe have never gotten involved; they've thought about it, but it was just one of those things on their someday list. This is a chance to go ahead and, in a very real way, affect somebody, a veteran, directly. My hope is that that's something that speaks to people."

As of Oct. 19, there are about 150 to 200 requests so far at the Lake Nona VA. Sowell believes that all of those requests can be filled and hopes to make that happen. "It's an important part of the holiday season for them.

I don't want to see any child miss out on Christmas. Whatever it is that they get, if it's not the top thing that they would want the most in life, but something, they know that people care about them, that they're not forgotten, that there are people that are out there who are generous and want to make sure that they have a Christmas."

Families are requesting items such as clothing, shoes and toys. Those who would like to help can visit the Lake Nona VA and locate the Angel Tree by the main information desk to register a tag from the tree. If you would rather make a monetary donation, you can contact Adelina at (407) 793-4314 or at adelina.sowell@va.gov for more information. The monetary donations made for the Angel Tree will help cover



those gifts that are not brought in by the public.

The deadline for the gift donations is Dec. 15, so it allows voluntary services enough time to wrap the gifts and have them delivered in time to the families. Gifts need to be left unwrapped so they can be matched to the families' wish lists.



Larry's Giant Subs Thank the Lake Nona Community

VANESSA POULSON

Community involvement in the wake of a disaster is something that does not go unnoticed or disregarded, even simple acts of human compassion or loyalty. In the wake of Hurricane Irma, Larry's Giant Subs of Lake Nona is happy to thank the community for their involvement in the aftermath of the storm. Larry's has been a staple in the Lake Nona community for the past eight years, providing quality sandwiches and pleasant customer service at all times.

During Irma, the power in the store went out on Sunday and by Monday, all the perishable food items were gone, so the store was unable to open again until Thursday when the power came back on. Larry's Giant Subs owner Jennifer Gardner kept loyal Larry's customers in the loop about the situation at the store through Facebook and other social media, letting them know when they would be reopening and what sandwiches and other menu items would be available.

Even when the store did not have power, Jennifer says that many customers came by the store saying they also did not have power, and they wished they could purchase a sandwich from the store. "I felt so bad. I did not want to say no," says Jennifer.

On the Friday after Irma, the store reopened with a limited menu that included their meatball sub, turkey, ham, grilled chicken, and tuna salad subs. It took all day for the store to get back to 95% of what they usually have in stock, just because supply trucks were having so much difficulty navigating the hurricane damage and getting back to business.

Jennifer recalls that when the store was fully reopened, customers really showed support and kindness as they returned to purchase their favorite sandwiches, and Jennifer found the whole experience incredibly heartwarming and satisfying. "To see so many of our customers safe and their homes were doing well - it made me so happy to see." Jennifer and the rest of the staff of Larry's is incredibly grateful for the kindness of their customers after the storm and as they continue to provide the Nonahood with the delicious sandwiches so many of us know and love.

AiP
American Insurance Point

**Personalized Attention,
Local Support**

At AIP, our experienced insurance consultants will shop around to find you the best insurance plan. We compare prices from over 30 insurance companies throughout the state of Florida to find you the best home, auto, life or commercial insurance that will fit your needs and budget.

Icons representing: Car, Heart, Home, Handshake, Umbrella, House with waves.

**Think Insurance.
Think AIP.**

407.826.1747
aipflorida.com
info@aipflorida.com

We speak your language!

the ARTIST

Find Beauty in Everything

VANESSA POULSON



"Find beauty in everything."

That's one of the mottos Juanita Granados has lived by in her quest to create her art pieces - unique and intricate pieces of jewelry, with no two

the same. Juanita's craftsmanship is evident in each one of her pendants or bracelets, bringing together a variety of organic and inorganic materials, such as flowers, rolled paper, beads, wood, or gold and silver pieces. Each one makes a statement that is both pleasing to the eye and comes from a passionate heart.

Juanita is from Bogota, Colombia and moved to the Lake Nona area around two years ago. She's worked in advertising and creative businesses most of her life, and has always been passionate about art and creativity. As the youngest of eight siblings, she has vivid memories of doing arts and crafts with her family.

"I come from a family with great artistic talent. Until a few years ago, my mother painted and handcrafted spectacular things. In our family, art and crafts were the main reason for gatherings where everyone spent hours creating. I apply the same tradition at home with our three daughters and my husband where we gather around painting, creating or any manifestation of art plus the fun that comes with it," says Juanita.

Her journey into jewelry making began as a fun hobby, where she could enjoy the process of creating beautiful and distinct pieces for herself. Soon after,

she realized she could continue to pursue the art of jewelry making, but also bring her designs and pieces to the public and make money doing something she loved.

This is where Indulgences Unique Pieces was born. Juanita works tirelessly on each piece, from hand pressing and drying out real flowers to use in her work, to working with tiny tools like toothpicks to maintain the integrity of completing each step by hand. The process can often take days or weeks at a time, as Juanita works to make sure that each step is done with care and precision, not stopping until the piece looks absolutely perfect.

She takes into account the artistic principles of symmetry and placement, ensuring that each of the pieces is balanced and thoroughly intricate to preserve its individuality.

Juanita, who has a background in graphic design, created her own logo and business cards for Indulgences Unique Pieces, and also works to make the displays for her jewelry just as unique and complex as the jewelry itself.

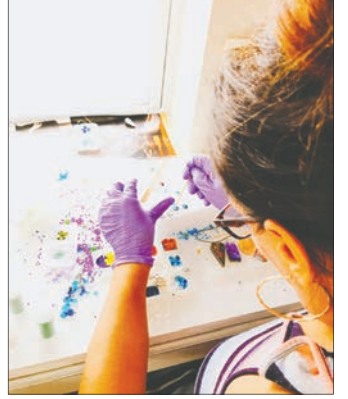
"I want to do this on my own" says Juanita.

It really is a one-woman show for Juanita, as she not only makes all of the jewelry on her own, but also works to market the brand herself on her social media and her website, as well as working to make connections offline to expand her business. There are vendors from Celebration, Baldwin Park, and Winter Park that currently carry her products and Juanita hopes to continue to expand, while maintaining the integrity of each of these pieces being handcrafted, not made in a factory.

"The idea is to expand more but always remain loyal to the principle of "handmade by me." The customers smile when they see my art pieces and what

is inside is absolutely my food."

Juanita's husband has been instrumental in helping Juanita navigate the world of events, sales, her website, and maintaining her inventory, and she is thoroughly grateful for all that he does to assist her in making her dream a reality.



Outside of art, Juanita enjoys cooking and spending time with her family. Art is a big part of the dynamic in their household, with the family coming together to create art pieces as a group.

Indulgences Unique Pieces is continuing to grow. Juanita is expanding her business to include a whole new line of jewelry designed for younger girls, which features more whimsical items that include mermaids, fairies, and bright colors and patterns. There are also home art pieces, appropriately named Indulgences Home, which will include statement art pieces to add to your home decor. The new collection, launched in October, expresses an art that embodies where the heart is: home with one's family.

Juanita's work is truly impactful and inspiring, and her work is not only artistically brilliant, but also comes straight from the heart of the woman behind each intricate design. You can find Juanita's pieces on her website <https://www.indulgencesuniquepieces.com/> her social media pages, and here at her home in Lake Nona. She offers free delivery to those who live in the Lake Nona area.

Lake Nona Mormons Help in Hurricane Clean-up

MARTA NORTHCUTT

Members of the Lake Nona Congregation of the Church of Jesus Christ of Latter-Day Saints traveled to South Florida on Sept. 17 as "Mormon Helping Hands." They donned their iconic bright yellow t-shirts to help the people of Immokalee, a small farming community about 30 miles southeast of Fort Myers. The group of 20 adults and teens used chainsaws to cut up fallen trees and haul them to the curb for collection as well as other debris around people's homes.

Northlake Park resident Scott Chapman said, "It was pretty bad. Roofs damaged, trees everywhere. The doors were open to let in the breeze, if there was a generator, it ran one fan with people sitting in front of it trying to stay cool. It was pretty sad seeing them that way."

At one home, they cleared away a fallen fence and two large trees. The residents were a woman in her late 50s and her 90-year-old father. "They were very grateful. There was no way they could have done that for themselves," Chapman said.

East Lake Park resident Mark Hahn helped clean up a 60-foot tree with a root ball so big they could not haul it away. The grandmother, mother and daughter in the house had watched the tree come down during the storm. The mother commented that she had never experienced trauma in her life, but if she had, it was watching that tree come down.

"It was really great seeing the people come together," Hahn said. As the volunteers were eating dinner in the one fast-food restaurant in town, a man with three children came up and shook the hands of each volunteer and thanked them. Hahn asked if he needed anything, and the man asked them to just keep doing what they were doing. He told Hahn, "We don't have much in Immokalee, but we have each other."

This was evidenced by one local man who had gone to help his neighbors before taking care of his own house and was injured. The Mormon

Helping Hands were able to clear the trees off his property while he was in the hospital. As the volunteers worked, local residents who saw them came out of their houses to join in. "It was great to see everyone working together," Chapman said.

Chapman commented that the lower-income community "didn't have any resources to help themselves. I knew these people could not do for them-

selves what we had done for them."

The volunteers spoke about the joy of helping this community. "Everybody should have that opportunity at some point in their lives. It is a unique experience you won't forget," Hahn said.

Church members also helped closer to home in Rockledge and St. Cloud.





SOMEDAY ALL COMMUNITIES WILL BE HEALTHIER.

Someday Starts Today

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

LECTURE SERIES

Concussion Signs and Symptoms

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

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

Food & Metabolism: Why Diets Don't Work

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

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

Mediterranean Diet

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

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

We've Got Your Back

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

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

Six Habits That Can Save Your Life

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

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

FREE HEALTH SCREENINGS

Cognitive Ability Screening

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

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

Joint Screenings

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

Free assessment by a licensed physical therapist. RSVP required.

Imaging Center Tours

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

Thursday, October 19 | 5:00 - 7:00 pm

Stop by to meet your Lake Nona imaging staff and take a tour of our center.

Centra Care Biometric Screenings

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

Tuesday, September 19 | 8:00 am - 12:00 pm

Get a better picture of your health by completing a complimentary biometric screening. RSVP required.

Centra Care Skin Screenings

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

Tuesday, September 19 | 8:00 am - 12:00 pm

Skin scope screening provides an overview of the general condition of your skin. RSVP required.

Register Today

(407) 303-1700

**Florida Hospital Health Park
- Lake Nona**

9975 Tavistock Lakes Boulevard
Orlando, FL 32827

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



**FLORIDA
HOSPITAL**

Member of Adventist HEALTH SYSTEM

Seed Packing Event Follow Up

PHILIP LONG

This fall, Lake Nona folks came together with one common goal: to pack seeds for impoverished communities in Africa. **Pioneers** (<https://www.pioneers.org/>), across from Walmart on Narcoossee Road, hosted the event alongside local sponsors **University Presbyterian Lake Nona** (<https://upc-lakenona.com/>), and **Cru** (<https://www.cru.org/communities/ministries/gain.html>).

At the event, 415 volunteers packed 60,000 seed packs. And, apparently, each seed pack will produce 10 pounds of vegetables in its first harvest. So, in essence, the Nonahood effort could easily result in 600,000 pounds of vegetables or more. That's a staggering number to wrap your brain around.

So, to help, I've come up with some figures to help you make sense of it:

- Orlando is currently up to 217,000 residents. If we grew the vegetables here, each resident would receive almost three pounds of healthy greens. If my daughter, who eagerly participated in the event, were to receive such a gift, she'd be the one turning green. Her taste buds are yet to mature.
- If we grew the vegetables just for Lake Nona's population, which I think is about 59,000 residents, that would be about 10 pounds of vegetables per individual. And since we'd be growing beets, onions and cabbage, all vegetables I'm told are very nutritious, I picture many young Nonahood faces wrinkling and balking around the dinner table.

And Lake Nona's effort doesn't stop with the staggering number of seeds we packed. When the seeds

arrive, Cru and in-country partners will train locals in water conservation, micro-irrigation and community gardening. Then, since many of the communities receiving these vegetables will have a surplus, they can be sold at market for school supplies, tuition and other needed commodities.

Thank you, Lake Nona. Let's do it again soon.



UF Students Rise Against White Nationalist Richard Spencer

BRITTANY BHULAI

University of Florida students protested against white nationalist speaker Richard Spencer by gathering in front of the Dr. Phillips Center for the Performing Arts at UF in Gainesville on Oct. 19. Hundreds of students from the campus came in hopes of shutting down the speech given by Spencer, who visited the university to speak about his beliefs on white supremacy, not equality among the races. Even though UF itself denied NPI, the National Policy Institute, to speak, Spencer was protected by his First Amendment right to speak publicly on campus. UF had no choice but to allow the speech.

On the day of the speech, the streets surrounding the Phillips Center were flooded with Florida Gators holding signs that expressed messages such as "Not ALT-right, ALT-wrong" and "No Nazis." Protesters



also screamed chants such as "Go home, Nazis" and "Black Lives Matter." Almost every Florida Gator who came to protest clearly addressed their disapproval of Spencer.

Elisabeth Brooke, a 19-year-old sophomore at UF, got the chance to enter the Phillips Center to hear Spencer speak. According to Brooke, not much of the

audience was supporters, either. "It was absolutely crazy. Everybody who wasn't for him was shouting and telling him to leave and go home," says Brooke. She stated that regardless of race, gender and religion, everyone is in this together. She also expressed that she personally does not stand for what Spencer believes in and that she was proud of all the people who came out in support of equal rights. "Historically black and brown people have been at the frontlines, and here we are again, and we're killing it," adds Brooke.

Even 28-year-old Matthew Cugini, who graduated from UF in 2011, came back in support of his college. Wearing a "Love is Strong" shirt, Cugini said, "I was told to stay home, but I think it's important to demonstrate that we're not going to allow people like this to just walk on our campus and say what they want and let it go unnoticed." He also voiced that the numbers of people who protested clearly outnumbered the white supremacists and that NPI does not speak for the majority of people.

University President Kent Fuch, sent out an email to all UF students on Oct.10, more than a week before the Spencer speech, giving students a heads up of what to expect during Spencer's visit and not to support his cause at all costs. In the email sent out, Fuchs stated, "I ask that you not let Mr. Spencer's message of hate and racism go unchallenged. Speak up for your values and the values of our university. ... Those of us in the majority must speak up for those in the minority and make our voice of love and support heard."

The Gainesville community stood together as one and put up a fight against racism and discrimination. They claim to have won this one, and they are ready to stand together again for anything the future might hold that challenges equal rights and freedom of all people.



ReThink: A Conversation About Life, Leadership and Relationships

RODNEY GAGE

ReThink... Gratitude

I was raised in a family of four boys while my wife was raised in a family of four girls. So, I didn't realize how different things would be when it came to celebrating holidays and traditions. I remember the first time I experienced Thanksgiving with her family. While I grew up scarfing down turkey with dressing and playing football in the front yard with my brothers, my wife's family had a special tradition after Thanksgiving lunch where they all gathered in the living room for what they called the annual Thanksgiving Ring Ceremony.

Many years back, they established this tradition where one daughter would wear their mother's original engagement ring for the entire year, then it would be passed on to the next sister. This was to serve as a reminder of their parents' love for each other and for all the things they had to be thankful for. During the ceremony, the sister wearing the ring would tell of her experiences and memories from wearing the ring that year. This always tends to be an emotional moment with lots of tears (as you can tell, my Thanksgiving experiences growing up were polar opposite). I must confess, however, over the years I have been personally impacted by the honor, gratitude and thankful spirit that has been expressed.

The late Zig Ziglar once said, *Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.*

With Thanksgiving being a time to "give thanks," it's important for us to remember how much we have to be thankful for. If you have kids, Thanksgiving is a great time to teach our kids to live with a thankful spirit and to have an attitude of gratitude.

Here are four ways I have seen a grateful spirit applied in any relationship.

1. SAY IT.

When I was a little kid and someone did something nice for me or gave me a special gift, my parents would ask, "What do you say?" The response

they were waiting to hear from my lips was those two all-important words, "Thank you." The word "thanksgiving" comes from the root word "think," which means if you're not *thanking*, you're not thinking. Whom do you need to say "thank you" to that you haven't acknowledged in a while? **Feeling gratitude and not expressing it is like wrapping a present and not giving it.**

2. WRITE IT.

In the age of texting, direct messaging and email, it might be the quickest and easiest way to express gratitude to someone, but I believe you can never replace the personal touch of a handwritten note to someone. It shows them you thought enough of them to take a moment out of your busy day to let them know how grateful you are for them. I recently went to some friends' house for a dinner party. While standing in their kitchen, I noticed a handwritten note that I had written years ago that was still on their cork board with other keepsake items and photos from their children. I was shocked! A physical, tangible, handwritten note of gratitude means more than you know to the person who is on the receiving end.

3. SHOW IT.

My wife and I have been married for more than 27 years. My wife, Michelle, knows that I love her, and I tell her all the time. However, it means more to her when I show it. In his book *The 5 Love Languages*, author Gary Chapman teaches that people receive love in 5 different ways: quality time, physical touch, acts of service, receiving gifts and words of affirmation. Take the time to determine what language connects with those you need to express gratitude for and show it.

4. LIVE IT.

Imagine what our world would look like if everyone lived with a thankful spirit. Imagine if our focus shifted from ourselves to others. **Before we can expect to see a thankful spirit displayed by our chil-**

dren or by others, it must first begin with us. As illustrated by my wife's annual Thanksgiving Ring Ceremony, find something that can serve as a visible reminder to live everyday with a thankful spirit. I think you will be amazed at how much we truly have to be thankful for.

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



Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.



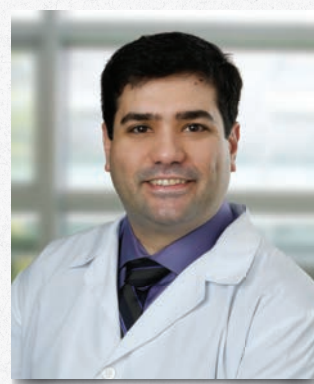
Surgical Care Expands in East Orlando

The Center for Specialized Surgery welcomes the addition of two new surgeons with laparoscopic and robotic expertise.



Alexandros Coutsoumpos, MD

- Residency, General Surgery, Loma Linda University School of Medicine, Loma Linda, CA
- Medical Degree, Loma Linda University School of Medicine, Loma Linda, CA
- 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
- Speaks Spanish

Specialties

Abdominal wall reconstruction | Gastrointestinal surgery | Hernia repair (complex, inguinal, umbilical) | Laparoscopic surgery
Minimally invasive and robotic surgery | Thyroid, parathyroid and adrenal surgery

NOW ACCEPTING NEW PATIENTS | SE HABLA ESPANOL



Center for Specialized Surgery

258 South Chickasaw Trail, Suite 301 | Orlando, FL 32825
P: (407) 303-6330 | F: (407) 303-6885 | FHMedicalGroup.com

Member of Adventist HEALTH SYSTEM

17-FHMG-04965

www.NONAHOODNEWS.com

Health, Fitness & Sports

Kaká Parts Ways with Orlando City

NICOLE LABOSCO

It's a name most Orlando residents recognize and one the world of soccer looks up to. An athlete who changed the face of the sport. He brought immediate attention to the new Major League Soccer team in 2015 and was a prime reason for the explosion of support and painted purple city. His number (10) can be found on the backs of hundreds of soccer kits. His name is Ricardo Kaká, and Orlando will forever see him as a legend.

After three seasons with the Orlando City Lions, the captain has chosen to not renew his contract with the team and says his first "cycle" with Orlando is done. It is still officially unknown what his next plans are, but the 35-year old is rumored to return to the Brazil team even after he supposedly made a statement that futbol is no longer fun. "I don't find enjoyment playing futbol anymore. I feel pain after every match. My body feels it, and at the age of 35, it's hard to recuperate."

The former Ballon d'Or winner was a three-time MLS All-Star and leaves as the all-time leader in Orlando for assists. Overall, the star scored 25 goals and provided 19 assists in 78 games with the Lions.

At his final match in purple on Oct. 15, he led his team against the Columbus Crew, although the Lions failed to take away any points. As Kaká entered the

stadium, the entire crowd cheered and gave him a standing ovation as they embraced his final entrance to the pitch. He was in tears during the national anthem as it was sure to be an emotional evening for him. His children walked out to midfield beside him one last time – a bittersweet moment, I'm sure.

The entire 90 minutes, you could tell how badly Kaká wanted a victory to make his last match even more memorable. You could see how desperately he wanted to score one last goal. His teammates set him up several times, and with a couple of shots slightly off target, I'm sure it was something he dwelled on. Columbus scored in the 66th minute.

The 89th minute came around, and a foul by Columbus was made right outside the box. This was the moment we, including Kaká, had been waiting for. We could tie it up. It could be one of the greatest final plays in his career. The star of the night took the shot and missed, but it was a close call for the Crew keeper.

Four minutes were added in stoppage time. One minute in, right before the play began, two young boys ran onto the field to bow down to their hero. That mo-



ment right there was the showstopper of the night. Kaká hugged them and put an arm around each boy and walked them to the sidelines as security ran onto the field. The crowd roared in respect for those fans as they were escorted out of the stadium, extending high-fives to those fellow supporters who were close enough. All of Orlando was behind them for that move.

As the final whistle blew, the fans erupted into one ultimate, long applause and ovation for the captain, and a somewhat melancholy mood fell over the stadium. Although he is hanging up his boots, Kaká will be remembered by many for his lasting impact.

It's been a career for the books, Kaká. Once a Lion, always a Lion.



WE ARE A DEDICATED VEIN CENTER.
LEG VEIN HEALTH IS OUR SPECIALITY.

CENTRAL FLORIDA
VEIN & VASCULAR CENTER



All services available in English & Spanish

John D. Horowitz, MD, FACS
Harry Agis, MD, FACS
Board Certified Vascular Surgeons



EASY TO FIND
LOCATION!

➔ Right off of the 417

THE CENTRAL FLORIDA VEIN & VASCULAR DIFFERENCE:

- We Treat the Source of the Leg Vein Problem, Not Just The Surface
- Our Minimally Invasive Treatments Have Little to No Downtime
- Our Vascular Surgeons Have Over 50 Years of Combined Experience
- **Most Procedures Are Covered By Insurance**



WWW.CFVEIN.COM • (407) 917-4646 • 3302 GREENWALD WAY N., KISSIMMEE FL 34741



The *Reliable One*®

MORE COMMUNITY SOLAR INNOVATION

Since opening Central Florida's first community solar farm in 2013, OUC – The *Reliable One* has led the way, making innovative solar solutions affordable and accessible to all its customers. OUC has completed its newest community solar array at the Stanton Energy Center – one of the first in the country to sit atop a closed byproduct landfill near a power plant. This subscription-based option allows OUC's residential and commercial customers to receive the benefits of solar power without the upfront costs of installing their own panels.

To sign up or learn more, visit ouc.com/communitysolar

**SIGN UP
NOW!**

Are You Really Allergic to Penicillin?

BY AISHAH ALI, M.D., ALLERGIST – UCF HEALTH

Penicillin is a lifesaving drug, and though it was the first antibiotic ever discovered, it remains a powerhouse of a medication. However, it's also the drug Americans most report they are allergic to. You might not realize that this allergy can be outgrown or that there are different types of reactions to medication. Thankfully, there is a way to test for penicillin allergy that can open up antibiotic options and avoid higher-priced, more risky alternative medicines. It is always satisfying for me to tell a patient they are not allergic to penicillin after they have lived years, sometimes decades, avoiding it.

About 90 percent of people who think they are allergic to penicillin aren't, and the more time that it has been since the initial reaction, the less likely that a patient is still allergic. Most people were told they were allergic after a possible reaction in childhood, or they remember an unpleasant experience with medication. Though their symptoms weren't consistent with a true, life-threatening allergic reaction, they erred on the side of caution and completely avoided the medication thereafter.

Reactions to medications differ, with true allergic reactions being in the minority. They can range from known side effects of penicillin – upset stomach, headache, tongue pain or a delayed rash several days after starting the medications – to a true, life-threatening drug reaction, which might consist of symptoms such as itching; hives; swollen lips, tongue or face; rashes; fever; or shortness of breath. An allergist can take a proper history, decide which reaction was most likely and give further guidance on how to proceed. Penicillin allergy testing has been extensively studied and standardized and is available at

some allergist offices.

Healthcare costs have increased due to over-reporting of the penicillin allergy. Patients who report being allergic to penicillin are paying more than double the cost of antibiotics than those who don't. A misdiagnosed penicillin allergy might also result in the use of less appropriate antibiotics. With about 10 percent of Americans believing they have an allergy to penicillin, it's very important to get tested. Finding out you're not actually allergic can be life-changing, as penicillin-class antibiotics are used for infections ranging from sinus infections to more severe, life-threatening infections.

If you think you might be allergic to penicillin, get evaluated by an allergist who will test you, if appropriate, and give further guidance. The allergy testing can usually be done in one clinic visit. This procedure can allow for the best possible choice of antibiotics, while decreasing drug resistance and side effects of alternative anti-

biotics. Armed with the right information, you and your doctor can make the best decisions for your healthcare.



Dr. Ali is an allergist at UCF Health's Lake Nona office. Find out more at ucfhealth.com.

UCF Health
College of Medicine Practice

All FLOORING USA

SOLID WOOD KITCHEN CABINETS \$4999
10' X 10' • INSTALLED
GRANITE COUNTER TOP INCLUDED

GRANITE & QUARTZ COUNTER TOPS

BBB A+ rating
WE USE OUR OWN INSTALLERS

FREE MEASURE AND CONSULTATION

FINANCING AVAILABLE
0% INTEREST FINANCING UP TO 24 MONTHS

WOOD TILE IMPORTED
FROM SPAIN INSTALLED

\$ **5.99**
SQ. FT.

LAMINATE AND WOOD TILE

MOHAWK
Mohawk Aligned Dealer

407.250.6378

9368 NARCOOSSEE RD
ORLANDO, FL 32827 (NEXT TO CVS)

www.ALLFLOORINGUSA.com

VETERAN OWNED BUSINESS

USTA November Update

DANIEL PYSER

Situated just down the road from the USTA National Campus in the Medical City district sits the Orlando VA Medical Center, the largest such facility in the country. Hundreds of veterans, young and old, who have served in the U.S. military are treated there daily, with a number of them either living on site or in the nearby community. Joanne Wallen, the director of adult individual play and wheelchair tennis for the USTA, and her team, which is based at the USTA National Campus in Lake Nona, saw an opportunity in this proximity. In line with the USTA's mission of growing the game of tennis, Wallen and her team sought to bring the sport to the many veterans being treated at the nearby VA facility.

A partnership was formed, and since April, the USTA National Campus has hosted a clinic every Monday night, open to any and all veterans. What started as a six-week pilot program quickly turned into a permanent fixture at the National Campus. Feedback was immediate and overwhelmingly positive. The program is led by Wallen and the USTA's wheelchair staff, including coaches Jason Harnett and Jason Allen, as well as many of the USTA staff who have pitched in after seeing the effects the casual nights of tennis have had on local veterans.

The classes range from about 10 to 30 participants on any given Monday, with veterans as young as 22 and one as old as his mid-70s. Wallen estimates that more than 100 veterans have taken part in at least one session, with a number of regulars returning as often as possible. "We saw an opportunity to make an impact with such a special group of people in our community," said Wallen. "Each and every week provides an example of how tennis is helping these individuals heal."

Tennis has provided the veterans with a unique rehabilitation method, both physical and mental. Jon Atkins, a retired Marine and one of the first regular participants of the clinic, suffered from a severe case of post-traumatic stress syndrome that forced him into isolation before he gave tennis a shot. Other veterans have shared similar stories with Wallen talking about how tennis has had a profound impact on their lives.

Atkins, along with fellow veterans Marc Spittler and Henry Pruitt, traveled to the US Open in September to take part in the US Open's Military Appreciation Day, getting an opportunity to hit in Arthur Ashe Stadium and even receiving a shout-out from American Coco Vandeweghe during her on-court interview following her fourth-round victory over Lucie Safarova.

In the same spirit, the USTA National Campus will be holding a special clinic on Monday, Nov. 13, in honor of Veterans Day. The USTA is encouraging all local veterans and their families to come out for a night of tennis, followed by food, as its way of showing appreciation for their service. Giving back has been a theme of the fall season at the USTA National Campus. In September, the USTA National Campus hosted more than 150 second graders from Eagle Creek Elementary. The Net Generation event was designed to encourage healthy and active lifestyles and in recognition of Childhood Obesity Awareness Month. The visit began with an educational seminar on fitness and nutrition that was led by USTA staff and Dr. Robert Karch, a pediatrician at Nemours Hospital. They also were joined by Orlando Magic ambassador and former player Bo Outlaw, who spoke to the kids about the benefits of staying active.

Following the seminar, the group participated in an on-court clinic led by USTA National Campus teaching professionals. Joining the kids during the clinic were rising young American tennis players Tommy Paul and Kayla Day, as well as Outlaw and Orlando Magic mascot STUFF. "This event was a perfect example of what Net Generation is all about," said USTA General Manager of Community Tennis and Youth Tennis Craig Morris. "To introduce more than 150 kids to the sport of tennis in a meaningful way is exactly the type of lasting impact we're looking to make with Net Generation throughout the country."

The event took place on USTA's Nemours Family Zone, which features smaller courts designed for youth tennis, making it easier for kids and families to get into the game. These efforts are part of Net Generation, USTA's movement to inspire the next generation of tennis players and encouraging healthy lifestyles.

Open to the Community



USTA
NATIONAL
CAMPUS

Unmatched Facilities. Unrivaled Programs.
Unlimited Fun. Tennis Like Never Before.

We Have Programs for Everyone

Adult Tennis & Social Play,
Cardio Tennis, Live Ball,
Tennis 101, and more...

Morning & Evening Classes Available

For more information
ustanationalcampus.com
(844) USA-TNNS

Open daily at 7:30 am

Lake Nona Sports & Performance District

© 2017 United States Tennis Association. All rights reserved.

Local Vet Aces Invictus Games

NICOLE LABOSCO

Invictus is Latin for **unconquered**.

Sharona Young served 14½ years in the U.S. Navy as a Chief Petty Officer. During that time, she was stationed at several different commands. Her first was onboard the USS Bataan in Norfolk, Va. Her last duty station was US AFRICOM in Molesworth, United Kingdom. When Young retired from the Navy, she moved to Orlando and bought a house in the Lake Nona area.

Young began playing tennis when she attended an adaptive tennis program for veterans in San Diego back in 2015. The new addition of the USTA in Lake Nona has allowed Young to play more often. "When the USTA headquarters opened here this spring, I started attending the weekly wheelchair tennis program. I like to play as often as I can, usually once or twice a week." Young is working on getting her own sports wheelchair, but when she was invited to participate in the wheelchair tennis and hand-cycling events at this year's Invictus Games, the USTA loaned her a tennis wheelchair.

The Invictus Games were created by Prince Harry

when he was inspired to create an expanded international version following a visit in 2013 to the US-based Warrior Games for wounded, ill and injured military personnel and veterans. "Time and time again, competitors from around the world tell me that sport has saved them; that the Invictus Games have given them a new lease on life; and that to represent their country again with fellow comrades is something they could only have dreamt of while lying in [the] hospital," said Prince Harry.

The games took place from Sept. 23-30 in Toronto, Canada. "I AM" is the motto for the Invictus Games. "To me, 'I AM' means believing in myself, being mentally and emotionally ready to take on new challenges," said Young. With 550 competitors from 17 nations competing in 12 sports, it was sure to be a spectacular experience where all of the servicemen and women united. "This was my first Invictus Games. It was an amazing experience. I am honored to be one of the chosen to represent the USA Team. [The games were] fantastic! It was an amazing feeling to meet veterans and service members from all over the world. I felt so inspired seeing people with all sorts of disabilities pushing themselves and competing."

The retired Chief Petty Officer played doubles in six matches and also rode in two cycling events. The most memorable moment from the Invictus Games for Young was all of the support and encouragement from the other competitors. She even received a



bronze medal in the hand-cycling race. "[It] was such an amazing feeling. After the initial shock settled in that I had received a medal, I was very excited and proud."

Young's goals for the near future are to get her own tennis wheelchair so that she can continue to learn the sport and become a stronger player. "I would like to see more adaptive sport opportunities held in the Orlando area. Playing sports is an excellent way to stay active and aid in recovery."

The USTA might just be one way to do that.



lake nona's **FIRST CHOICE** for quality and comfort!



L A Z B O Y[®]
HOME FURNISHINGS & DÉCOR

www.lazboy.com/orlando   

SOUTH ORLANDO
(407) 438-333

EAST COLONIAL
(407) 275-5554

OCOE
(407) 210-3141

ALTAMONTE
(407) 215-0081

\$200 off*

your purchase of \$999 or more

PLUS FREE IN-HOME DESIGN SERVICES!

Excludes prior purchases and Hot Buys. Expires 5/15/17.

Local Sports Updates

PAUL THIERRY

This fall's weather issues left Lake Nona High School's football team with a daunting task: Play three games in less than seven days – Oct. 6, 9, and 12 – to position themselves for a second district championship. Three games, 135 points, 997 passing yards, 393 rushing yards, and 244 tackles later, the Lions emerged with three victories! They defeated Celebration 52-0, then won two tough battles against St. Cloud, 49-21, and Harmony, 34-21. The Oct. 20 game against East River decides this year's district championship.



Travis Rooks (71) and Luis Rodriguez celebrate the Lake Nona High School Lions third victory in less than a week over Harmony.



Anthony Manning (7) pulls down the go-ahead touchdown against St. Cloud during the Lions' 49-21 victory.



Comprehensive Medical & Surgical Eyecare



Cataract Surgery

Eyelid Surgery

Diabetic Retinopathy

Glaucoma

Macular Degeneration

Dry Eyes

Compassion. Community.
Cutting-Edge Care.

#EYEpromise

Lake Nona
OPHTHALMOLOGY
Med Spa

NonaEyeMD.com

407.857.EYES (3937)

9685 Lake Nona Village Place Suite 204
Orlando, FL 32827

Join Us for the Fourth Annual Magnum 445 Charity Fundraiser

DAVID BRENNER

Many of you may have heard of the sweat and tears that go into a typical CrossFit workout, but what you may not know is that along with sweat and tears, we're full of heart and love! Boxes around the world regularly hold "Hero WODs" (Workout of the Day) in honor of fallen service men and women. Your local CrossFit box, CrossFit Broken Chains, holds an annual charity fundraiser, Magnum 445 to honor some of these heros and benefit the children in the Parramore area of Downtown Orlando.

Magnum 445 was the call sign of the helicopter and crew of three US Navy sailors who perished in a training accident in September 2005. The lead pilot of *Magnum 445*, LT Robert Elortegui was a close personal friend to Nate AND Annette Hemphill, the owners of CrossFit Broken Chains. Each year we honor the sacrifice of the *Magnum 445* crew with a fundraiser and donate all the proceeds to a local charity.

This year, CrossFit Broken Chains, along with its partner, GraceRiver Church, will raise money and donate all the proceeds to the New Image Youth Center (NIYC). NIYC is located in the Parramore area of downtown Orlando and provides daily meals, school supplies, clothing, toiletries and a safe environment to learn and play for nearly 100 children every day. The center's Founder and Executive Director, Dr. Shanta Barton-Stubbs is, an amazing leader who works tirelessly to ensure the children under her care are fed, clothed, loved and provided for throughout the year via after school programs during the school year and summer time.

You can join Grace River Church to hear Dr. Bar-

ton-Stubbs speak on Sunday November 12th. Grace River Church holds services at Moss Park Elementary every Sunday at 10:30AM. Please come join the CFBC and GR families and the kids of NIYC at the Magnum 445 Charity Fundraiser on December 2nd at 9:00AM.

If you'd like to donate, help set up, or help in any other way, please reach out to CrossFit Broken Chains at info@crossfitbrokenchains.com or 407.203.6909. We need local businesses to donate items for the raffle - please reach out to us if you would like to participate or sponsor the event. Direct monetary donations can be made by visiting our website at www.CrossFitBrokenChains.com/Magnum-445.



SAME DAY SERVICE AT NO EXTRA COST
(Monday to Friday)

\$5 OFF

ANY DRY CLEAN ORDER
Good until 11/30/17. Limit one coupon per customer per visit. Coupon must be presented at time of purchase. Can not be combined with any other offer, coupon or discount.



7444 Narcoossee Rd, Ste 410, Orlando, FL / Tel: (407) 574-4492
448 S Alafaya Trail, Orlando, FL / Tel: (407) 482-0100

www.kleansmart.com
@kleansmartdrycleaner



Need help with those household chores?

- ✓ Moving related packing/unpacking
- ✓ Before/after cleaning, laundry, groceries
- ✓ Date night babysitting
- ✓ Any needs! Yes, even cooking

- ✪ All of our assistants have been approved through background checks
- ✪ We use only environmentally friendly products

CONTACT US AT (201) 615-6090

NeighborhoodConciergeLN.com

FIND US ON

What if Church...

WASN'T

THE BUILDING ON SUNDAY MORNING...










Seek Jesus, Connect, Grow, & Impact Others

Moss Park Elementary School | Sundays @10:30
www.graceriverchurch.com

Miles to End Polio-Cycling so Others May Walk

DEBRA LOWE, SR. MAJOR GIFTS OFFICER, THE ROTARY FOUNDATION

Since 1985, Rotary International has worked tirelessly to immunize more than 2 billion children worldwide against the crippling Polio virus. Today, we are close to achieving our goal with only 3 remaining endemic countries (Pakistan, Afghanistan and Nigeria) and fewer than 12 cases reported worldwide year-to-date.

Rotarian volunteers worldwide have contributed billions of dollars and countless hours of service to reach children worldwide. The PolioPlus program began as one Rotarian's vision to immunize the children in the Philippines; today we partner with the Center for Disease Control, World Health Organization, and Governments worldwide. Additionally, we have the financial support of the Bill and Melinda Gates Foundation. Currently, the Gates Foundation is matching each dollar contributed to PolioPlus 2:1.

On November 18, I will join my fellow Rotary staff members and Rotarians from around the world in Tucson, Arizona for the 3rd consecutive year to raise funds for Rotary's Polio Plus program by participating in Rotary's **Miles to End Polio**. I will tackle the El Tour de Tucson, the largest cycling event in the nation-a single-day, 100 mile bike ride. In 2016, the ride raised \$11.3 million including the generous match from the Gates Foundation. Since its inception in 2009, Miles to End Polio has generated \$36 million for Rotary's efforts to End Polio Now, enough money to purchase tens of millions of vaccinations, protecting countless children worldwide from this crippling disease.

While the U.S. has been polio-free since 1979, polio remains a threat to every child who is not immunized. I have set a personal fundraising goal of \$100,000. Your support will bring us one step closer



to a Polio Free World.

Online Contributions The easiest way to contribute and receive a tax receipt is to donate online through my Fundraising Page. My personal fundraising page link is: <http://bit.ly/2zLppo2>

Your generous gift will be added to my personal fundraising total and you will have the satisfaction of knowing that your contribution will help to eradicate polio forever.

Thank you for helping to end polio in our world!



Facial Aesthetics & Boutique Medical Spa



Chemical Peels

Laser Hair Removal

Botox

Juvéderm

Kybella

Fractional Laser

Intense Pulsed Light (IPL)

Compassion. Community.
Cutting-Edge Care.

#EYEpromise

Lake Nona
OPHTHALMOLOGY
Med Spa

NonaEyeMD.com

407.857.EYES (3937)

9685 Lake Nona Village Place Suite 204
Orlando, FL 32827

No(na) Shave November

NICOLE LABOSCO

Enjoy the brisk breeze blowing through your beard? Well it's your lucky month. It's time for No-Shave November, also known as Movember! Both month-long campaigns involve growing out your facial hair to raise awareness for men's health issues.

The rules are simple.

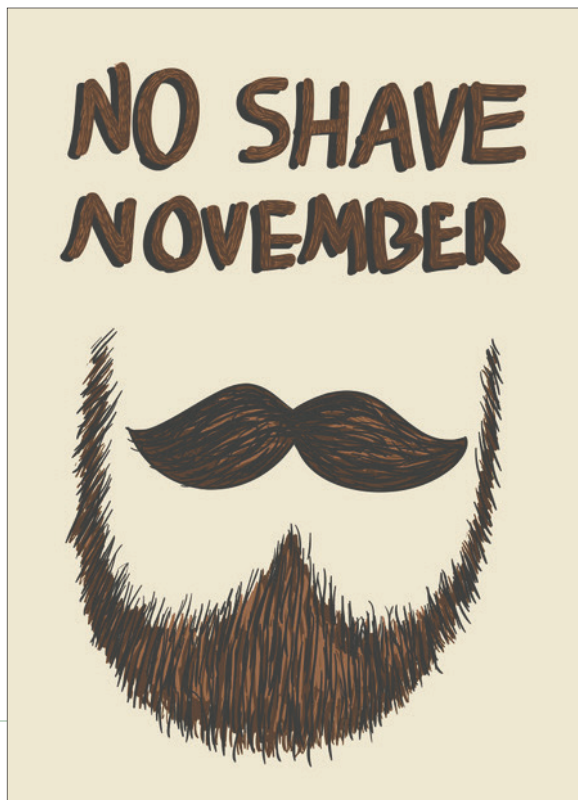
- 1) GROW IT. Whether it's your beard, mustache or sideburns – or the legs for the ladies who want to participate.
- 2) SHOW IT.
- 3) FLOW IT.

The No-Shave November movement was created to encourage both men and women to donate the money they would have spent on shaving-related products to the American Cancer Society.

"The goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free. Helping men live happier, healthier, longer lives. Grow your hair, show you care," according to the official website.

The Movember Foundation was actually created in Australia in 2003. The organization donates the money it raises to programs and projects related to prostate and testicular cancer, as well as men's mental health issues.

So, c'mon Nonahood, put down your razors and let your locks flow wild and free as we help spread awareness and raise funds for men's health issues.



HAVE YOU BEEN INJURED?

For Guidance For Trust For Results



Questions about your accident? Call us 24/7

COLLING GILBERT WRIGHT & CARTER

ONE CALL DOES IT ALL

Home, Office or Hospital Visits Available

Serious Injury & Death Cases

Automobile/Truck Accidents
 Dangerous Products
 Workers' Compensation
 Stock Broker Negligence
 Nursing Home Neglect
 Social Security Disability

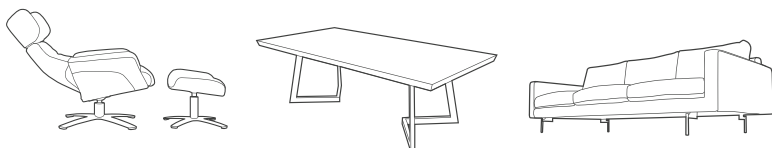
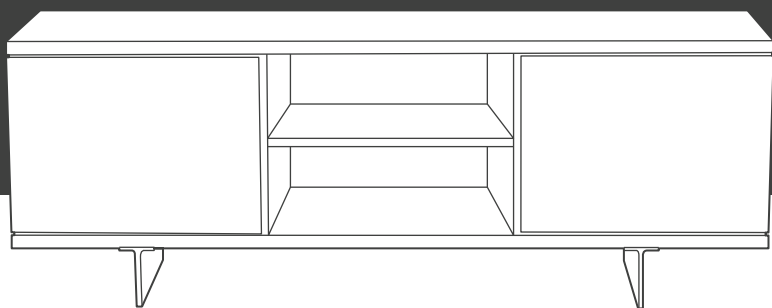
Personal Injury
 Stock Broker Fraud
 Medical Malpractice
 Wrongful Death
 Veterans' Benefits
 Insurance Disputes



801 NORTH ORANGE AVENUE, SUITE 830 - ORLANDO, FL 32801
 TEL: 407.712.7300 - TOLL FREE: 1.800.766.1000
 WWW.THEFLORIDAFIRM.COM

SCANDESIGN OUTLET

FURNITURE ■ ACCESSORIES



HUGE DISCOUNTS

New Items, Floor Samples, Scratch and Dent, As-is, Overstocks and Discontinued Products

NOW OPEN!

1001 Douglas Ave
 Altamonte Springs
 (Next to Scan Design building)
 Closed Tue and Wed

SCANDESIGNOUTLET.COM

IN PAIN? WE CAN HELP.

Our state of the art facility ensures the highest quality care, we help our patients enjoy their life to the fullest!

- Provider for most insurance carriers
- Auto accidents
- Sports Injuries
- Wellness Care

No insurance?
 We have AFFORDABLE OPTIONS AVAILABLE!



Dr. Steven Petty and Dr. Brett Petty
 Chiropractic Physicians

JOINT MANEUVERS
 Chiropractic Centre P.A.

407.498.0222

jointmaneuverschiropractic.com

2 CONVENIENT LOCATIONS TO SERVE YOU IN LAKE NONA & ST. CLOUD

9348 Narcoossee Rd. Orlando, FL 32827

4797 Old Canoe Creek Rd. St. Cloud, FL 34769



BetterChoice

RESIDENTIAL CLEANING SERVICES

Mention This Ad
 Get \$25 Off Your First Home Cleaning!

Over 12 Years of Experience in Resort & Residential Cleaning Services
 Proudly Owned and Operated by Lake Nona Residents

P: 407.903.2999
 info@betterchoiceservices.com
 www.betterchoiceservices.com

Education

School Updates: Moss Park Elementary

STEPHANIE OSMOND ED.D. - PRINCIPAL

It is hard to believe that the first marking period is over! It feels like the year was just beginning, however we have already done so much! PTA had a wonderful showing at both Grandparents' night and the fall movie night. We have established our 2017-2018 School Advisory Committee, which will meet on the third Wednesday of each month at 5 p.m. As we move into the next marking period, we have already begun our annual Boosterthon kickoff; our goal this year is to raise money for school improvements. We are excited also for our character parade on Oct. 27.

We love all of our parents and volunteers who support Moss Park. Our students enjoy seeing you on campus, and we love the family and community feel!

As a reminder, all volunteers need to be "ADDitions approved," and this needs to be updated annually. We encourage you to sign up now!

Please remember to follow us on Facebook! This will be the best way to stay up to date on all of the exciting things happening at Moss Park! Of course, you can always contact us with any questions!

TIMOTHY WHITE - PHYSICAL EDUCATION

On Monday, Nov. 20, the Moss Park PE department will be holding its annual field day event. Our event will be divided into three different sessions, grades K-1, 2-3 and 4-5. Students will be rotating through 20 stations that challenge their running, jumping, throwing, balancing and catching skills. We will have inflatables and the always-popular "tug-o-war."

Parent volunteers are needed to help us during this event. If you are interested, please register as an ADDitions volunteer at www.ocsp.net.



Innovation Middle School

Knight Teachers vs. Phoenix Teachers



The Lake Nona Middle School Knight teachers will take on the Innovations Middle School Phoenix teachers in the 1st annual charity softball game to support the hurricane victims in Puerto Rico. In the midst of the national tragedies during the hurricane season, we want to encourage interaction and camaraderie between the schools, the Lake Nona community, and the family members in Puerto Rico. The game is planned for Saturday, Nov. 18, at Innovation Field at 3 p.m. Children are encouraged to bring their baseball gloves to help the teachers catch home runs. Saturday's game is the first ever for the rival teachers, but organizers hope to make it an annual event. The Knight Coaches are Ms. Hernandez and Principal Jackson alongside Phoenix coach Dr. Maestre.

Purchase tickets the day of the game ONLY at the field entrance. Tickets will NOT be sold ahead of time! Tickets are \$3 for adults and \$2 for children under 15 years. Concessions will be available during the game.

We will be collecting items for Hurricane victims such as:

- Water
- Diapers
- Batteries
- Towels
- Gatorade
- Canned non-perishable foods
- Personal care kits: toothpaste, toothbrushes, soap, shampoo, etc.
- Pet food
- Baby food
- First aid supplies
- Mosquito repellent and bug spray

Lake Nona High School

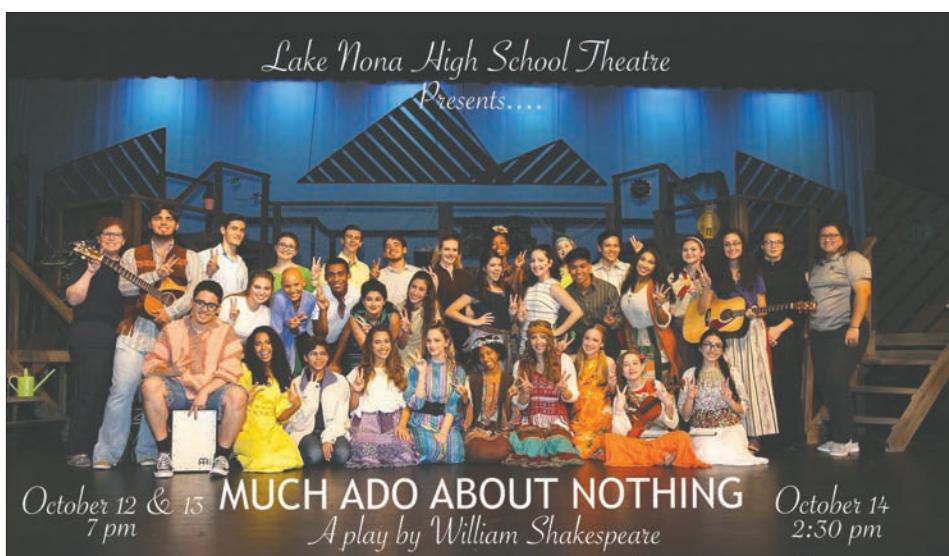
DANY OLIVEIRA - STUDENT WRITER

Congratulations to the cast and crew of Lake Nona's first-ever Shakespeare production *Much Ado About Nothing*. This was such an incredible experience, and we were so happy to share our work with everyone.

Oct. 27 was an improv show led by Rob Ward. Ticket proceeds went to Relay for Life.

On Thursday, Nov. 9, we are having an *Evening of One Acts* that will

feature our one-act *When the Hurly Burly's Done* that we will be taking to our District V Thespian Festival. There also will be special performances from some of the theater classes here at Lake Nona and a one act presented by Innovation Middle School. There is a \$5 suggested donation for this event, and all proceeds will go to Hurricane Maria relief in Puerto Rico. We hope to see you there!



Northlake Park Elementary School

AMY ALDAY AND SALLY SHUMAN

HELP FOR PUERTO RICO

NorthLake Park would like to thank all the volunteers who had a part in Helping Puerto Rico. Six full carloads of supplies were collected in just a few days. Everyone from teachers, administrators, staff, custodians, cafeteria staff, parents and students all contributed or offered to help in small and large ways. We know that these donations will help people so much on the island.

STEAM NIGHT

On Tuesday, Oct. 2, NorthLake Park Community School invited parents and students to STEAM (Science, Technology, Engineering, Art, Math) Family Night. Students participated in hands-on activities for all ages by Mathnasium, touch an alligator or get up close to a tarantula with Gatorland, make a video at Darden, paint a picture or draw BB8 at Super Awesome Cool Pottery, learn about coding and 3-D printing at Synapse Learning and Technology Center, play Xbox games at the Microsoft booth, build a marshmallow tower, build a rocket and more! Finally, help kick crime out of town by saying hi to your neighbors. It was a fun learning experience for all.



Sun Blaze Elementary School

TAMI TURNER, PRINCIPAL

Full STEAM ahead! I cannot believe we have finished a quarter of our school year. Our Stingray families and students are, without question, top-notch! We see daily growth here at Sun Blaze through enrollment and instructional time as our outstanding teachers continue to equip and challenge our students to develop as lifelong learners. Our physical campus also is growing. We anxiously await the completion of our new parking lot addition that should bring relief to our Randal Park community.

During the first quarter, our staff has voted on our Teacher and Support persons of the year. I am proud that Ms. Tomicka Cadogan is the Teacher of the Year for Sun Blaze Elementary! She truly deserves this honor and exemplifies hard work and dedication. Ms. Cadogan has been with OCPS for 14 years and continues to strive for excellence in all that she is tasked with. She is an outstanding ELA coach and is such an amazing resource for the teachers here at Sun Blaze Elementary. Ms. Cadogan demonstrates respect for students, staff, parents and community members and takes pride in being a Sun Blaze Stingray. She proactively addresses potential concerns and has developed strong relationships with families in the community built on mutual respect and trust. She is truly an integral part of our staff and a wonderful representation of OCPS. We

are so very proud to call her our Teacher of the Year! Mr. Alfredo Sanchez is a dedicated technology coordinator who goes above and beyond for the students and staff at Sun Blaze Elementary School. He exhibits a strong work ethic and is an excellent role model for



his colleagues. Mr. Sanchez has been with OCPS for 5 years and is an integral part of our staff. He continuously strives to complete tasks with excellence and maintains a positive outlook on every situation. He is a self-starter and is always thinking of more efficient and effective ways to lead our students to success. I am thrilled that he represents our school as Support Person of the Year!

As we begin our second quarter we are extremely

excited about our Sun Blaze STEAM clubs. STEAM (Science, Technology, Engineering, Arts, and Mathematics) clubs will run during the second and third quarters of the school year. Each club will be directed by two Sun Blaze teachers. STEAM clubs are free, however, students were required to fill out an application and write a short essay for the selection process. STEAM clubs include Stellar Scientists, Math, Coding/

Escape, Drama, Mad Scientist, Arts & Crafts, and the Eco Club. In addition to our STEAM clubs, we have additional opportunities with our vendors that include Moves Dance, Karate Zoo, the Florida Film Academy, All-Star Dance, and Kidzart.

I always want 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!



Eagle Creek Elementary School

ROBERT MCCLOE, PRINCIPAL

At Eagle Creek Elementary School, students created Flag Facts projects and integrated their ELA (English Language Arts) standards while learning about the world abroad. In addition, the students received special guest visits during a Leadership Story Time/Parent Volunteer. Each leadership/volunteer member read a short story written by or about a Hispanic figure during the month.

Thirteen Eagle Creek students were recognized by the Florida Department of Education for earning perfect scores on the 2017 Florida Standards Assessment. These students received a certificate of achievement signed by Gov. Rick Scott. The statewide, standardized assessments are administered to students in 3rd through 12th grades throughout the spring. Congratulations to both students and parents for all your hard work, and to the teachers who led the way to success! Pictured (front row, from left) Isabella D'Argenio, Abigail Nixon, Shaurya Tandon, Gianna Tullo, Jaiden Sengthongdeng Tyler Dy, and (back row, from left) Eugene Hwang, Principal Rob McCloe, Santiago Chavez, Medha Gollakoti, Grace Guzzi, Naomi Abreu, Travis Bridges, and Riya Nimmala. For more information regarding both district and individual school performance by grade level, visit <http://fldoe.org/accountability/assessments/k-12-student-assessment/results/2017.stml>.

Eagle Creek Panther chorus performed the National Anthem at the Orlando Magic game on Oct. 13 at Amway Center. The game was a sold-out preseason game against the Cleveland Cavaliers.



STEM Focus: Non-Traditional STEM Careers in Demand

DR. ANDRE GARCIA

In our first installment of STEM Focus, we discussed the importance of taking a top-down approach to college, major and career selection. Waiting for your dream career to find you is a flawed approach akin to expecting to score points without ever taking a shot. In the second STEM Focus article, we discussed the booming aerospace and defense industry in the Central Florida area, and the types of majors, schools and disciplines that should see significant growth and importance in aerospace and defense in the region. In addition to traditionally popular disciplines such as mechanical, electrical and aerospace engineering, fields such as machine learning and big data analytics are highly sought after by not only the aerospace and defense industries but also the business world and other traditional consumer product companies.

In this article, we will talk about highly sought-after STEM majors and careers in non-traditional tech industries. If you follow the stock market and listen in on the quarterly conference calls of publicly traded companies, CEOs are increasingly talking about the shortage of skilled workers. As the unemployment rate reaches 4.3% and trending lower to an ever-tighter labor market, it is in our best interest to mentor our youth to some of these fields with massive labor shortages. If labor markets are to be perceived through the lens of traditional supply and demand, a shrinking supply and an increasing demand will only create a wave of wage inflation that our youth would be smart to ride.

On the previously mentioned earnings conference calls of publicly traded companies, you increasingly hear of companies that aren't usually thought of as technology companies more often considering themselves technology companies, while Wall Street analysts are increasingly considering traditional tech companies as not. For example, oil and gas explo-

ration companies, banking and finance, and retailers are increasingly being perceived as tech fields, whereas companies such as Google, Facebook, Amazon, Netflix, and Uber are being perceived as advertising, media, retail, media content and distribution companies, and transportation, respectively.

So what non-traditional tech industries are making a big push into tech, and how can our middle school, high school, and college students best position themselves for these fields? Take the banking and finance fields, for example. On a recent conference call, JP Morgan CEO Jamie Dimon mentioned how in the last few years, JP Morgan has hired more engineers than finance majors, and the trend looks to continue. The hedge fund industry is widely known to be a major employer and recruiter of elite "quants," that is, specialized mathematicians, computer scientists, algorithm builders, machine learning, and big data analytics specialists. Folks with these backgrounds can expect to be extremely highly sought-after in the labor market and can expect wildly lucrative careers on Wall Street.

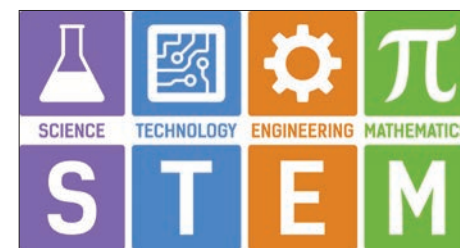
Another non-tech field that is hiring tech workers by the boatload is the apparel and retail industry. Nike and Under Armour for example, now consider themselves technology companies because of their significant push into wearable technology, advanced manufacturing techniques, and integration with other technology products such as smartwatches and smartphones. These retail and apparel companies will need an endless supply of software engineers and front- and back-end developers to create an "omni-channel" presence, seamlessly integrating their online and brick-and-mortar shopping experiences as well as developing their social, mobile and cloud presence.

It is important to highlight the need for highly

sought-after STEM-skilled workers in non-traditional fields.

For this reason, we should steer our youth to develop these highly in-demand skills such as software development, machine learning, and elite "quant" skills, even if they don't express an interest in going into traditional tech fields. What can we do to steer our youth into these highly sought-after fields? Demonstrating the need for STEM skills in non-traditional tech fields such as banking and finance, retail, oil and gas, and media companies is a logical first step. Then, exploring these in-demand fields and understanding the route one needs to take to best position yourself for these highly sought after careers is crucial. At EduCoach Orlando, we coach the next generation of STEM practitioners and enlighten them on the current trends of the industry and the educational and careers steps required to get there. We begin with the end in mind and work backwards to map out the precise steps needed to achieve one's career and academic goals. If you and your high school or college student are interested in learning more, please reach out to us at EduCoachOrlando@gmail.com and visit EduCoachOrlando.com.

Dr. Andre Garcia is a scientist/engineer at a large defense contractor and owner and founder of EduCoachOrlando.com. He has previously worked as a scientist for the Army, Navy and Air Force, was named one of "UCF's 30 Under 30" in 2015, and has significant experience in academia, industry and government STEM careers. He can be reached at EduCoachOrlando@gmail.com.



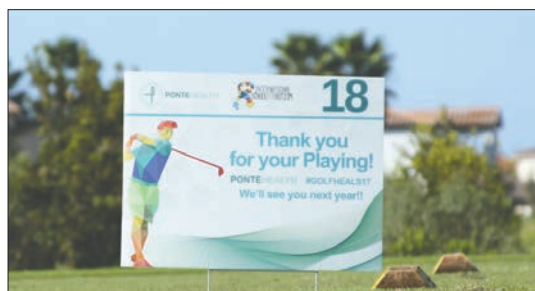
Ponte Health Golf Event – Award for Local Autism School

VANESSA POULSON



On Oct. 11, Ponte Health, partnering with the International School for Autism, hosted a golf fundraising event called the Golf Heals Tournament at Eagle Creek Golf Course here

in Lake Nona. This annual event aims to help give back to the local area. The proceeds and donations they collect go to the school to help them further their mission of expanding the



healing community through their work with the International School of Autism and also in the community as a whole.

Ponte Health is the first female-owned single-source delivery, resource management, and best outcomes architectural firm serving the healthcare market sector exclusively. The company is run by American Institute of Architects (AIA) certified architect Tabitha Ponte.



Tabitha believes that "the right type of facility will create a more manageable healthcare process that can generate, rather than deplete, resources and generate the type of data and outcomes that forecast trends, making it easier for managers and administrators to provide the type of cost-effective solutions needed in a complex healthcare market.

"Our GolfHeals17 Ponte Health Tournament benefits the International School for Autism," said Ponte

prior to the event. "We are working with an organization that serves 50 students in the Kissimmee/St. Cloud area and over 400 in the Dominican Republic. It's going to be an exciting event – we even have a 2018 Mercedes Benz for the first person to make a hole in one."

At the event, guest Mara Ramirez, a domestic and international teacher and teacher trainer at the International School of Autism, received the 2017 Ponte Health Sanitas Award. This award recognizes dedicated, compassionate and hardworking individuals for their work in expanding the healing community and furthering the mission of Ponte Health. The award also represents a 10-year Commitment to the Partner Charity in order to help the organization continue to carry out their work in the community and beyond. Mara serves students at the school who come from a variety of different backgrounds and various points on the autism spectrum and does so with a kind heart and compassionate hand to help them be the best that they can.

"Ponte Health is in full throttle in development and will only aim to give more back," says Ponte, discussing the future for Ponte Health. The event was an incredible success and a fantastic evening for Ponte Health and the International School of Autism, expressing once again the kindness in the hearts of those in the Lake Nona area as well as the dedication found in so many of our local organizations.



OUR DOCTORS

TEACH DOCTORS



Offering Primary and Specialty Care

Cardiology
Dermatology
Family Medicine
Gastroenterology
Geriatric Medicine
Internal Medicine
Sports Medicine
and more!

Care from UCF medical experts available to you

We do big things at UCF but also understand that the little things *are* the big things. We offer a comprehensive approach to your medical care, pulling together medical experts from various fields to work synchronously as your healthcare team. We are committed to changing the future of medicine through education, and at UCF Health we live that example every day.

View all services available at ucfhealth.com or call 407-266-DOCS to schedule an appointment. Offices in Lake Nona and East Orlando.



ENTERTAINMENT
NOVEMBER 2017

Small Business
Saturday

<http://nonahood.to/smallbizsat>

Nov
25

SHOP SMALL

Support Local Small Business

Take your Lake Nona Life Project
survey by **November 26th** to

Win a chance to have your home
professionally decorated for the
holidays by Jingle Bell Lights!

JINGLE BELL
LIGHTS

MyLakeNonaLife.com/Survey

\$2,500
VALUE



Nona Resident Premieres TV Pilot

NICOLE LABOSCO

It's a word we've all heard being tossed around a lot this last year: Millennials. It seems to have become a touchy subject for some, but to Lake Nona resident Rico Edwards, it served as inspiration to create a TV show.

Edwards, a 27-year-old Chicago native who relocated to the Nonahood, created *Paying Dues*. This TV show is about a diverse group of friends who are millennials. They just graduated from college and are trying to make it in the entertainment industry, whether it's through music, dance or fashion. The show portrays the many different struggles they must overcome and how their similar troubles help unite them.

Rico Edwards went to film school at Columbia College in Chicago and majored in film producing. He ended up in Houston after college because he couldn't find any film work in Chicago at the time. His show won a Remi award in 2016 and has gained attention from different media outlets such as Fox26, 97.9 The Box and Art Houston Magazine.

As a millennial himself, Edwards mentions how his young age plays a major factor in his work and lifestyle. "The thing about your youth is you can go out and grind and burn yourself out so you hopefully won't have to do it, you know, later on."

Edwards serves as the director of *Paying Dues*, but you'll find him on the opposite side of the camera as well. He plays the role of Ron Vanberun, a video production assistant who is one of the five main characters in the show. Edwards has always wanted to see a character similar to himself portrayed in TV shows or movies, so he made it happen himself. I mean, who doesn't enjoy watching a movie or show and realizing there's a specific character you can relate to? "To be totally honest with you, you are the best person to put your own self on, so if you have the resources and you think you're talented enough, why would you not bet on your own capabilities? So that's what I did."

One might think Edwards is too eager to have taken on both roles, but that's what makes him a true millennial. He's hard-working and driven. We usually hear the words lazy and spoiled to describe our generation, but those terms don't fit all of us. "You know the most interesting thing about this whole experience is that I have a lot of room to grow."

From start to finish, *Paying Dues* took about a year to wrap. Edwards started writing the screenplay in the beginning of 2015 and began filming by the summer. Production ended at the end of 2015. His inspiration behind the show's concept is something he's experienced himself, as well as many others: post-college life. "After college, I was struggling like you wouldn't believe and meeting so many young people who were in the same situation. We had student loan debt, were still living with our parents, and were struggling to find that first job inside our chosen field. That's what gave me the inspiration to create *Paying Dues*, and I kind of feel like even if you are inside a more in-demand field, everybody has to pay their dues in life, no matter who you are."



Edwards recently signed an international distribution deal with Akyumen TV sending the show to over 100 countries next year, including the UK and Japan. It's also now available to watch for free. You can watch *Paying Dues* now by visiting <http://nonahood.to/payingdues>. The show is about 23 minutes long.

If there's one takeaway from the show, Edwards believes it's that we've all been in the same boat at some point in our lives. "It's because you may have a millennial going to college, or like they're your niece or nephew, or you may be one yourself. Take a step back and look at where you are and how you pay dues in your own life, and that's why this show is so appealing. Because even though you may be a different race or in different fields, you know what the grind is. At some point, we all have to pay dues."



Orlando Pop Singer is Unbreakable

NICOLE LABOSCO



Orlando resident Ashley J is a 24-year old Pop singer whose parents own a home in the Lake Nona area. Ashley has been creating music since she could write, but professionally since she was 12. Music has always been a part of every aspect and moment of her life. Her musical inspirations consist of Johnny Cash, Dolly Parton, Whitney Houston and Billie Holiday. On October 6th, she released her latest authentic pop and electronic single entitled *Unbreakable*.

"For this song, I had

of topics that are true and actual to my life, whether they be conversations, events or situations. If they're relatable or completely unique and true to me, I write about them. Nothing is off limits," the artist says. "[I write] to emotionally touch and relate to masses of people. I want people to feel happy and inspired by what I have to say."

The single is intended to enable women to embrace their independence and be free, encouraging them to be their very best. "We get to a point in our lives where we feel unbreakable. Nothing can stop us, we have it all. In a world of uncertainty, we have to be our own best friends. I want people to take a piece of hope and confidence and assurance, to not be controlled by the things, people and negativity that might surround them." The music video for "Unbreakable" will be out in just a few weeks.

Among her many accomplishments, Ashley J is a three-time Billboard charting artist with singles *One and One*, *Cali and Dare Ya*. "I am shocked by it every day. I don't think it will ever hit me. I will always stay humbled by these experiences and try to be better and better."

ed to have that responsibility."

Ashley's current goals are to be better than who she was yesterday, to win a Grammy and most importantly, to make her parents proud. Her advice to aspiring artists? "Stay true to yourself and your gut. Have a blast with whatever you're doing, if you're not in it, no one else will be. AND GET A GOOD LAWYER!"

You can listen to the featured single by visiting: <http://nonahood.to/unbreakablesong> and her EP releases in early 2018.

ZERO writer's block. Others I've struggled with. If I struggle for too long, I get irritated and worn out and turned off by it, so I'll scrap and take little pieces to create new [ones]. To write the song, [it took me] 15 minutes, to record about half an hour. In total, around 45 [minutes] tops! Fastest song I've ever written!" The song focuses on moving on after overcoming a heartbreak, something most of us, if not all, have experienced at some point in our lives.

"I write about a range



\$59 New Patient Exam, X-Rays & Initial Cleaning
New Patients Only. Not valid with any other offer. (ADA Codes 0150, 0274, 0330, 1110)

Dr. David E Juncá specializes in
 Cosmetic and General Dentistry
 For the whole family!

Call Today! 407.888.3384
www.JuncaDental.com

6125 S. Semoran Blvd Orlando, FL 32822 Suite 101-102

SCANDESIGN
OUTLET
 FURNITURE ■ ACCESSORIES

HUGE DISCOUNTS
 New Items, Floor Samples, Scratch and Dent, As-is, Overstocks and Discontinued Products

NOW OPEN!

1001 Douglas Ave
 Altamonte Springs
 (Next to Scan Design building)
 Closed Tue and Wed

SCANDESIGNOUTLET.COM

Nona Heroes: Man's Best Friend

NICOLE LABOSCO

In this recurring special feature, Nonahood News recognizes and honors those everyday heroes who have served or are currently serving our country and making a difference in our community. Those who reside in the Lake Nona and surrounding area are our Nona Heroes.

This month, in light of the tragic event in Las Vegas, it was fitting to highlight a one-of-a-kind first responder team in Saint Cloud who make a difference using two hands and four paws. You might have heard the saying that there is no better therapy than puppy therapy, and these two are the epitome of such a statement.



Meet Jackie Spence and Merlin. Chief Jackie Spence is the Osceola County Fire Rescue Health and Safety Division Chief, and she has lived in the St. Cloud area since 1978. "I've been a firefighter for 28 years with Osceola County. I worked four years before that at St. Cloud Fire. I started right out of high school, wanting to be a fire-

fighter after attending career day workshop at St. Cloud High. (Yes, they do work!) I rose through the ranks, from Firefighter/Paramedic, to Engineer, to Lieutenant, to Battalion Chief and finally to my current position of Division Chief."

Merlin is a three-year-old Australian Shepherd who has received service dog training. Chief Spence is his foster mom as he continues his training to be a service dog, and over that period of time, they have developed an unbreakable bond. Jackie met Merlin while volunteering at Pawsitive Action Foundation, a service/assistance dog non-profit located just south of Lake Nona. She and Merlin have been working together as a trauma response team since early Decem-

ber 2016 when a local fire department suffered a great loss of one of its members. They made numerous visits to fire stations and the communication dispatch center as well as attending the funeral.

"I have had Merlin for about two years, continuing his training as a service dog. After working with him, I realized his potential as a trauma response dog with helping out first responders. Having an organization made up of first responders for first responders has been a vision of mine for several years. My involvement with Peer Support in the fire department has made me see the need for such an organization. Firefighters are more apt to talk to other firefighters, law enforcement to law enforcement, etc."

This is where K9 Helping Heroes comes in. Chief Spence founded the nonprofit as it became apparent how important trauma response dogs are and how this effort needs to expand. K9 Helping Heroes is actively seeking local first responders who have a therapy dog or a dog they would like to certify as a therapy dog. The organization is strictly volunteer based. It's been a year in the making, but the actual filing to become a non-profit was right before she and Merlin embarked on a trip that would change lives.

Chief Spence and Merlin took it upon themselves to fly out to Las Vegas in the wake of the mass shooting at Mandalay Bay to aid the first responders in helping make the coping process just a little bit easier. "[It was] emotional. We worked four straight days, and Merlin was exhausted every night. The next morning, he was ready to go as soon as I pulled his vest out. He seems to enjoy his work and never stopped until we got back to our hotel room. The dogs were very accepted. As we returned to stations previously visited, they knew the dogs by name."

In moments of terror and tragedy, we rely on first responders such as the police and firefighters to help out and save us, but who helps/saves them? "Fire-



fighters (and law enforcement) inherently have never wanted to ask for help. First responders help, we don't ask for help. Merlin, and dogs like him, help bridge the gap by allowing an emotional release. It lowers the defense threshold," Chief Spence said.

The bond Merlin and Chief Spence have is loving and compassionate. She serves as Merlin's support system, and she credits him for doing all the work. Merlin is friendly to all but tends to sense those who might be struggling. He spends more time with those individuals and tries to make several contacts with that person or persons.

"On our trip to Vegas, Merlin kept going to a firefighter who stood away from the group. When asked by the fire peer support member if anyone had been affected directly, this firefighter denied any direct effect but then went on to say a family member had tickets to go but didn't attend. The family member's friend had gone without her, and the friend had suffered a tremendous loss. It made me realize how empathetic Merlin was, and how he was helping this firefighter as the firefighter continued to pet him."

With these dogs, words don't have to be expressed. A touch goes a long way. Those of us who are lucky enough to have a dog as a member of our family know the indescribable and untouchable bond you form with man's best friend. There's a reason for that special phrase, and this team is living proof. If you would like to nominate someone for our next Nona Heroes feature, please complete the form here: <http://nonahood.to/nonaheroes>

BUYING OR BUILDING
IN LAKE NONA?



CALL JULIET • (407) 489-6075

GEM HOME INSPECTIONS & CONSTRUCTION SERVICES, LLC
Buying or Building your new home can be stressful. You have a real estate pro & a mortgage pro on your side, but who is your construction pro? Let Juliet with GEM Home Inspections & Construction Services, LLC give you peace of mind you're looking for.

"Juliet's background, expertise, & dedication to the highest quality of service gives my clients the information they need to be comfortable with their resale & new build purchases" - Robin delaney (Keller Williams Realty)

"We Hired Juliet to inspect our home 3 times while being built and we are so happy we did... Juliet helped take the stress away from having our home built." - Edward & Clara Rodriguez (Laureate Park Homeowner)



(407) 489-6075

Juliet@geminspect.com
www.geminspect.com

Pet of the Month



PET NAME: Chloe

PET AGE: 6 yrs

TYPE: Dog

PET QUIRK Chloe is our little baby! She was rescued as a puppy as a gift for me and my brother. Her breed is a greyhound (which explains her incredibly fast speed) mixed with an Australian Shepard, which also explains her love for hunting and thick fur. Chloe loves to run, take walks around Lake Nona, jump in lakes and eat peanut butter!

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

Katie's Cucina

KATIE JASIEWICZ, KATIESCUCINA.COM

Thanksgiving is right around the corner. If you're like me, you're starting to work on your menu for the big feast. I host, on average, 8-12 family members. Some years, my mom's siblings fly in from all around the United States. Other years, we keep it simple with family who resides in the Sunshine State.

After I plan my menu for Thanksgiving Day, I start planning the meals for the days after. I do this so I can include all the additional ingredients in my shopping list. Every year, I purposely cook an extra turkey breast as well as a few extra servings of the sides to incorporate into other meals. My tip for entertaining for Thanksgiving and the days after is to make quite a few lists. Typically, I'll have a list of my menu, followed by a list with my cooking times indicating when I should start each recipe. Then, I'll make a list of what I'm going to serve for the days after if I'm entertaining family from out of state. My next list is my master shopping list.

Let's talk about one of my family's favorite Thanksgiving leftover recipes. It's this turkey and stuffing dumpling soup. The key to this soup is saving that beloved turkey carcass along with some leftover turkey and stuffing.

Let's face it. When you make a soup from scratch, it takes a little while to cook. You might be thinking - 90 minutes, I have to be in the kitchen that long? No, not really - your water, turkey carcass, and vegetables need to boil down to create a flavorful turkey stock. Typically, I start making the stock around 10 a.m. after breakfast, and by lunchtime we have a comforting lunch waiting for us. Plus, who doesn't love the smell of turkey soup simmering on the stovetop?

I like to do a rough chop to the veggies and let them boil down with the turkey carcass, which will give them a deeper flavor. I also like to add salt and pepper to my stock in the beginning. Most chefs will tell you that is a big no-no, but it's my kitchen so I do what I want. The dumplings aren't your traditional dumplings. Some will fall apart; others will remain whole. The batter for the dumplings will be sticky, and if you have a helper in the kitchen, this is when you'll want their help. They can stir the dumplings while you are dropping them. Carefully stir so that you can keep them as whole as possible. Once you have all the dumpling batter used, its time to ladle the soup into bowls. It's always an added bonus if the weather is actually chilly out - if not, just turn down your air conditioner a few degrees to make your mind think it's cool outside. This isn't a pretty meal, but it's delicious, and at the end of the day that is what counts by my standards. I hope you and your family enjoy this turkey leftover soup recipe as much as my family enjoys it. I also hope everyone has a wonderful Thanksgiving filled with good food and great friends and family to share the day with.

Turkey & Stuffing Dumpling Soup

Yield: 8

Prep Time: 15 minutes

Cook Time: 75 minutes

Total Time: 90 minutes



Ingredients

- 1 turkey breast carcass (7 lb. breast)
- 12 cups water
- 1 onion, peeled and sliced
- 1 cup carrots, peeled and chopped
- 2 stalks celery, diced
- 3 cloves garlic
- 1 bunch fresh parsley
- 1 tablespoon salt
- 1/4 teaspoon black pepper
- 2 cups leftover cooked turkey, chopped

For the dumplings:

- 2 eggs, beaten
- 1/3 cup flour
- 2 cups leftover stuffing
- 1 tablespoon chives, minced + extra for garnish

Directions

- In a large soup pot, boil one (7 lb.) turkey breast carcass with 12 cups of water. Add in the onion, carrots, celery, garlic, fresh parsley, salt and pepper. Bring to a boil, then reduce heat to medium and cook for 1 hour.
- Remove turkey carcass from the soup pot; skim to make sure no bones are left behind. Remove the bunch of parsley from the pot and discard.
- Reduce heat to low and add 2 cups of cooked leftover turkey.
- While the turkey is warming within the stock you'll want to make the dumplings. Beat two eggs and then combine the eggs with the flour, stuffing and chives. Mix well until all the ingredients are blended well together. The dumplings will be sticky - it's okay. That is normal. Make small, golf ball-like balls and begin to carefully drop the dumplings into the soup pot. Repeat until you've used half the batter. Wash your hands and carefully stir the soup. Raise the temperature up to medium heat and then proceed to finish dropping in the remainder of the stuffing dumpling mixture. Cook for 10 minutes and then ladle soup into bowls. Top with additional chives if desired.

Give the Gift of
HOME



David Weekley Homeowners
Colin, Finley and Claire Boling

ASK ABOUT OUR
**SPECIAL
INCENTIVES!**



Laureate Park at Lake Nona
Cottage, Estate, Garden, Park and Village Homes
From the \$315s
407-865-8296

DavidWeekleyHomes.com

Enjoy special incentives when you purchase a move-in ready, or ready soon, Showcase Home in Orlando during our Holiday Savings Event between October 1 and November 30, 2017.



UNWRAP THE SAVINGS ON YOUR
NEW HOME BY CONTACTING 866-994-3639

See a David Weekley Homes Sales Consultant for details. Not valid with any other offer or previously written contracts. Holiday Savings Event incentive offer only valid for Homebuyers who purchase a David Weekley Showcase Home in the Orlando area between October 1, 2017, and November 30, 2017. Prices, plans, dimensions, features, specifications, materials, and availability of homes or communities are subject to change without notice or obligation. Illustrations are artist's depictions only and may differ from completed improvements. Copyright © 2017 David Weekley Homes - All Rights Reserved. CBC1257289 Weekley Homes, LLC, Orlando, FL (ORLO84101)

Behind the Scene: Triathlete Chris Sadowski

SOPHIA ROGERS

As we enter the Season of Gratitude, Chris Sadowski teaches us to be thankful for the food we eat and remember to help those less fortunate. Chris, a senior project manager with Wieland Construction and an IRONMAN triathlete, is a dynamic individual who has taken “making a change” into his own hands. This July, to raise awareness about local food needs, he competed in the Swiss Alpine Marathon and Swiss Ironman, back to back, with only a 12-hour separation!

The idea began in January when Chris toured the Second Harvest Food Bank as team captain for the IOA Corporate 5K. Learning that one in six Central Floridians struggles with the reality of hunger, Chris was compelled to raise awareness. “I am a firm believer in promoting what you believe in. Listening to them explain what they do and why they do it almost brought me to tears. I decided on that day that this organization would be the one that I would help.” Using two of his favorite endurance races, he launched Combo2Feed to raise funds for the Second Harvest Food Bank.

Over the last 20 years, Chris has completed more than 50 triathlons, including 6 IRONMAN races and 2 IRONMAN World Championship events, Run Nona 5K and Tour de Cure Lake Nona. In the Swiss IRONMAN, he added a twist: He used a Cannondale Urban Bike – a 20” wheel bike for the 112-mile cycling leg – not your typical triathlon bike. The same bike will be donated to the Second Harvest Food Bank to increase warehouse efficiencies.

The 77.7k Swiss Alpine Marathon took place on July 29, where Chris had 2 goals, to not get hurt and to finish in time. The 48-mile trek offered various terrains through villages, forests, boulder fields and pastures. After finishing in time to make the 7:02 p.m. train back to Zurich and the hotel at 10 p.m., he slept for 2.5 hours before waking to eat and prepare for the



141-mile IRONMAN triathlon. A testament to his mindset, Chris’s perception was that both races are just one long, fluid competition. And it wasn’t about finishing first; it was about finishing on time.

When interviewed by IRONMAN.com as to why, he says, “I am doing this crazy double race with the premise that as endurance athletes, we are always just above starvation level when we race. You never want to be full, but you always want to

eat more. Hunger is very consuming physically and mentally,” he explains. “But my pain will pale in comparison to those that food bank helps every day.”

Make sure to say thank you if you see Chris around. He works for the Wieland Corporation located at Lake Nona Town Center. Wieland is known as the construction company that built the VOXX International Corporate Headquarters, also in Lake Nona.

To learn more about Second Harvest Food Bank, visit FeedHopeNow.org.

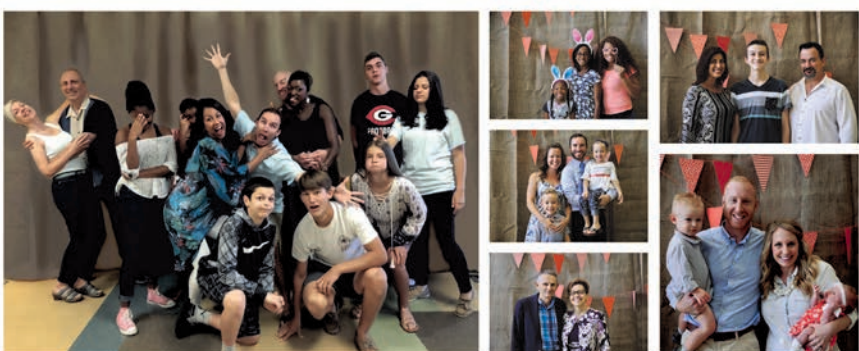
To support Chris Sadowski with Combo2Feed: <https://www.gofundme.com/combo2feed>



What if Church...

WASN'T

THE BUILDING ON SUNDAY MORNING...



graceriver
CHURCH

Seek Jesus, Connect, Grow, & Impact Others

Moss Park Elementary School | Sundays @10:30
www.graceriverchurch.com

The Dentist of Medical City™

Our mission for eight years has been to provide the community of Lake Nona with gentle and quality dental care in a relaxed and friendly environment where every patient is treated like family



Voted one of the Top Dentists In Orlando Magazine 2016

A UNIQUE DENTAL EXPERIENCE

- ✓ Personalized service and treatment plans
- ✓ Latest technology and same day dentistry
- ✓ Saturdays and extended hours available
- ✓ Financing options available

NONA
smiles



New Patient Experience Free Exam & X-Rays

* Not valid with dental insurance

Call Today!
407-378-7292



At FTC Newcomers Cook up for Lunch, and a Future

JEANNETTE RIVERA-LYLES



Culinary arts student practicing her knife skills.

Recently Arrived Puerto Ricans May Benefit from Culinary Arts Program Taught in Spanish.

Florida authorities estimate that around 60,000 Puerto Ricans have relocated to the Sunshine State since Hurricane Maria hit the island, and a significant percentage to the east Orlando area, including Lake Nona. The lingering question is whether they'll find jobs.

Florida Technical College President, James Burkett, PhD, is betting on that they will. He is convinced that the Florida economy is healthy enough to incorporate the newcomers, and is gearing up to offer them career guidance. As a first step, the school is launching a Culinary Arts diploma program fully taught in Spanish. Registration is now open for the program's start date of Nov. 27. It will be available at the Kissimmee campus, just 20 miles away from Lake Nona.

"Our goal is to help them make a transition and learn new skills to prepare them for a career in Florida," Burkett said. "In doing research on employment opportunities we found that there is a critical shortage of culinary workers, especially in Central Florida. Being a Spanish speaker is not a limitation for finding employment in this industry. These things combined led us to develop a program to meet the needs of those transitioning to Florida."

Chef Abdiel Laboy, one of the FTC instructors who will be teaching the 13-month program, said the initiative has no downsides.

"We can help people resolve their need for em-

ployment while meeting a critical need that employers have throughout the state," Laboy said. "It's truly a win-win situation."

Currently, no other colleges in Central Florida have a Spanish-language culinary arts program, Laboy said. The curriculum is accredited by the Accrediting Commission of the American Culinary Federation Education Foundation. It covers the creative and business aspects of the culinary profession with subjects like nutrition and sanitation, international cuisine, culinary techniques, facility and menu planning, and food and beverage cost control. The first 11 months will be a combination of classroom instruction and hands-on labs in a modern, commercial grade kitchen, as well as training and development at Zazón Café, a restaurant ran by students and instructors adjacent to the school. The program concludes with a 2-month externship.

Chef Laboy quipped that Spanish is the official language of many of Florida's commercial kitchens. From big restaurant chains and hotels, to mom-and-pop establishments, Spanish is commonly spoken in Florida's commercial kitchens.

"It is Latinos who put the sazón (seasoning) into what is being prepared in many of America's restaurants," he said. "We speak English too, but we like to communicate in Spanish when we are in the kitchen, perhaps because we feel it conveys our passion for food better."

Florida Technical College Kissimmee campus, is also a Regional Chef Training Facility for the Chaîne des Rôtisseurs, the world's oldest gastronomic society founded in Paris in 1248. FTC is one of only five schools in the United States to currently hold the cov-



Culinary Arts Instructor Abdiel Laboy in the kitchen lab.

eted designation, which will enable students and food preparation professionals to learn from nationally and internationally recognized chefs. At the same time, the campus is the headquarters of The American Culinary Federation Central Florida Chapter.



Elias Aviles- Elias Aviles, 26, is one of FTC's first deaf students. He communicates in American Sign Language with Instructor Abdiel Laboy and his interpreter.



Program Now Available in English and Spanish!

▶ Your future begins here.

Culinary Arts Diploma

Classes begin

November 27th



Enroll Today!

📞 Kissimmee (407) 630-5355

🌐 ftccollege.com



FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY

Only the Culinary Arts program is taught 100% in English or 100% Spanish. Baking and Pastelería is taught in English only. The Baking and Pastelería and Culinary Arts Diploma programs are accredited by the American Culinary Federation Education Foundation's Accrediting Commission. Program availability varies by campus. Important information about the educational debt, earnings, and completion rates of students who attended our program is available at www.ftccollege.edu/disclosures.html. October 2017

Taste of Nona 2017

NICOLE LABOSCO



Tux? Check. Gown? Check. Mask? Check. Food and drinks? Taste of Nona's got you covered!

On Saturday Oct. 21, a masquerade ball took over the Marriott Courtyard Lake Nona Town Center. The Lake Nona Regional Chamber of Commerce hosted the fifth annual Taste of Nona, a signature event that allows Lake Nona residents to dabble in the many unique different tastes that the Nonahood and the local Orlando area has to offer. More than two dozen local restaurants were featured, including but not limited to Nona Blue, Bosphorous, Marlow's Tavern, Orlando Brewing Company, La Chocolaterie and Jeremiah's Italian Ice. There was live music and a silent auction of several items that benefitted the Ronald McDonald House and Nemours.

This was my first time attending the event, and I enjoyed every moment. I entered the Marriott and was immediately greeted by masked men and women. After checking in, I was on my way. The ultimate question was which restaurant's table I'd stop at first. I found my way to 310 Nona first, where they offered a smoked fish dip and chili. I tried the chili and was pleased. It's been awhile since I've had the hearty mixture of ground beef, beans and spices. This offering had a nice flavor and a little kick of heat at the end of the bite. Right next to 310 was Tap Room, where they offered three different types



of canned beers.

Probably some of the friendliest restaurant representatives at the event were the men of Cuba Libre. I was drawn in immediately by the mojitos, and they actually hooked my boyfriend and me up with some doubles and said to have fun. That's a great way to get the party started! We were also offered some flan and shrimp cocktail



ceviche. The shrimp was delicious, and all of the flavors definitely made an impact on my taste

buds. They even provided us with the recipe to introduce Cuba Libre into our kitchen! Shrimp was a popular delicacy throughout the evening, but each prawn was unlike the next.

Up next was Bosphorous, and boy was their pistachio baklava amazing! I've been dreaming about it since I took my first bite! It was still early to say it was my favorite food item, but I'd say it was hands down one of the best desserts available through the night. The flaky, sweet, glazed pastry added some wonderfully delightful texture complementing the crunch of the pistachio filling, and it was mouthwatering. They also offered a light and flavorful white bean salad and a delicious protein.

The newly anticipated Sushi Eatstation and Jeremiah's Italian Ice also participated in the event. Sushi Eatstation provided the largest portions of the night with a scrumptious bowl of your choice of white rice, fried chicken, tuna, crab, mango, cucumber, bacon and many other choices. They even had the ever-popular white sauce, which naturally I had them layer on. The bowl was so tasty, I would've loved to have returned for seconds, but my stomach wouldn't have been able to handle all of the food available. Jeremiah's Italian Ice offered coconut (one of my favorites), cookies n' cream, cherry, the popular scoop froggy frog (mint chocolate chip) and a festive pumpkin pie. The coconut was so refreshing and light! I can't wait for both Sushi Eatstation and Jeremiah's to join the Nonahood!



We made our way outside where Rock n' Brews was offering a strawberry fields salad, fire grilled chicken with saffron rice, and an Asian glaze and bread pudding. The saffron rice and bread pudding are absolutely worth trying the next time you visit. I've never had rice so flavorful! The Jack Daniels sauce in the bread pudding added a nice contrast to the potentially overbearingly sweet dessert.

My absolute favorite entrée of the night was from Marlow's Tavern, which I've yet to experience, but I know I'll be going soon after the lip-smacking dish I had at Taste of Nona. Marlow's featured creamy and flavorful shrimp and grits. I wish I had a full-sized portion of the yumminess!



Other locals such as Tijuana Flats, Grown, Graffiti Junktion, Meat n' Fire and Planet Smoothie also

were in attendance.

Chill, an ice cream shop I've been wanting to visit, featured bananas foster, sea salt caramel, pumpkin pie and mint chocolate chip flavors. The sea salt caramel was amazing! It was my favorite kind of ice cream in the sense that it's rich and creamy.

Speaking of sea salt caramel, a delicacy which I could indulge in nonstop, La Chocolaterie, a hidden gem off of Narcoossee and Lee Vista, featured a corner full of chocolate dreams. I prefer white chocolate, so I tested out a few sweet and delicious morsels, but when I rounded the table and saw the beautifully painted and decorated gems of sea salt caramel chocolates, I thought I was in heaven! I've always loved the combination of when salty meets sweet, especially in desserts. These sea salt chocolates took the cake, literally.



Nona Blue featured the crowd favorite: carrot cake. Naturally, I grabbed the slice with the most caramel drizzle, and it was delectable as always, but I was still thinking about the La Chocolaterie sea salt caramels. I'll definitely be paying their factory a visit shortly.

For those Lake Nona residents who enjoy a nice glass of wine or lager, Orlando Brewing Company and Lakeridge Winery were there to fulfill your needs. There was even a wine company for home visits and tastings, something I think Lake Nona residents might enjoy.

There were vegan and vegetarian friendly options at Taste of Nona as well.

Others featured were Twisted Catering, which offered a super flavorful pork tostad, and Hemisphere at the Hyatt Regency, which would've won if there was a contest for the nicest plating and most colorful dish. They offered shrimp, red tuile, passion rice and a saffron cream sauce. It was beautifully presented, but I wasn't much of a fan of anything other than the shrimp.

Overall, I left a happy (and stuffed) camper and look forward to experiencing the Taste of Nona event next year!



Fashion: Flair to your Fall

JENNY LYNN

Most of the time, you will see me in my day-to-day style, which consists of yoga pants or capris and a t-shirt. I know, very boring. Then there are times I love to add some flair to my style, and fall is the perfect time to do this. I am not much of a writer, but when asked to write about fashion, I found it came easy to me. I am a collector of unique pieces, and I mostly do my shopping online or in small boutiques. If it looks different to me, then I buy it. Where is your favorite place to shop?

Slouchy Jeans

Obtained: Buckle

Brand: BKE

These are my absolute favorite jeans from one of my favorite sources, Buckle. I wear them with almost everything. They are the most comfortable pair of bottoms I own, even with the holes. Wear a silver suede top to make it a date night outfit. Add a light jacket or cardigan for our Florida cooler evenings. You can never go wrong with a pair of torn and slouchy jeans.



Suede Cami

Obtained: Hemline - Free People

Suede is in! Who would have thought! Most of the pieces at Hemline are Free People, which is by far my favorite place to shop at. Unfortunately, the closest location is in Atlanta. When I saw this suede cami at the Austin location, I knew I needed to add it to my closet. I can wear it as a simple shirt or wear it with a leather skirt for date night.



Lightweight Jacket

Obtained: Garage

About: I am a jacket person. I don't think I go anywhere without a light cardigan or jacket. A lightweight jacket is the only way you can get away with wearing a jacket in Florida. This light colored jacket was obtained at the Garage and can go with a pair of jeans and t-shirt or just throw it over a sundress to have a more edgy look. Don't forget your booties!



Suede Purple Booties

Obtained: Buckle

I love the out-of-ordinary colored booties for fall, especially suede ones! These booties are my new addition to my closet for fall this year. I heard somewhere that suede is in, and since it's been years since I've owned anything sueded, I wanted to start with shoes. They are comfortable for going out, and you can wear them all day long. They are also perfect for date nights and can really pop with the color.

Knitted Infinity Scarf

Obtained: Buckle

When it comes to outfitting your accessories in Florida, layering with lightweight pieces is an effortless way to keep up with your wardrobe. I own plenty of lightweight scarves, but this one is my favorite for so many reasons. The material is gentle, and the knitting is super fine. Be careful, though, because if you get it caught on anything you will turn it into a spider web.



WEIGHT MANAGEMENT

When it comes to losing weight, there is no all-encompassing solution, but it's a combination of fitness, nutrition, supplementation and for some, prescription medications. The "Endurance" way is a medically supervised weight loss program that is personalized to fit your lifestyle. Our supportive staff and system are key to success. Let us help you live life with Endurance.



METABOLIC TESTING

Tailor your approach to weight loss by visiting our center for metabolic testing in Orlando, FL and the surrounding areas. Every body is different, which means every person has a unique metabolic rate. Your metabolic rate is the rate at which your body burns calories by converting food into energy. By better understanding your personal rate, you can fine tune your weight-loss strategy to achieve better results.

SKIN CARE

From our inner to outer appearance, we appreciate many aspects of beauty here at Endurance. We understand first hand the importance of skin health as a part of our wellness as it is our body's largest organ and plays an important role in its protection. Knowing this, you should keep your skin as youthful, protected, and healthy as you can. Healthy Skin Matters!

COOLSCULPTING

Show off the body you've always dreamed of with CoolSculpting®: the non-surgical body contouring treatment that freezes and naturally eliminates fat from your body. CoolSculpting® is the coolest, most innovative, non-surgical way to lose those annoying bumps and bulges of stubborn fat. This revolutionary technology targets and cools unwanted fat cells in the selected area to induce a noticeable, natural-looking reduction in fat bulges.

(407) 413-5416
enduranceweightloss.com
10411 Moss Park Rd, Orlando, FL 32832

Live Life with Endurance.

Nona Alumni: Spencer Sprague & Connie Chen

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 then. 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	Spencer Sprague	Connie Chen
Age	24	23
Year Graduated	2011	2012
Occupation	Banking	U.S. Army Nurse

Current Location Kaiserslautern, Germany

This month's stars find themselves traveling all throughout Europe, which makes their lifestyle choices the ultimate "where will you be in five years?" goal.

Connie: "I asked for Germany as a duty station, and my request was answered. I've always wanted to live overseas, and if I had the option, I would stay here forever. I absolutely love living here!"

Spencer: "After seeing much of the East Coast and having already explored Cali and the West Coast pretty extensively, I got an opportunity to move overseas and immerse myself into another culture. I'm now living in Kaiserslautern, Germany, and the location is amazing. France, The Netherlands, Belgium, Luxembourg and Switzerland are all within a three-hour drive. It makes for easy traveling and quick weekend getaways to cities and countries all over Europe."

Kaiserslautern is located near the Ramstein Airbase. Both Spencer and Connie's families moved to the Lake Nona area for the community and new school districts, Connie in 2007 and Spencer in 2005. While attending Lake Nona High, Spencer's post-high school goals were to start a career in business, open a small business in Orlando and experience cities around the country. It's pretty safe to say that he's had the privilege to experience many different places.

"In five years, I will likely be back stateside settling into a career. Who knows, though, if the right opportunity takes me elsewhere, I could be anywhere in the world!"

Connie's main goal for after high school was to travel the world and to become a nurse. Easy to say those goals have been achieved.

"I have traveled to 30 countries since leaving Orlando. I have lived here for two years now, and I have one year left. I hope I can move to South Korea after this. Hopefully, in the next five years I will have had a chance to experience immersive traveling in Asia as I have in Europe. I'd also like to visit Africa and Australia/New Zealand. After I've conquered those continents, I'll likely make my way back to the states to settle down."

From starting off as foreigners falling in love with the German castles and sights, they have transformed into locals who've discovered their favorite places to eat, drink and explore.

We all want to know how they found themselves residing in a quaint European town lined with coffee

shops, ice cream parlors and fresh bakeries along the cobblestone streets. The surrounding area is riddled with hills, forests and hiking trails with a view of the Burg Nanstein Castle.

"To sum it up all in a word: wanderlust. I've had this hunger for traveling for quite some time, and that led me to Europe, which is the perfect place to fulfill such a hunger,"

Spencer said. "Europe is vastly different from anything I could have expected. I really wasn't sure what to think before I came here, but I expected to be near a bustling city like you'd find in most places in the States. Germany is a sprawling country peppered with small villages and towns and a lot of wide-open spaces. I'm only a few minutes away from any of the luxuries of most big cities, but I'm on the border of a rural area as well. I have enough space that I have pet chickens now! Germany is also a quiet country where everything has a small-town feeling. 90% of stores close at 8 p.m. on weeknights and are closed on Sundays!"

Connie couldn't agree more. "It's absolutely amazing! The good food, the endless travel opportunities, the wonderful people, and the constant sense of adventure and change have led me to fall in love with this place!"

Naturally, one is curious if they are speaking the native language. Sprechen Sie Deutsch? (Do you speak German?)

Connie: "Not at all! A vast majority of the European population speaks fluent English, so I haven't really needed to pick up much more than the bare essentials."

Spencer: "Ich weiß, wie man Essen und ein Bier bestellt!"

(I know how to order food and a beer!)

I thought I would be able to pick up the language quickly in order to get by, but it turns out that a vast majority of Germans (and Europeans in general) speak English fluently!"

Knowing how adventurous these two were in high school, I had to discover what they did for fun in their new hometown.

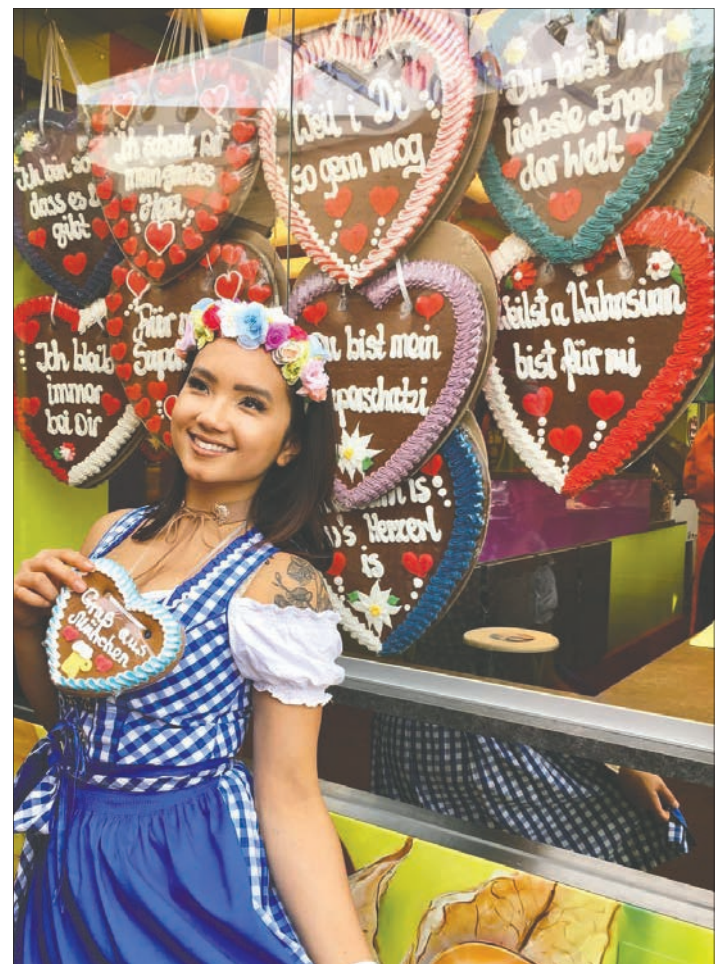
Connie: "My favorite activity so far has been traveling around the Mediterranean coast and cliff jumping into the beautiful waters! Aside from that, I love experiencing the different foods each country and region have to offer. In the long winters here, I also travel to the Alps to seek out some of the most renowned snowboarding destinations in the world."

Spencer: "Most of our free time is spent traveling and trying different foods. We've been to 20 countries and countless cities in 24 months and have no plans to slow down anytime soon! Our fall travel plans will take us to four to five more countries, too! Most of our trips involve trying the best foods and wines we can find in different places. We also love visiting the Mediterranean and European coasts and kayaking, swimming and relaxing. Being only three to four hours from the Alps, we also do quite a bit of snowboarding in

the winter. We also do indoor snowboarding during the off-season! My favorite hobby is taking advantage of the world-famous race track nearby – Nürburgring. They have open track days where drivers can take their own cars on the track and get the thrill of a lifetime!"

It'll be interesting to see where these two might end up in the upcoming months, but so far, life has taken them abroad, and to this point, there are no complaints.

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



Meet the Press: Nicole LaBosco

VANESSA POULSON



Nicole LaBosco, known to most as just LaBosco, is a Content Creator for Nonahood News, and has been with us since June of 2017. She graduated from Lake Nona High School in 2011 and from UCF in 2015. Nicole is a lively and spirited woman, most often seen with her service dog Zar, taking photos and traveling. Instagram: @laboscoproductions

Extrovert or Introvert? Extrovert, but I definitely have my introverted moments.

Indoors or Outdoors? Both, because I like my adventures, but I also like my couch potato days.

Sun or Snow? When can I leave Florida?

Dogs or Cats? *Checks to make sure Zar isn't looking.* I feel this is pretty obvious...dogs, hands down!

Vans or Converse? Vans! I pretty much have a pair in every color!

Coffee or Tea? I like both, but I choose tea. At this point, I wouldn't be surprised if I'm made up of like 80% green tea.

Adventurous or Laid Back? ADVENTUROUS! Who's down for an adventure?! No, seriously - let's go right now! NONAVENTURES!

Canon, Nikon or Sony? Canon



What brought you to the Nonahood?

My family relocated here for my dad's job right after 9/11. My dad used to work in the United States Secret Service, and then became a Federal Air Marshal. We pretty much got to choose wherever we wanted to live, and naturally my brother and I, being 12 and 9, wanted to go to where the theme parks were. Lake Nona was still off the map with nothing but cow pastures and one or two developing neighborhoods.

Where are you from originally?

I was born in Fairfax County, Virginia and lived there for like five or six years before moving to Stafford, Virginia for a few years. My family moved to the Lake Nona area in August of 2002. So I enjoyed 15 years watching Lake Nona develop into the next best thing, and it's continuing to break expectations!

What's your favorite hobby?

Spending time with my service dog, Zar is my go to. He's literally my life, and I couldn't love anything or anyone more! I'd also say it's a toss up between traveling and photography, which is why I try to combine the two. Although my entire camera roll just ends up being full of photos and videos of Zar. Haha No shame there!

What's your biggest dream?

The ultimate goal would be to travel the world and be able to document those memories through photos and



videos. Being able to indulge in different cultures and share those experiences with the rest of the world is something I'm pretty passionate about. Australia is the number one destination on my list and has been for as long as I can remember, so the day I get to travel down under, I'll probably be in disbelief the entire time. I'd probably cry when I saw a kangaroo. Haha I think being a host of a TV show would be a pretty fun experience as well!

Where do you see yourself in ten years?

Oh wow, I'd love to be in the process of creating my own family. I can see myself relocating to somewhere colder, like Colorado - I've had that goal for a few years now. The mountains take my breath away, and I feel like all of that natural beauty would encourage me to dive into my photography more often. Being able to experience all four seasons there is a plus, but I really miss the snow! I'd like to create my own photography and videography business at some point, too. I love capturing memories for myself and for others.

What are you most excited about in Lake Nona?

Everything is developing so quickly, it's kind of hard to pinpoint something I'm really looking forward to in this area. There are a lot of options! The more I think about it, I'm looking forward to the water park/lagoon as well as the variety of entertainment that's planned to be near the Beacon. I love seeing one-of-a-kind shops and restaurants thrive, and I hope Lake Nona can offer more of those options other than the typical fast food and chain restaurants. As a pretty big Orlando City fan, I can't wait for their training facilities to be relocated to our Sports District.

Who's your biggest inspiration?

Hands down, my parents: Pam and Tony. I've learned so much and I'm still learning. My mom was always my biggest inspiration growing up. She passed away from Leukemia when I was 15. One of the most important things I learned from her was to never stop fighting, no matter the odds. Strength wasn't just physical, but emotional and mental too. That's something I have to remind myself to continue working towards. There's

always room to grow. My dad continues to prove to me that it's never too late to follow your dreams and passions. His biggest passion, ever since he was little, is playing the guitar. Still to this day, he has the time of his life when he's on stage playing his music, and it's so much fun to experience. He's also living proof that life throws unexpected and sometimes devastating curveballs that require you to take on roles that you may not feel cut out for, but you've always got to at least take a chance, a leap of faith.

What's your favorite book?

I really haven't read any books in a long time. Kind of sad, I know.

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

I went skydiving five years ago! Jumped from 18,000 feet! One of the craziest experiences ever! I honestly can't say I was scared until I started suiting up. Boarding the plane, the nerves began sinking in, but there was no way I wasn't jumping. It was such a euphoric feeling. After the first second of free falling, you don't really realize you're falling. You feel like you're floating, and for me, it was really exciting but also peaceful. I know that sounds crazy, but as soon as I landed on the ground, I said that was something I could do every day. It's one of those experiences that I'm so glad I had the courage to jump, but I think it freaks me out more now than it did before. I'd definitely do it again, though!

Describe one of your most memorable experiences.

Traveling through 5 countries, 8 cities in 12 days in 2015. That was a trip of a lifetime! I went to Reykjavik, London, Venice, Florence, Rome, Athens, Santorini and Paris. The fact that I was able to do and see so much in such a short amount of time is crazy, but that trip was absolutely worth it! The videos and photos that I have from that trip contribute to some of the best memories ever.

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



NOW LEASING

Lake Nona's Newest Luxury Apartment Community

OPENS SUMMER 2017

ARIEL

844.588.9835

LakeNonaAriel.com

- One, two and three bedroom homes with open floor plans and 9' ceilings
- Full-size washer and dryer
- Gourmet kitchen with islands and premium granite countertops
- Beach-inspired zero entry pool
- Outdoor pavilion with billiards
- Sand volleyball court
- 24 hr. fitness center
- Playground with modernized play system
- One acre dog park with agility course

LAKE NONA

14001 Benvolio Circle • Orlando, FL 32824





Family Fridays

VANESSA POULSON

Fall has officially arrived in the Nonahood, and with the changing of the seasons this November, there are plenty of exciting activities for you and your family to pursue to enjoy the festivities this time of year.

Celebration's 11th Annual Oktoberfest With Falling Leaves

Starting Oct. 20 and 21 and running through November, Celebration will host a fall festival that features falling "leaves" for the little ones to play in, Oktoberfest-themed food and beverages, as well as a circle of vendors to purchase from. The event is located on Main Street in Celebration, which is home to a variety of restaurants and local business and is good for the whole family.

Admission and parking are free!

2017 Fall Fiesta in the Park

On Nov. 4-5 from 10 a.m. to 5 p.m., enjoy Fall Fiesta in the Park at Lake Eola. This is a great outdoor event where you can visit with artisans and crafters from around the country.

Jacksonville Air Show

On Nov. 4-5, enjoy the Blue Angels, the Navy's flight demonstration team, at this air show in Jacksonville.

Bring cash for food and beverages, but the sights will certainly be worth the drive!

Long and Scott Farms Corn Maze and Fall Festivities

Long and Scott farms, located in Mount Dora, is known for their yearly themed Corn Maze. This year, from Sept. 30-Dec. 10, the maze is open for your family to get lost and explore! The farm also features a market where you can buy locally grown produce, a 60-foot-long super slide, Jumping Pillow, and Misty Maze to cool off after you finish.

Lake Nona Small Business Saturday

On Saturday, Nov. 25, check out the Lake Nona's Small Business Saturday at the Lake Nona Town Center, featuring local vendors from the area selling some of their products. This event is fun for the whole family and offers some great opportunities for parents to make purchases from local businesses.

If you check out any of these events, make sure to tag us on Facebook or Instagram! We'd love to see your #FamilyFridays photos!



Nonaventure: Andretti Indoor Karting and Games

NICOLE LABOSCO



We all have that one friend who is a die-hard adrenaline junkie who loves to discover their next greatest adventure. That friend is me...

This feature is all about uncovering Lake Nona and Orlando's greatest activities, especially if you enjoy living life on the edge! This month, I grabbed my boyfriend and attended Andretti Indoor Karting and Games, because what's more fun than some smacktalk and a bit of friendly competition? Andretti is located on Universal Boulevard right after the Orange County Convention Center and right before the Coca-Cola Orlando Eye. The grand opening for Andretti was on Sept. 28.

The minute you pull up to it, the massive building takes your breath away. Once I entered the doors, I felt like a kid rushing into a candy store. Immediately, my eyes fell on the arcade and ropes course they had suspended from the ceiling. As I scanned the room (I should really say warehouse because it's that huge), I noticed the winery/restaurant, the bar and even a bowling alley. For a moment, I forgot Andretti is known for indoor go-karting.

The colossal warehouse is 150,000 square feet, and there are 10 different ways to play under the one roof, according to Andretti:

- Multi-level indoor karting
- Six virtual reality racing simulators
- Full-service restaurant and bar
- 7D dark ride motion theater
- 12 lanes of boutique bowling
- Extreme ropes course and curved rail zip line
- 120+ arcade and prize games
- 10,000 square feet of event space
- Two-level laser tag
- 100+ HD TVs for sports viewing

First stop: We checked out the main bar, which is located directly in front of you as you proceed through the entrance. Andretti offers an extensive drink menu featuring racing-themed cocktails and a fully-stocked bar.

Next, we toured the 12 lanes of boutique bowling, where guests pass Michael Andretti's actual Formula One car. Pretty cool! The bowling is unique because the pins are attached to strings, which makes the pin resetting much quicker, but you don't even notice the strings. The bowling alley is conveniently located right next

to the main bar.

My senses got the best of me, and I was pulled closer to the bright, flickering lights and the dings and chimes. We passed through the extensive arcade with more than 120 games that lit up the surrounding area and made our way to laser tag. This is the first two-story laser tag area I've ever seen, and I could tell immediately I'd get carried away with how much I'd embrace my inner wannabe SWAT officer. I knew my weakness would be those shooting at me from above. The theme was consistent with the overall Andretti brand of racing, with the laser tag venue decked out as a substantial engine with pistons and spark plugs galore. There are lots of corners to hide behind, and there are even zones that deduct or add points when you walk through them. Fog machines hinder your vision even more in the darkness but add to the whole experience.

We moved on to the 7D dark ride motion theater, and, in my opinion, this was the best part. Before this, I had never heard of any ride being more than 4D, so it piqued my curiosity for sure. Entering the theater with those infamous 3D glasses, I noticed there were toy guns attached to each chair. I had never been more prepared for anything! There are 10 total story options, and we were surprised with the Werewolf theme. Boy, it didn't disappoint! The video began with a carnival style shooting game as a warm-up, but I had no idea it was a warm-up until the actual story began. A cold breeze came across the theater, and our chairs began to move. We were thrown into what seemed like a Colonial-era English town, and all of a sudden people started turning into werewolves! They were everywhere, and we had to help save the town and stop the epidemic. I couldn't stop laughing because I was having so much fun! Be warned, though - if you scare easily with things popping out at you, this story might not be the one for you. Be prepared to laugh at yourself, too, as the theater takes pictures of you throughout the duration of the ride, particularly when things pop out for the classic scarecam reaction. The ride lasted about four minutes. The other story options consisted of zombies, aliens and pirates, to name a few.

On to the obstacle course, which is about 20 feet above the arcade. You have 10 minutes to do as much or as little as you'd like. If you're scared of heights, this might not be much fun for you, but for someone like me who loves heights and adventure and practically grew up on rock walls, this is everything your heart desires! Did I mention there's a zip line?! There are actually 10 obstacles on the course, including the zip line, but what beats a zip line? Nothing! I think I zipped about five times. It curves slightly toward a beam, making you believe for a split second that you might just crash into it. The obstacles varied in difficulty, but the most difficult one they had was a rolling pin with ropes hanging about two to three feet apart. I felt like I was on an episode of Wipeout or American Ninja Warrior as I was slowly but surely conquering it. Part of me was hoping I'd just spin right off of the log like in a cartoon so I could laugh at myself.

All of this fun and we still haven't go-karted yet. Don't worry - the time has come! We suited up in our head socks and helmets and hit up track three, which is described as "a road-course style track with multiple banked turns and long straightaways" on the second floor. Track three leads racers right past the Sky Bar, which has an all-glass ceiling to give you the feeling of being, well...in the sky! The electric go-karts have a top speed of about 35 mph. Our race was roughly eight minutes long, consisting of eight laps and guess who came in first place? Yours truly! The multiple curves allowed me to drift, which is hands down my favorite part of the go-karting experience. If you're a daredevil like me, you might find yourself wishing the karts went even faster, but I think with all of the twists and turns, there had to be a limit to prevent you from hurting yourself by flying into a turn too quickly. There are two other tracks: track one

described as "a road-course style single level track for junior drivers (minimum 48 inches tall)" and track two is "a multi-level track with elevation changes and a view of Universal Blvd." To participate in an adult race, drivers must have a valid driver's license or permit and be at least 54 inches tall. Otherwise, there are the intermediate (minimum 54 inches tall and between the ages of 12-15 years old) and junior races available. These three tracks have the most elevation changes and banked turns in the world and were designed specifically for the Orlando venue!

Before we made a pit stop for some food, we experienced the VR Formula One race simulator, which was extremely difficult. The headset places you directly into your choice of supercar and makes you the racer, in the full racecar getup. I chose to race an Audi R8, and let's be honest, I flew into the turns at top speed every time and spent most of the race crashing into walls. I swear I'm a much better driver in person! I also felt pretty sick during the race as simulators aren't really my friend. Those who get motion sickness easily, take it lightly.

Finally, we entered the Andretti Grill, where we fueled up on an appetizer called the Cowboy Stack and the often talked-about entrée called the BBQ Pork Parfait (yes, you read that right). The Cowboy Stack consists of sweet potato waffle fries, homemade queso, pico de gallo, and jalapenos and is garnished with BBQ sauce and sour cream. We added pulled chicken, but your other options are ground beef or pulled pork. The BBQ Pork Parfait is made with layers of mashed potatoes, BBQ pulled pork, mac n' cheese, shredded cheddar, BBQ sauce, and scallions and is garnished with a St. Louis rib. It's served in a giant parfait glass with tri-colored tortilla chips. Both were tasty, but I preferred the Cowboy Stack because of all the vibrant flavors.

You might be wondering what sets Andretti apart from other indoor go-karting venues, and the answer is simple: There are 10 ways to play under one very enormous roof. Don't feel up to racing? Play some skeeball or air hockey. Not up for the arcade? Check out the boutique bowling. Tired of getting gutter balls? Grab some food and drinks at the grill or two bars and watch one of the many sports on one of the 100+ HD TVs. There's something for everyone in one massive area.

So there you have it, Nonaventure tears up the tracks at Andretti Indoor Karting and Games. Now it's up to you to decide if your need for speed is enough in what we consider the thrills of Orlando entertainment. Have a suggestion? Fill out our Adventure column form at <http://nonahood.to/nonaventure>. What do you want to see me review next?



Food Challenge: Fried Chicken Expedition

MATT TROY JONES AND AARON FERG

Food Challengers Matt and Aaron are back again with some new food to review. This month the idea was to find some of the newer, most surprising, and interesting dishes in the area with one staple favorite food of many, fried chicken. At first, the goal was to strictly seek out chicken nuggets only, but we quickly realized this would mostly limit us to fast food. Alternatively, this actually opened a can of...well...chicken. After searching some menus, we found some hidden gems in some of our favorite restaurants, as well as some new locations we had to try. So whether it was a tender, a wing, or a nug, we decided not to discriminate against any crispy crusted oily goodness. Time to turn the calorie counters off, ignore the inevitable struggle of our hearts trying to survive this saturated fat-filled excursion, and we will do the overloading so that you don't have to. So, without further ado, it's time to get our chicken on.

Bonchon

Our first stop of the day was Bonchon, a casual Korean fried chicken joint located just north of Orlando International. The menu here features fried chicken wings, tenders and drums with either Soy Garlic or Spicy sauce. There are also several other Korean-influenced dishes. As today was all about the fried chicken, we skipped right past everything else.



The wings and drums lived up to the expectations of Korean fried chicken - super crispy and crackly skinned on the outside, moist and flavorful on the inside. The Spicy sauce had great flavor which comes from the gochujang chili paste and just a touch of sweetness. Be careful, the heat from these will sneak up on you. They were served with pickled radishes, a nice fresh touch to cut the heat from the wings. For those who don't like spicy with their chicken, the Soy Garlic sauce, with its sweet umami flavor, was a nice option.

Bonchon was definitely a good start to the day.

Rock & Brews

A few blocks north of Bonchon is Rock & Brews. This local bar has quickly gained a reputation for its lively fun atmosphere and great outdoor patio. It was the first cool evening of the year, so we took some seats at the outdoor patio. The bar was mostly full and the atmosphere was exactly as we expected.

There are a few fried chicken items on the menu. The wings were listed as a signature, so we decided to stick with basics. Wings are available in three flavors;

Fire Grilled BBQ, Rockin' Hot, and Sweet and Spicy Asian. At the recommendation of the bartender we went with the Sweet and Spicy Asian. The wings came out hot, crispy and fresh. The sauce was tasty. All in all a solid offering.

So, is the food as good as the atmosphere? Maybe not quite, but it was still very good. Rock & Brews is definitely a worthwhile stop for a few beers and some decent food with friends.



PDQ

Next stop was PDQ, whose menu is dominated by chicken. The quick service location is a newcomer to the Nonahood. The fact that it is almost always busy gave us high hopes. Once again, we decided to stick with the basics and ordered nuggets, fries and a shake. There was a large selection of homemade sauces offered with the nuggets, and we selected creamy garlic, honey mustard and buffalo bleu.

The food came out quick. The nuggets and fries were of a quality which is better than most quick-service restaurants. I guess that should be expected when you name yourself "People Dedicated to Quality." The milkshake was thick and loaded with mixings. The fact that the menu is limited largely to chicken is a good thing, as they do it right.



Chilis

The nationwide chain is the most recent restaurant to come to the area. They've revamped their menu and promised a new commitment to quality food. While we were sure there would still be some hiccups as most new restaurants have, we decided to give it a shot. After all, they had chicken and waffles on the menu.

The restaurant was busy and still had that new restaurant shine. We were greeted promptly and as the bartop was full, we were quickly shown to a table. Service from there was a little rough. It seemed as though they were understaffed for the business at hand. From there the service definitely slowed down. It took quite awhile to be greeted and our server was hard to track down. At least they put a credit card swipe at the table so we didn't have to wait to pay.

However, this is a fried chicken article, so let's move on to the food. We ordered the honey chipotle chicken crispers and waffles - hand battered chicken tenders on small waffles. There was an expected delay for the food, but once it arrived, it was surprisingly good. The waffles were crisp and the chicken was hot and very well seasoned. They were topped with applewood bacon and jalapenos. While not traditional chicken and waffles, they were quite delicious.

Chroma

Laureate Park favorite, Chroma Modern Bar and Kitchen, has Cornflake Crusted Chicken Drumsticks? Of course we had to make a stop for that. We took our usual seats at the bar. The bartenders as always were friendly and attentive. The dining room was busy and full of energy.

This was easily a contender for the best fried chicken of the day. The honey-bourbon drizzle complimented the chicken perfectly. The three drumsticks came with flaky buttermilk biscuit. Only problem is that there was only one biscuit in the basket, we could have eaten 6.

We know what you're thinking - "but, they only ate chicken at five places!?" Correct, that's all our friends, family, and health professionals would allow. Another couple of easter eggs worth mentioning are the \$10 platter of 50 nuggies from Wendy's, and McDonald's \$5 per 20pc nugget platters, both of which are pretty great for sharing at work. If you want to feel like a hero, show up to the office with 100-150 chicken nuggets, just don't tell anyone it only cost you 20-30 bucks.

If you haven't tried any of the items we listed in this article, please do, just maybe not all in the same day, and drink lots of water, and have a salad to make you feel a bit less guilty.

Please follow us next month for whatever food challenge is upon us.



From Scratch: Cooking is Easy

JOE ULTO



Cooking is the best part of my job. Cooking is also the easiest part. It's the one part of my day that I look forward to, and that's if I get to do it. Unfortunately, most people don't feel that way. It's more of a chore or hassle, and a lot of times people find it more intimidating than it is. I won't lie, cooking in a professional kitchen is much different from cook-

ing at home. Too many times have I ruined a meal in my sister's kitchen because I was thinking like a line cook. What I mean is that I would cook as if I had an unlimited supply of pans, an immersion blender, and a chinois. Come to find out that, no, most home kitchens don't have those items. Thankfully, chefs never stop learning! So, without further ado, here are my tips for being a better home cook.

1. Work with the best ingredients you can afford. This should be easy: Better ingredients lead to a better meal. I often think back to old French cooking, where chefs used to cook with tons of butter and cover everything in heavy cream sauces. Now, because of the quality of ingredients, we try to do less and less. There is noth-

ing better and more respectful you can do to a carrot than to cook it and season it properly.

2. Play some music while you cook. Music makes you feel good, and there is no doubt a connection between music and creativity. I can't stress enough how vital it is that you are happy while you cook.
3. *Mise en place*. It's the first term every culinary student learns. Literally means "set in place." Get organized and work diligently. Give yourself plenty of time and space. Lay all your ingredients out, work in straight lines from left to right. Undone on the left, done on the right with your cutting board in-between. Those carrots you're about to cook beautifully...don't peel and cut them one at a time. Peel all of them, then cut all of them. A clean and organized station shows a clean and organized mind. You would be surprised how much more efficient you become just by following this step.
4. Cook with all your senses. Did you know that when you sear a piece of meat you can literally hear the change in sound when it's finished? When you first place your steak in the hot pan, there is a ton of moisture on the surface that reacts violently, which results in that loud sizzle. As the

meat continues to cook, it undergoes a chemical change, and the sound becomes less and less violent. Be aware of everything going on in your pan.

5. Recipes are important, but use them as guidelines. Go with your instinct and cook from the hip.
6. Learn to season with acids. You'd be surprised at what you can achieve with a lemon that you couldn't with salt.
7. Cook what you know and learn more as you go.
8. If you can't figure out what to cook, go to the market and just look at the product. Most of the time, I don't even know what I'm cooking until I stand in our walk-in cooler for 10 minutes.
9. Cook how you feel and with the seasons. You'd be surprised how great that broccoli tastes in the fall.
10. Like Sean Brock says, "Cook every meal as if you were cooking for your grandmother."
11. If you don't know who Sean Brock is, I suggest you find out.

CANVAS

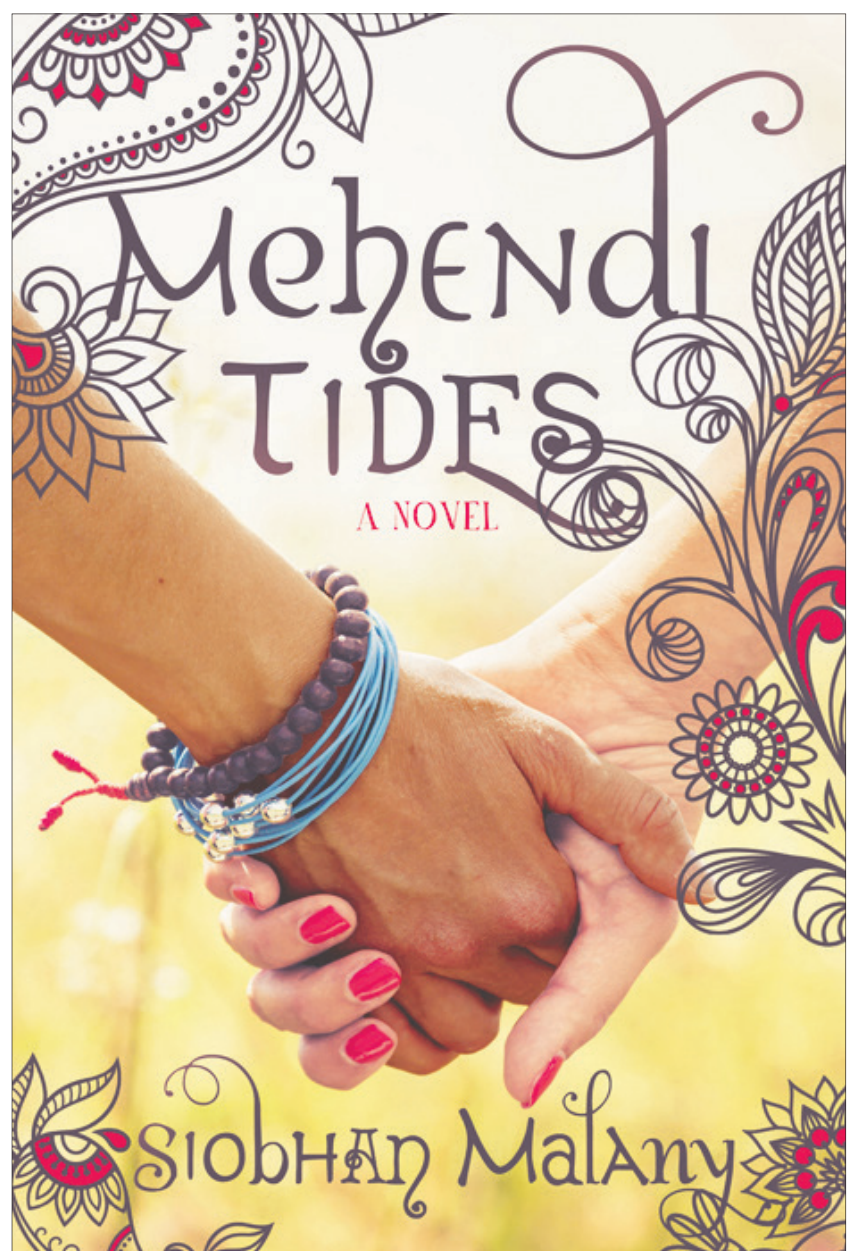
Local Scientist and Author Debuts Novel

SIQBHAN MALANY, PH.D.



Siobhan Malany, a Lake Nona resident and local scientist, announces the debut of her novel, *Mehendi Tides*. In the bustling bazaars of Hyderabad and on the shores of the Arabian Sea, Kate McKenna explores the wondrous terrain of India and Pakistan in this colorful and poignant journey in which Kate is immersed in the land's history and culture as she accompanies her childhood friends, Nasreen, a Muslim-American, and Krishna, a Hindu-American, visiting extended family. Like the three women's bonds to each other, the past and present are intertwined in *Mehendi Tides*. A multicultural story of friendship, romance and personal growth, the novel is available online and in all bookstores on Nov. 7.

www.mehenditides.com



Back to Basics: Pumpkin Spice Everything

NICOLE LABOSCO AND VANESSA POULSON

Welcome to Back to Basics, where we 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.

Now that it's fall, where else would be the best place to start our November basic journey then the basic capital of people everywhere: Starbucks! The coffee joint is known for their coining of the famous Pumpkin Spice Latte (PSL for short) and a variety of other fall favorites that keep customers coming back for more annually!

Starbucks Lake Nona

Order: Pumpkin Spice Chai Latte, Maple Pecan Latte, Salted Caramel Mocha, Caramel Macchiato with Pumpkin Syrup, Pumpkin and Cream Cheese Muffin, Pumpkin Loaf, and a Sugar Skull Cookie.

Final Review Nicole: From the first sip of the Pumpkin Spice Chai Latte (PSCL), I immediately pictured myself with crisp, auburn leaves floating around me. If only that could actually happen here in Florida! The PSCL is sweet, but the chai compliments the pumpkin so well. If you like spice, this is a must! Think of fall, and the PSCL is literally all things autumn in a cup. I can't complain. I don't think I've ever ordered food from Starbucks, but with the many pumpkin pastries they had to offer, I couldn't pass it up. I ordered the Pumpkin Cream Cheese Muffin and wow, it was delicious! The little bit of cream cheese in the center paired well with the spice of the pumpkin bread. After all this, I'm somehow still craving pumpkin. Van and I shared a Salted Caramel Mocha, and neither one of us was really a fan. I absolutely love salted caramel, but this was subpar. I felt the mocha completely overpowered the caramel and it was just thick. Imagine a hot chocolate, but not as good. If you're wondering if I got Zar a pupaccino, I didn't. He's on doggo probation, but Zar is the most basic pup out there. He knows those signature white cups. Don't worry, he got one the following day though. He always gives them a 10/10.

Final Review Vanessa: Out of all the drinks, the Maple Pecan Latte is probably my favorite. The latte is sweet, but not overpowering. The coffee is complimented by notes of sweet maple and rich pecan, and the crunchy topping adds the whole fall vibe that the coffee has. The Salted Caramel Mocha was probably my least favorite of the trip; the taste was a bit too heavy for me and was like drinking hot chocolate instead of coffee. My second favorite is the Caramel Macchiato with Pumpkin Syrup. The unique thing about this drink is not only is it NOT on the menu, but it comes in a beautiful ombre of fall colors, creating a gradient from the deep brown of the espresso, to the soft orange of the pumpkin syrup at the bottom. The trick for this drink is ordering an iced Caramel Macchiato and replacing the vanilla syrup that usually comes in the drink with pumpkin syrup instead. It's incredibly sweet, but is a wonderful treat for those warmer Florida autumn afternoons. I had a definite sugar high after this trip though.

Taste: 8/10

Aesthetic: 6/10 (generic Starbucks vibes)

Environment: 9/10 (good vibes)

Price: 10/10 (everything we ordered cost us less than \$20)

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

Toasted

Order: Autumn Melt Classic, Autumn Melt Vegan, and Truffle Fries

Final Review Nicole: For starters, whenever I come to Toasted, I always order the Truffle Fries. They are just too good to pass up! The fresh rosemary breaks up the bleak color. As soon as they bring the fries to the table, the truffle aroma smacks my senses and my mouth immediately begins to water. I will always recommend truffle fries. As for the Autumn Melt, all of the components harmonize blissfully together. The fresh granny smith apples, the pumpkin paste and the dried cranberries bring the sweet aspect which

cuts the savory cheddar cheese and apple-wood smoked bacon. My tastebuds were so satisfied! The vegan version of the Autumn Melt was pretty good as well, but I love my bacon too much to say that it was better. The vegan version was a little too sweet for my taste because it lacked the bacon to break it up a bit. They were very generous with the pumpkin paste. I wasn't expecting my first bite to ooze with the pumpkin, but I didn't necessarily mind it. I could just do with less next time. The pumpkin paste is pretty much applesauce, but replace the obvious.

Final Review Vanessa: Going to Toasted is always a worthwhile experience. The sandwiches are always great, the service is quick, and the atmosphere is always fun and lively. These fall-themed sandwiches were no different. The flavors of pumpkin, apple, cranberry, and gooey cheese sing a melody all their own, which is a fall staple for sure. My personal favorite was the the Vegan Autumn Melt. I'm not much of a bacon person (sorry Nicole) so the vegan sandwich provided an option for those of us who like to enjoy the fall flavors without the meat. The Classic Autumn Melt was tasty, but for me, the bacon took too much focus off of the warm pumpkin and apples, which is what I had been looking forward to most. The Truffle Fries will reign supreme out of the three dishes though; truffle and rosemary and the soft crunch of the fry is music to my ears.

Taste: 9/10

Aesthetic: 8/10

Environment: 10/10 (cheese grater lights anyone?)

Price: 6/10 (the sandwiches can be a little pricy)

Proximity to Nonahood: 10/10! (Toasted is located just off of Narcoossee road, which makes it an easy place to access for most people in the Nonahood)

Chibi's Boba

Order: Pumpkin Almond Boba

Final Review Nicole: So we're back - and honestly I'm hoping Back to Basics brings me to Chibi's every single time. This off the menu item is perfect for the season as it's still a cold drink for us Floridians who don't really experience a true autumn. The pumpkin and almond compliment each other so perfectly. It's sweet, but imagine pumpkin and almond milk thrown in with whipped cream. That's a fall festival in a cup! The owner recommended we try it slushed instead of iced, so of course we obliged. For someone who normally doesn't stray away from her favorite items, this was worth the change.

Final Review Vanessa: This drink is totally unique and all it's own. Because this drink isn't on the official menu, you have to ask for it specifically, and you totally should make the effort to do so. The flavor is much more almond than pumpkin, and the flavor floats on your tongue like an almond pillow cookie. Boba itself isn't too heavy, and the tea is sweet enough without being overpowering. The drink should DEFINITELY be made slushed and noticed, the cold of the frozen almond and pumpkin flavors combine together in a beautiful melody. I would definitely consider this to be a welcome change from the normal pumpkin and almond flavors in most of the fall drinks we see.

Taste: 9/10

Aesthetic: 7/10

Environment: 9/10 (if you enjoy anime, this is your scene!)

Price: 6.5/10

Proximity to Nonahood: 8/10 (the drive to Lee Vista isn't terrible from the Nonahood)

Panera Bread

Order: Turkey Cranberry Flatbread, Autumn Squash Soup, and a Pumpkin Sugar Cookie

Final Review Nicole: I'm a huge soup and butternut squash fan, especially when it gets a bit cooler, so this is the perfect combination for me. The soup comes garnished



with a pinch of pumpkin seeds and the orange color is ideal for the autumn season. The soup is thick, rich and creamy, which I love. Sometimes soups can be too runny. The crunch of the pumpkin seeds help add texture to the bite. As usual, Panera provides a small baguette to dip into the soup which is a nice addition as well. As for the cookie, I didn't like it. I'm not a sugar cookie fan, and it wasn't pumpkin flavored or anything.

Final Review Vanessa: For this order, we got a "You Pick Two" so Nicole took the soup and I took the sandwich. This sandwich has been a fall staple for me for the past few years. The sweetness of the cranberry and the savory flavor of the turkey bring back warm memories of Thanksgiving with the family, all wrapped up in a flatbread blanket. The warm melted cheese and crisp spinach create a beautiful combination of fall flavors that are incredibly pleasing to the palate. The sandwich is filling and a wonderful lunch. The cookie was decent, but not my favorite.



Taste: 8/10

Aesthetic: 6/10

Environment: 7.5/10

Price: 5/10

Proximity to Nonahood: 10/10 (right off of Narcoossee!)

Additional Fall Flavors (that we didn't indulge in):

Nona Blue: Pumpkin Cheesecake

PDQ: Apple Pie Milkshake

Jeremiah's Italian Ice: Pumpkin Pie Gelati

Menchie's: Pumpkin Frozen Yogurt

310 Nona: Octoberfest Beer, Pumpkin Pie Martini

Chroma: Pumpkin Cheesecake

Canvas: Pumpkin Spice Latte, Pumpkin Cupcake, Pumpkin and Cream Cheese Cake Roll

Sweet Mama's: Pumpkin Muffin, Pumpkin Pie Coffee Creamer

407 Cafe: Pumpkin Pie Gelato

Pig Floyd's: Apple Cider once mango cider on tap runs out

Tag along with us girls next month when we feature some of your favorite wintry classics and Nicole's favorite flavor, peppermint, as well as chestnut, eggnog and gingerbread (because what's more basic than that?)



Mama's Turn

A "BLOCKHEAD" Thanksgiving Tradition

SHARON FUENTES



Growing up, holidays like Thanksgiving were always a huge deal in my home. While I gleefully watched Snoopy fly through the streets of New York on tv, my mother was basting the turkey and drowning sweet potatoes in marshmallows and brown sugar. The only job I had back then was to

make sure I stopped eating before the buttons on my pants popped.

Now that I am an adult, I have a lot more responsibilities than just keeping my slacks from slacking. Not only is it my turn to prepare the harvest feast all by myself, I do it on a different date! You see, my husband is in law enforcement and bad guys don't take holidays off. For my hubby to be off on Christmas, he must work Thanksgiving. So, the Fuentes Family does their 'thanking' and 'feasting' on the 4th Tuesday of November.

There are many advantages to celebrating a major holiday before the actual major holiday happens. Grocery stores are still open if I forgot anything, I can hit all the special sales on Thursday if I want, and the biggest advantage - no one is expecting an invite to our dinner because who really wants to eat turkey, green bean casserole and stuffing two days before

they are about to eat turkey, green bean casserole and stuffing?

Of course, there are some disadvantages too, the main one being, what do you do on the actual holiday?

Years ago, the kids and I came up with a different tradition. We celebrate our "real" Thanksgiving with dad on Tuesday, then on Thursday, we have our very own Charlie Brown Thanksgiving complete with popcorn, jelly beans, toast, a folding table and even mix-and-match lawn chairs just like the classic movie version. Although I love our real dinner with my husband, it is the Charlie Brown one I secretly look forward to every year. It's just the kids, me and good old Blockhead.

One year while we were indulging on our salty sweet goodness, my neighbor, who had just moved in a few days earlier, knocked on our door asking if we had any baking powder she could borrow. "Of course,"

I said and invited her in and introduced her to my kids who were too busy fighting over the remote control to acknowledge her. I ran into the kitchen to grab the powder and left my new neighbor alone amid

what, for us, is just normal craziness. As I handed her the baking powder she patted me on the shoulder and whispered in my ear, "You poor dear." I shrugged and said, "It is what it is," thinking she was referring to the kids who were still arguing. It wasn't until we got a second knock on the door 20 minutes later and saw her standing there with a huge tray of food that I realized she must have seen our folding table and the strange mix of items on it and thought that we could not afford or had no one to celebrate Thanksgiving with. I tried to explain to her that we had our meal on Tuesday with my husband and that my refrigerator was filled with the leftovers, but we had chosen to not eat them as we had a tradition of eating a Charlie Brown Thanksgiving. But, she just kept shaking her head and repeating, "It's okay. I understand. It is what it is!" Finally, my daughter walked over, grabbed the tray and said, "Thank You, we will enjoy your kindness!" and then shut the door in her face. "Why did you

take that?" I asked my daughter still embarrassed. To which she replied, "Her pumpkin pie looks a lot better than the one you made."

Good Grief!



Nona Your Neighbor: Daniel Tracht

VANESSA POULSON



In this edition of Nona Your Neighbor, I was able to talk to one incredibly talented Lake Nona resident whose successes in musical theatre and the performing arts have landed him the role of Davey Jacobs in the Orlando Repertory Theatre's production of the Broadway hit, Newsies. Daniel Tracht is a Lake Nona High School senior, in-

credibly active in the performing arts community at the high school and beyond.

1. Introduce yourself.

My name is Daniel Tracht, I am a senior at Lake Nona High School, and I am a co-president of the thespian troupe at the school.

2. How long have you lived in Lake Nona?

I have lived in the Lake Nona area for about 16 years now.

3. At what age did you first start performing?

I first started performing when I was in the third grade at Moss Park Elementary School. However, I wasn't very serious about it until high school.

4. Tell me about how you landed the role in Newsies?

I landed the role in Newsies by auditioning for the show, working on the material I needed to present and putting myself out there in a unique way. The best way to show a director who you are as a performer is to work with your strengths and play off of them.

5. What has been the most challenging part of the role?

The most challenging part of the role has been taking a character that is sometimes underrated and turning him into someone people care about and want to support. A challenging part of the show itself is keeping my body in check and in good condition while doing eight shows a week.

6. What has been the most rewarding part?

The most rewarding part has been getting to present the incredibly relevant message of this show to people who may need that extra nudge of courage to create change.

7. What's something that you've learned from being part of such a big production?

I have learned that when people of many different backgrounds and training levels come together to create art, it is truly inspiring. I have also learned a lot about myself as a performer as I am pushed to my limits every day in this show.

8. What are your plans after you graduate high school?

I would like to study musical theatre in college after high school.

9. What's the most challenging part of being an actor?

The most challenging part of being an actor is creating a character that people can not only relate to in some way, but also finding a way to keep each performance genuine and real.

10. Where do you see yourself in five years?

I hope to be in New York in five years, auditioning for shows fresh out of college. Though my path is not set, this is where I would like to end up.



Newsies is a musical inspired by the real-life newsboys strike in 1899 in New York City. Its run at the Orlando Repertory Theatre ended on Oct. 22.

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

<http://nonahood.to/nonaneighbor>



Nona Travel: Amalfi Coast

DEB BULLEN

The Amalfi Coast puts one in mind of the classic car chase scene, driving fast around hairpin curves with the aqua-blue sea miles below, stunningly steep cliffs, James Bond style, theme music playing..

We rented an Alfa-Romeo for our three-day trip in December, the perfect ride to navigate sharp turns and squeeze into tight spots. Not that we had much of a challenge with parking in the off-season. What made this an ideal time to go was that the squares and piazzas were filled with Italians rather than the cruise ship veterans of summer travels. The locals addressed us in Italian before realizing we were American, a compliment we did not receive from Romans, who instantly knew by our lack of sartorial splendor that we were American. And then there is the winter climate – mild days and crisp nights made for wonderful walking, hiking, sightseeing and working up an appetite.

And hiking you will do. It is a steep descent to the ocean and back up, winding around stores, shops and hotels, some of which are closed for the winter months. We stayed at L'Anchor, a wonderful boutique hotel I highly recommend for the private balcony views at night, charming rooms and substantial breakfast on the patio overlooking the Tyrrhenian Sea. There are many choices of hotels, Airbnb's and villas for rent – just do your research beforehand.

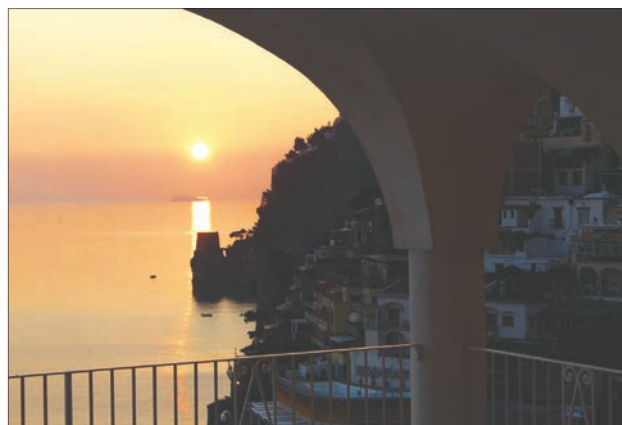


In a world filled with awe-inspiring, dazzling views, what is it that makes this one of the most desirable places to be? Perhaps it's the sense of history, scent of

lemon groves, the majesty of the views from cliff to sea, the steeply-stacked pastel villas, the church bells that ring in the evening, the shops, resorts and restaurants built into the sides of cliffs, fishing villages nestled into niches far below, and the fresh-from-the-sea catch of the day.

We traveled down from south of Naples to Sorrento stopping in Positano, where we stayed. Day trips took us to the town of Amalfi and several smaller villages that dot the coast along the way to as far as Ravello. My husband, Bill, who usually has a heavy foot when behind the wheel of a sports car, was constrained more by the picturesque views than the hairpin turns. It is sensory overload, but then so is all of Italy. We saved Salerno, a larger city, for a separate, Christmas-lights trip we took several days later with the rest of our family.

It's hard to overstate the beauty in this little slice of heaven!



How mindfulness can be your power

ODETTE VACCARO

At one point or another, we have all heard some version of: "You can't control everything that happens." As we find ourselves living in the midst of very uncertain and tumultuous times, this statement seems truer than ever. But while it is fact that we can rarely control external events, we forget that our power lies not in controlling things that happen but in choosing our response to those uncontrollable circumstances. Our power comes from a simple change in perspective.

Life happens, and with it we face a never-ending stream of situations that are many times difficult, upsetting or perhaps even life-altering. Yet, the way we perceive the events and how we choose to react to them will have an effect not only on our well-being, but also on the energy we bring to our loved ones, our communities and our work places. Our responses to life and the curveballs it throws at us can be creative, constructive and inspired, even when circumstances seem dire. This is where mindfulness can become your super power.

Most of us have become accustomed to a certain way of reacting, or not reacting, when faced with a difficult situation. It is easy to become frustrated, feel helpless or angry. Yet, when we have some form of mindfulness practice, we are able to stop and monitor our thoughts and feelings about the situation. We allow ourselves a 'breather' that can make all the difference. We create a buffer between the event, our per-



ception and our action that lets us truly evaluate our response before we engage. Giving yourself the time to breathe and clear your mind allows you to break free from your habitual responses, which may not always be the most effective or productive.

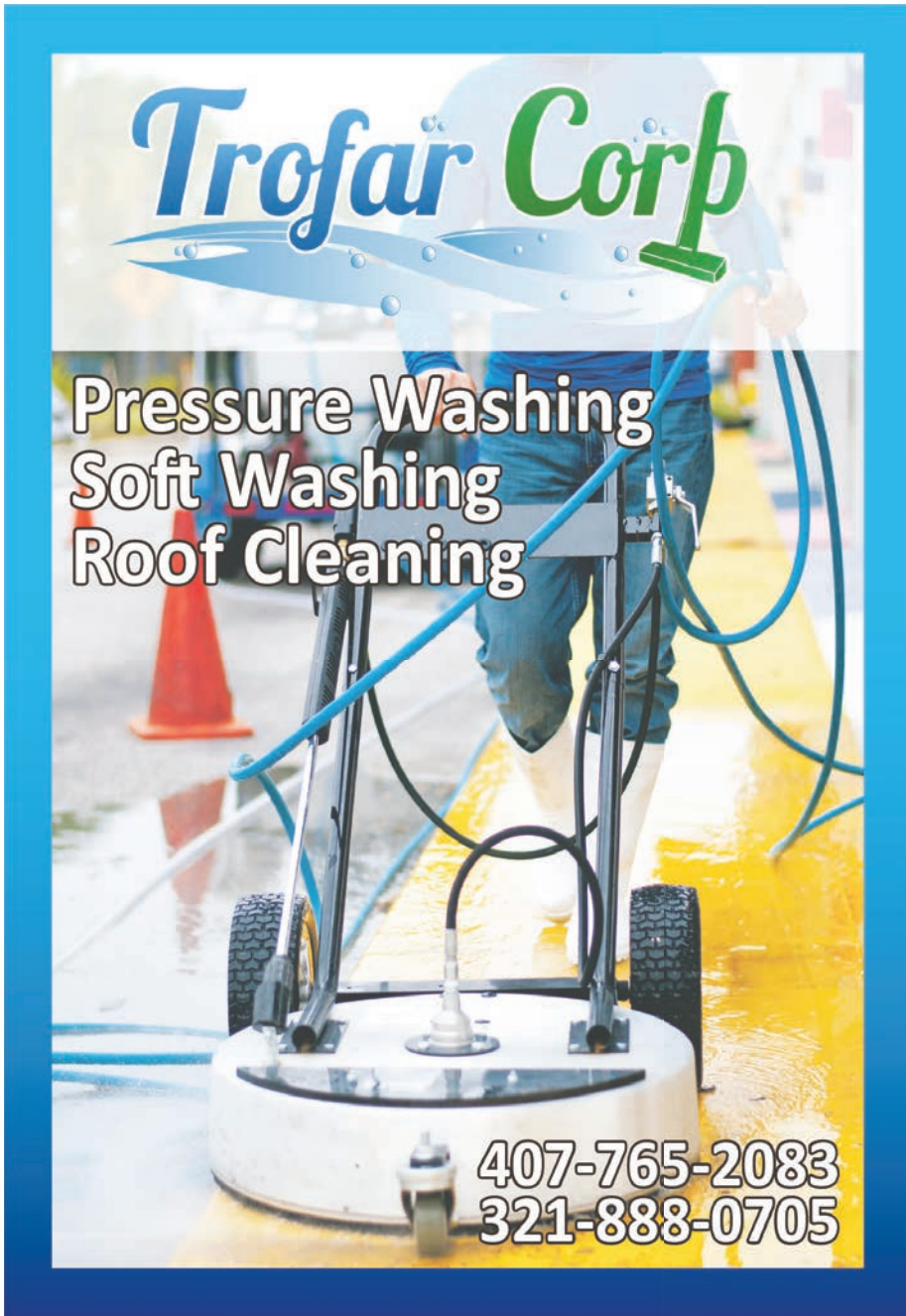
This holds true both for huge situations, such as a natural disaster, and for small, everyday incidents such as your car not starting. While it is not a new concept that we should take the time to stop and consider our actions, being engaged in a daily mindfulness practice, enables this moment to become an essential piece of our normal reaction.

In the past, it has been easy for me to fall into the trap of feeling like there is nothing I can do. Yet, with more mindfulness practice under my belt, I have no-

ticed an amazing paradigm shift. First, I am able to acknowledge how I am feeling at the moment, not discounting sadness, anger or irritation. Then, I can step back and say, "What is there now for me to do? How can I make this better? Do my daily thoughts and actions contribute to the problem or the solution?" And actually, there is ALWAYS something for me to do. A clear, calm mind is undoubtedly a better canvas for solutions. In silence, our mind is better able to access new ways of thinking and come up with answers. Sometimes, this will lead to big ventures that we may not have been able to consider if we remained stuck replaying the "there's nothing I can do about this" track. Other times, it will lead to quiet whisperings of how small, seemingly insignificant changes in our actions, words or ways we show up, can have meaningful impact on our surroundings.

Our families, communities, and ultimately our world are nothing but the sum of our individual actions, thoughts and energy we share. So, taking the time to contemplate what we are bringing to the world and doing our best to make it positive and mindful does in fact have sweeping repercussions.

The next time you find yourself facing one of these unexpected issues, how about you stop for a moment? Rather than allow yourself to fall into your old groove, breathe deep and let your inner wisdom to speak to you. You may be surprised by what you hear.



Trofar Corp

Pressure Washing
Soft Washing
Roof Cleaning

407-765-2083
321-888-0705

Nonahood Calendar

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

November Events:

- 1 LN Middle School Spirit Night at Jersey Mike's (6-8pm)
- 4 Lake Nona Cars & Coffee (8-11am)
- 4 Dream Machines Rally (8am-2:30pm)
- 4 Laureate Park Community Porch Sale (8am-2pm)
- 7 LN Middle School PTSA Spirit Night at Domino's Pizza (6-8pm)
- 8 LN Middle School PTSA Spirit Day at 407 Cafe
- 9 Caregiver College - Creating a Care Team and Community Resources
- 11 Sleuths Mystery Dinner 11th Annual
- 20 Airstream Fall Tour: Tesla Tailgate (6-8pm)

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
2nd 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.

407.962.6888 FOR PRIVATE TOUR








JP Capital Realty

RANDAL PARK ESTATES | LUXURY FEATURES
8804 Andreas Ave | CHEFS KITCHEN
4BR | 3.5BTH | 2800+SF | LARGE FENCED YARD





COME OUT

AND SHOW YOUR #SHOPSMALL

LOVE

SATURDAY | Nov
25

**LAKE NONA
TOWN CENTER**

