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APRIL 2018
Volume 3 | Issue 3

GLOBAL ANGEL WINGS PROJECT

PAGE 10

Photo by Vanessa Boy



Colette
Miller 2018

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PUBLISHER'S DESK

Living in Nona is an Adventure

BY RHYS LYNN



While we were wrapping up this April edition of *Nonahood News*, I found myself taking stock of the last few years. We moved to Lake Nona about 5 years ago and we definitely didn't know what we were in for. Fast forward to today and we've made lifelong friends, shared unforgettable experiences, and we can honestly say that these have been some of the best years of our lives. The best part is, it feels like we're only getting started. Everywhere we look there are buildings going up and cranes along the horizon. It is pretty clear that we've hit a tipping point and things are running full speed ahead.

We've seen so many businesses coming to Lake Nona and that trend is only going to accelerate. There's a

reason headquarters are moving here and businesses of all sizes are being attracted to our area. We always say that there's an embarrassment of incredible things coming here. It puts us in a great position; we never have to look far to find a great story that needs telling. Our own team is continuing to grow as well and we maintain that we've got some of the best people in the world working with us.



Last month held the sixth annual Lake Nona Impact Forum, a tour de force of high level discussion on building the wellness ecosystem of the future. Guess what? We're living in it. The opportunity for change, growth, and excellence is all here, and we can all be a part of it.

One thing that has truly made us proud to live here is how much this community is willing to give back. Just this month our community took part in so many events that help charities:

- The Tour De Cure which raised over \$850,000 to help end diabetes.
- As part of The Tour De Cure, our very own Nona Cycle team topped \$40,000.
- The Runaway Country Music Festival which benefits Nemours.
- The 4th Annual Laureate Park Charity Cornhole Tournament raised over \$7,500.
- The 8th Annual Lake Nona Pig Run raised over \$40,000 (and sold out again).

I'm probably missing something in that list - but that's just proof that we are a community that loves to give

back. It means so much to us that our community is such a giving one. Keep your eyes on the top of this month's edition to see another great upcoming charity event.

While Lake Nona is absolutely our focus, we also care about what is going on in the greater Orlando area. I was lucky enough to be selected to attend the 20th annual Mayor's City Academy, a twelve week program which provides a behind-the-scenes look at all aspects of how the City of Orlando works. We plan on covering the insights gained in a future article in *Nonahood News*. After only three weeks, the course has already been a wealth of information shared.

As always, please reach out if you feel there's any way we can better serve you - we want our newspaper to be something everyone looks forward to getting in their mailboxes each month. Drop us a line at publisher@nonahoodnews.com and let us know. *Nonahood News* is **your** newspaper, too.



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LOCAL LEADERS

National Match Day

BY DR. DEBORAH GERMAN



Dr. Deborah German

Mother and daughter had traveled this journey together when other medical schools thought Jessica Fernandez couldn't handle their rigorous programs. Four years later, supporters are showcasing Fernandez's success at UCF as inspiration for others to follow their dreams.

On March 16, they stood at National Match Day, arms around each other, waiting to learn where Fernandez would do her residency training. Maria Luisa de Curtis Fernandez kissed her daughter's head as Jessica opened her envelope and learned she'd gotten her top choice - Jefferson Medical College's duPoint Children's Hospital in Philadelphia. It's one of only three pediatric physical medicine and rehabilitation positions in the country that train doctors to care for children with move-

ment disorders caused by conditions such as traumatic brain injury, cerebral palsy and Jessica's condition, spondyloepiphyseal dysplasia. The rare genetic disorder affects bone growth and causes small stature. Jessica stands 4 feet 2 inches tall.

DuPont was the hospital program where Fernandez had surgery last year to fuse bones in her spine. She'd fallen in love with the facility's spirit, and that bond intensified when Fernandez did a rotation at the hospital months later. "They were so motivating and accepting," she said. "They wanted me to be me. With them, I can help children gain independence and mobility. I can heal patients like me."

Fernandez was one of 114 Class of 2018 UCF medical students who matched into residencies this spring. Across the country, a record-high 37,103 applicants submitted choices for 33,167 residency positions, the most ever offered. UCF's 98 percent match rate was again higher than the national average of 94.3 percent. During their fourth year of medical school, students interview with residency programs in their specialty of choice. They rank their choices; residency programs do the same. Then, a national computer matches the two. The results are kept secret until noon EST on National Match Day, when students nationwide learn the results.

2018 UCF graduates will do their residencies at top hospitals across the nation, state and community, including Georgetown, Harvard, Johns Hopkins, All Children's Hospital in St. Petersburg, Mayo Clinic, Orlando Health, University of Florida, Vanderbilt and Yale.

Even Ion, the College of Medicine's certified therapy dog, received his next assignment on Match Day. Ion's owner, Christa Zino, matched into a surgical residency at Grand Strand Medical Center in Myrtle Beach, S.C. Her residency program direc-



tor said Ion, a rescued boxer, can join residents on surgical rounds to provide comfort to patients. "I'm so excited," Zino said. "I love surgery because I can fix things with my hands. I can be that person. Now I just need to find a full-time dog-walker."

After opening their envelopes on the College of Medicine's Tavistock Green, the future physicians went to a microphone, announced where they matched and placed a thumbtack on a giant U.S. map to mark their residency destination. I told students that when they opened their envelopes, they were "opening the door to your future."

Jessica Fernandez was the second student

to announce her future. She stood on a stool to see over the podium at a Match Day crowd of hundreds. "I'm Jess," she said. Then the future Dr. Jessica Fernandez announced where she will go to heal others. And the crowd roared.

Dr. Deborah German is the Vice President for Medical Affairs and Founding Dean of UCF College of Medicine. To learn more, visit med.ucf.edu



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BUSINESS & REAL ESTATE

Behind the Scene: Certara Grand Opening

BY SOPHIA ROGERS

Last August, Nonahood News announced Certara is coming to Lake Nona. This month, we are proud to announce that Certara has officially opened its doors at the GuideWell Innovation Building. "We have opened 30 offices around the world. No. 31 will be opened here. We are immensely proud of establishing one of the largest offices of Certara," said CEO Edmundo Muniz.

As the global leader in model-informed drug development and regulatory science, Certara is committed to helping train the next generation of industry-experienced drug development scientists with real-world drug development strategy. Certara has established an exclusive fellowship program with the University of Florida, the only university to hold this honor in the United States.

The University of Florida's Center for Pharmacometrics and Systems Pharmacology's location, directly across from the GuideWell building, only makes this relationship stronger. Ranked by U.S. News & World Report as the No. 1 pharmacy college in Florida and in the top 10 nationally, the UF College of Pharmacy is a national leader in pharmacy education, research and clinical innovation. The Center for Pharmacometrics and Systems Pharmacology is an integrative academic translational science program focused on drug development, quantitative clinical phar-

macology and regulatory science based in Gainesville and Lake Nona.

Worldwide, Certara has a similar program with Monash University in Australia. The fellowship program is recognized as a big, bold idea to improve the productivity, competitiveness and innovative capacity of Australia's medtech, biotech and pharmaceutical sector.

Opening staff is comprised of four employees, including Dr. Larry Lesko. Dr. Lesko is a leading scientist in clinical pharmacology, formerly of both the University of Florida and the Food and Drug Administration. He is a consultant and key opinion leader for Certara. Dr. Lesko has influenced the profession and spurred scientific growth in clinical pharmacology, drug development and regulatory decision-making for the past 17 years. At full capacity, Certara will have 16 on staff.

Lake Nona's Medical City is forming before our eyes. The nation's leading hospitals, universities, research institutions, and health and life sciences companies call Lake Nona "home." These pioneering institutions are forming networks and synergies to advance health care while creating a job engine for the region. This is truly history in the making for Orlando.

Certara, Lake Nona welcomes you!

About Certara

Certara is a leading decision support technology and consulting organization committed to optimizing drug development and improving health outcomes. Certara's solutions, which span

drug discovery through patient care, use the most scientifically-advanced modeling and simulation technologies and regulatory strategies to increase the probability of regulatory and commercial success. Its clients include hundreds of global biopharmaceutical companies, leading academic institutions, and key regulatory agencies. A leading provider in the industry, Certara's portfolio covers preclinical, clinical and post-marketing phases of drug development. Clients include hundreds of global biopharmaceutical companies, leading academic institutions, and key regulatory agencies.

Sophia Rogers is a six-year Lake Nona area resident and Realtor/Founder of NonaHomeGuide.com. A wife and mom of four, her passions are family, relationships, real estate, and business.



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Nona Growth: Randal Park Expands on Remaining Land

BY SOPHIA ROGERS

Familiar with the green space at the corner of Randal Park and Dowden Road? Well, pretty soon there will no longer be emptiness. Plans for this parcel of land include new townhomes and retail space.

The community name will be "Randal Walk," chosen to ignite the thought that residents will be within walking distance to the proposed neighboring retail center. Because the builder is developing first, we must wait to see who the retailers will be. Mattamy Homes is planning 107 townhomes that will be similar to the product line now offered at its Tapestry development in Kissimmee. Pricing will start in the \$200,000 range.

The purchase was completed on Feb. 26. Mattamy paid \$2.35 million for about 18.5 acres on the northern end of the site, putting the location adjacent to Sun Blaze Elementary and across from Colonial Grand Apartments. Mattamy partnered with Intram Development and Blurock Investments to pay a combined \$5.85 million for 33.5 acres in total. A grading permit has been applied for, and construction is expected to start early summer.

According to Orange County Comptroller records, Mattamy will begin mass grading the entire 33.5 acres and create a central stormwater retention system. Intram and Blurock will then reimburse Mattamy for their half of the property development.

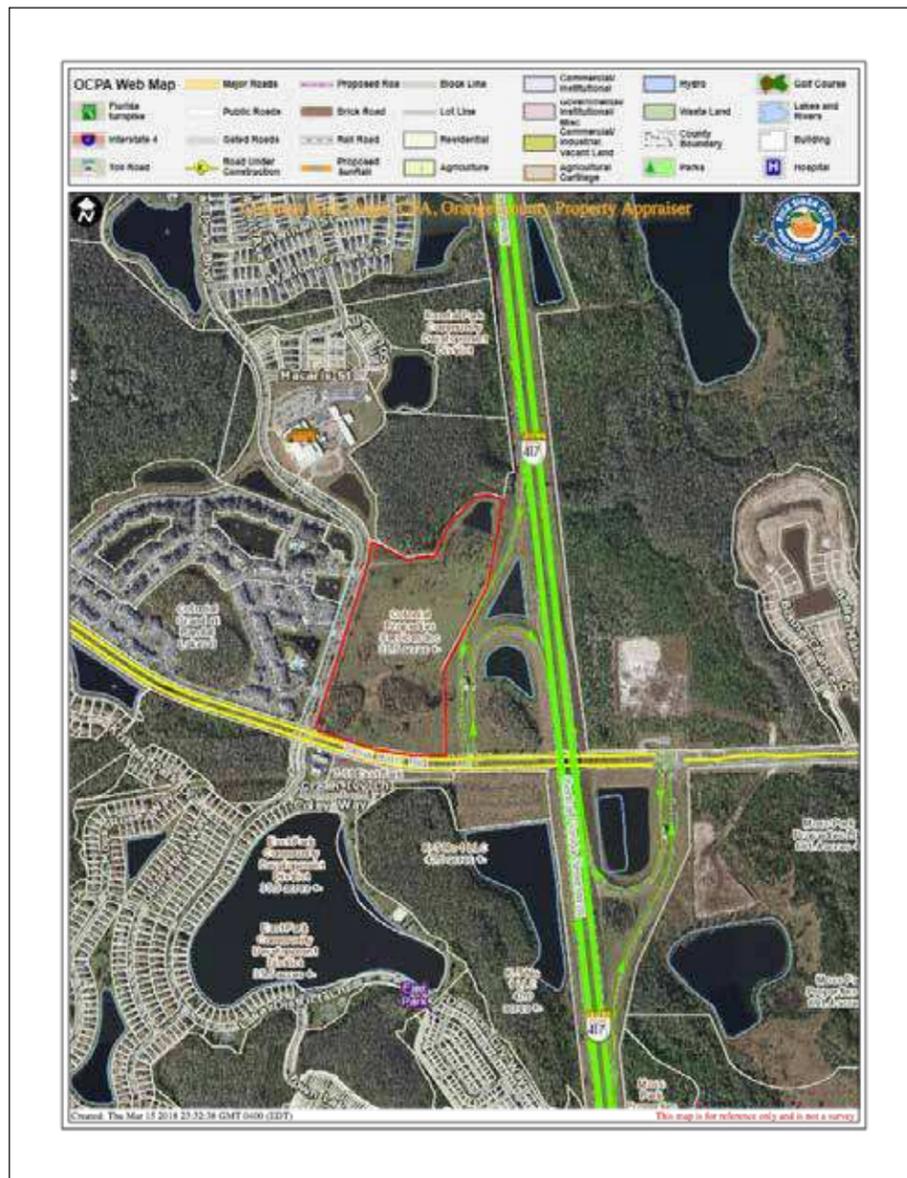
Located on the northeast corner of Dowden Road and Randal Park Boulevard, this parcel is one of the last large undeveloped pieces of land in or near Randal Park. Nearby developments include the new communities of Belle Vie by Beazer Homes and Storey Park by Lennar. The most recent commercial development nearby is a 7-Eleven that opened in 2017.

Interested in leasing commercial space? Blurock is currently looking for a grocery-anchored retail center. Visit their website, blurockcommercial.com, for more information. Conceptual designs propose 82,500 square feet of leasable area, including a 50,000-square-foot anchor.

Randal Park was established in 2012 and features miles of outdoor recreation trails, eight neighborhood parks, and a community clubhouse with fitness center, resort-style pool, splash pad and dog park. According to onsite salespeople, final opportunities remain with less than 20 homesites available for sale.



Sophia Rogers is a six-year Lake Nona area resident and Realtor/Founder of Nona-HomeGuide.com. A wife and mom of four, her passions are family, relationships, real estate and business.



Creator Mindset: Good People

BY NIR BASHAN



Nir Bashan

Where Have All the 'Good People' Gone?

I recently stayed at a nice hotel with my family. It was a staycation at a local luxury resort, and it's nice to treat yourself once in a while. But the entire time we were at the hotel, I couldn't help but think – gosh – I'd be a great hotel GM. I would run a tight ship. I would meet with staff in house-keeping. Run my finger on top of picture frames to check for dust. Make sure occupancy is high. Increase profits. Get the food and beverage program just right. Help create a memorable and meaningful guest experience. I'd lead with service first. And I'd make sure staff knew that client service was the highest benchmark upon which we would be assessed. Then, I would build us a roadmap to get there.

All things I have done before in other businesses. The thing is, on paper, I have no hard skills in hospitality. I did not go to restaurant and hotel school. I have never worked at a hotel in any capacity. Other than the occasional server job waiting tables to make ends meet, I don't have much

background or experience in hospitality.

Does this mean I would be a poor choice for a hotel GM job?

I have hired and fired roughly 500 people over my 20-plus-year career. I used to get this all wrong. I would hire on hard skills only. If the candidate did not have previous experience in the specific field, I didn't hire them. I played it safe. I looked for schooling that matched the job opening. A linear history of niche accomplishments. This has embarrassingly taken many years of my hiring philosophy into the dumps. And I often wondered why I couldn't find "good people" to hire.

Then it got worse. I overcorrected. And somewhere along the way, I started cultivating an even bigger problem. I'm embarrassed to tell you this, my dear reader, much less having had to write it down. But what I did was I hired people who were just like me. Same background. Same experience. Same hard job skills. Same outlook. Same approach.

What a disaster. It took me years to find out why none of this worked. Like most things I have learned, I learned the hard way. I would compete fiercely with my competition over available candidates. I would poach. I would steal. I would beg. Still, no good results. People would quit. Or worst – if they stayed, my hires would not produce fresh ideas. Their outlook was entrenched in past achievements. We would get "same ol', same ol'" results. No innovation. No thought leadership. No real and measurable contribution.

I thought I was doing everything right. But nothing worked.

So I started to rip apart everything I knew about

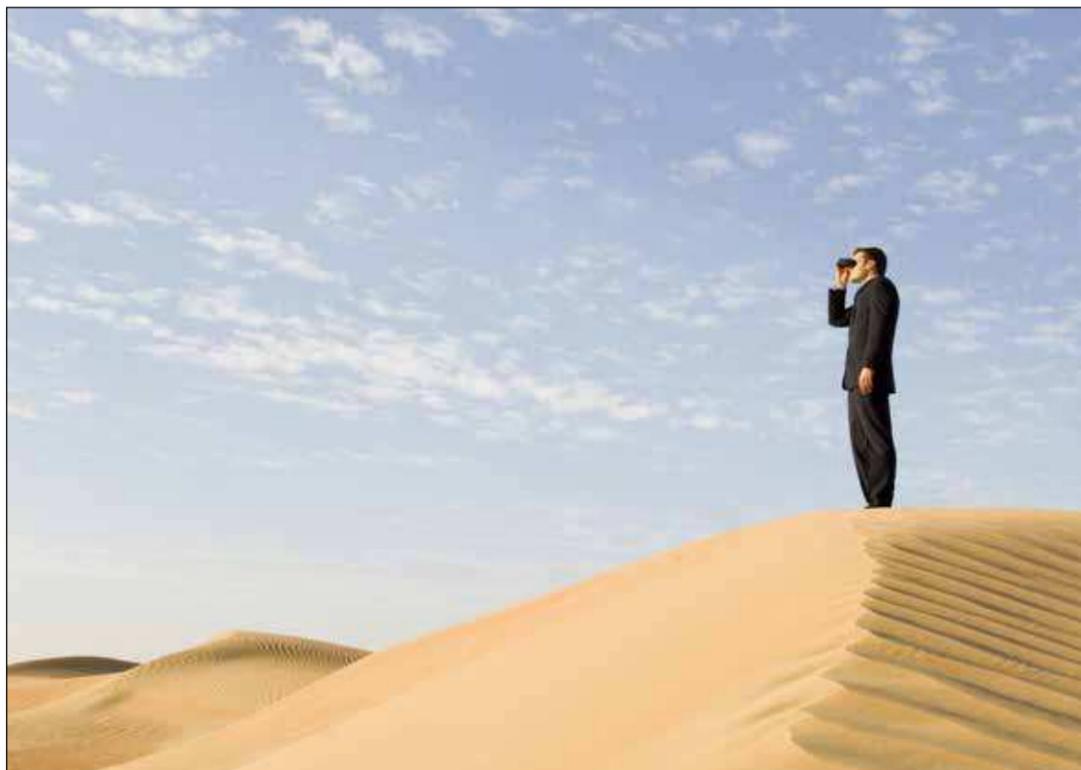
hiring. And I started to hire on soft skills instead. I'd look for soft skills like empathy. Understanding. Listening. Patience. Humor. Positivity. I would look for people who had passion. Who were interested in switching career paths. Who cared. Who showed a hunger to learn something new. I lessened my focus on hard skills and found a very rich and diverse pool of applicants with soft skills. I began to look for things like military service. Or volunteer work. Or charities of passionate importance to my candidates.

And, in that, I found meaning. Meaning that gave whatever role I had open some purpose to someone. Sure, you can fill openings all day with musical chair candidates. Those who bounce around with the same title looking for this or that advantage at the new place. But if you truly want a fresh approach – and genuinely new ideas – hire on soft skills. These are the types

of skills that make for a great unexpected candidate. But they are also the same skills that make for a pretty darn good human being.

Nir Bashan is an executive creative director/managing director with more than 18 years of advertising, entertainment and business development experience. He helps teach folks in non-creative fields how to think creatively to solve problems. He leads workshops and lectures on topics relating to The Creator Mindset. He is publishing a book on The Creator Mindset that will be released soon.

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Get In-Powered: Is What You Don't Like to Do Holding Your Success Hostage?

BY EDWARD A. RODRIGUEZ



Edward A. Rodriguez

One of my favorite phrases comes from Albert E. N. Gray: "Successful people make a habit of doing the things that failures don't like to do." Although I don't like very much the word "failures" within this context, the truth is that this phrase, along with your answers to the questions you will see below, might positively impact your life in profound ways.

You see, there are many things that successful people do that they don't like to do and still do because, among other things, the pain of doing them is a lot less than the pain and consequences of not doing them. You might want to read that again. They know what they want, they make a plan to achieve it, and they are committed to confront any challenges along the way without negotiating and with-

out excuses.

Please, carefully and slowly consider your answers to these three questions; they might be revealing to you:

1. What are three things that *you like doing*, that are a total waste of time, but that *you still do* and that are costing you time and money?
2. What are three things that *you like to do*, that *you are not doing*, but you know *you should be doing*?
3. What are three things that *you don't like doing*, that you are not doing, and that if you did them would multiply your results, would make you more money or would give you more fulfillment?

There are people who do not like to wake up early and lose productive hours of the day.

There are people who do not like to read and fall behind in their careers.

There are people who don't like to eat healthy, and their bodies are taking a toll; you get the point.

The thing is that we focus so much on what we don't like that we get totally disconnected from how our life would change and would be like if we made a habit of doing the things that are necessary for our success whether we like them or not!

By the way, I am not referring to tasks that you can delegate; I am referring to those that are indispensable to your success and that nurture your body, your mind and your spirit. No one could do your learning but you, and you cannot send someone to the gym on your behalf, although I know a few people who would love to.

Imagine for a moment how different your life would be if you started creating a habit of doing the things "unsuccessful" people hate doing. Would you make more money? Would you create better results in your ca-



reer, your job or your business? Would you be happier and more fulfilled?

As you embark on your journey, you will also discover these two things:

1. You will find some time to do what you need to do, you guessed it, from the time you will liberate from your answers to question #1.
2. As you start doing the things you have never done consistently, you will become someone who you have never been. It is not that you did not like those things at the beginning, it is that you love who you are becoming and the things will now be a reality in your life.

As Ralph W. Emerson once said, "That which we persist in doing becomes easier to do, not that the nature of the thing has changed, but our power to do so is increased."

Success has a price, but so does failure. Choose wisely, release the hostage and enjoy who you become.

Edward A. Rodriguez is a coach, co-author and transformational trainer. He is founder and CEO of Better Graphics (a promotional products company) and In-Powerment! Center (an international training company for productivity and personal development). He is an NLP, HNL, and neuro-strategy certified trainer. He has many certifications as a life and executive coach, serving clients in different countries. Edward has developed internationally known transformational programs and has co-authored books like "La Biblia de la Motivación" ("The Bible About Motivation") and "Empowered," which was co-written with other authors such as Wayne W. Dyer, John Assaraf (from the movie The Secret), Brian Tracy, etc. For more information, call 1-888-2-IN-POWER or write to info@EdwardRodriguez.com.



Business Culture: Five Essentials Of a Winning Culture

BY TRAVIS JACOB

By now, you have noticed that the Lake Nona business community is growing at a rapid rate. We have great businesses moving in every month. In this high-growth environment and ever-changing workforce amidst (sometimes daily) changes in technology, the one thing that can and must remain constant in a successful organization is a healthy winning culture.

Organizations are talking more about culture now than any time in the past. In recent years, there has been rigorous debate on exactly how important culture is in an organization and what effect it actually has on performance, productivity, and the bottom line.

In his book, *The Advantage: Why Organizational Health Trumps Everything Else in Business*, Patrick Lencioni addresses the importance of a healthy organizational culture: "The single greatest advantage any company can achieve is organizational health. Yet it is ignored by most leaders even though it is simple, free, and available to anyone who wants it." The well-known researcher and author in the field goes on to say, "Organizational health will one day surpass all other disciplines in business as the greatest opportunity for improvement and competitive advantage."

The great thing about organizational health is that it does not discriminate among organizations since it is all about the people. I have worked with both large

and small companies, and the same principles apply across the board – take great care of your employees, they will in turn take great care of your customers, and everyone wins!

Through my work with various organizations, I have found the following five principles essential in building and maintaining a winning culture in your office or entire organization. The reality is that they require very little financial investment yet can have the largest impact on success.

1. **Build Trust:** Trust is many times taken for granted until it is broken. When it is broken, it can take a very long time to regain. Here are three things you can do to make sure you are building trust: (1) make sure your guiding documents (handbook, policies, etc.) reflect the culture you desire; (2) make sure pay is fair and free of inconsistencies. People talk and know how much others are paid even if you ask them not to; and (3) do what you say you will do (walk the talk).
2. **Culture Starts at the Top:** The leaders at the top of any organization are responsible for the culture they desire. These leaders must: (1) model the desired culture, not mandate it. If you want your employees to behave and act a certain way, you must first behave and act in that exact way. I call this "trickle-down" behavior; and (2) build a sub-culture of leadership by developing current leaders and having a surplus of leaders who live and model the culture.
3. **Focus on People, Not Processes:** When your people are treated with dignity and respect and feel valued, they will perform at levels that will surprise you. As a result, your processes will actually improve. Here is how you can begin to focus on your people right away: (1)

define the value proposition. That is, define what the meaning of their work is. People love to know that what they do is actually making a difference; and (2) create an exciting work environment. Find some things to do in your office or clinic that will make the atmosphere fun and enjoyable.

4. **Speak as One:** Every leader at every level must speak with one voice. Communication is key. The message from the top must be consistent and frequent. Your people need to know exactly what is going on and how to perform their jobs to your expectations. Speaking as one both limits confusion and allows everyone to be as productive as possible.
5. **Protect the Culture at All Costs:** In a winning culture, everyone acts and behaves in a way that supports the culture and helps to make it stronger. Protecting the culture requires that you: (1) build strong team relationships through training and development;

and (2) incentivize those who refuse to fit into the culture to leave. Allowing someone to stay who does not fit the culture will have a negative impact on the rest of the team.

If you begin with these five essentials, you will be well on your way to establishing and maintaining a culture in your business or organization that will result in high morale and productivity, satisfaction among team members, and overall greater success.

Travis is the founder and Chief Culture Consultant of Ultimate Synergy. A company based in Lake Nona that consults with organizations to help build and maintain a foundation for a strong and winning culture by taking care of people and focusing on team dynamics. His email is travis@ultimatesynergy.net and his website is www.ultimatesynergy.net.





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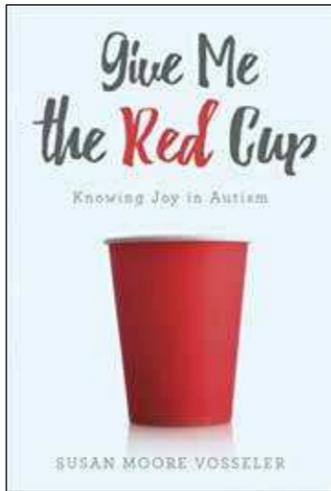


Remember the Joy: A Lesson On Overcoming Challenges to Find Gratitude

BY H. NANCY BREED

In 1999, Susan Moore Vosseler was challenged with a simple question. How would you teach an autistic child to “give me the red cup”? That single activity became her inspiration to design a holistic approach to empower caregivers of autistic children to embrace, accept and overcome challenges with compassion and empathy. Over the last decade, she has compiled her interactions and personal anecdotes into a beautiful book, *Give Me the Red Cup: Knowing Joy in Autism*, that provides her unique insight into understanding the autistic mind and leveraging its strengths to do the impossible.

“We are all a little autistic.” When speaking with Ms. Vosseler, her enthusiasm and depth of passion for the autistic community is palpable. She describes autism as different degrees of sensitivities – something that we all manage on a day-to-day basis. Whether we call them preferences or dislikes, what we choose to expose ourselves to is an expression of who we are. Focused on developing curriculum and tools for the caregivers (parents, extended family, educators), Ms. Vosseler is attacking autism from a different angle. While educators are provided with reading material and high-level guidance to develop individual education plans for children on the spectrum, often they are not ex-



posed to the psychological and emotional training that enable them to understand fully how to interact with these children. Building off of her experience as a counselor, she plans to formalize virtual offerings for teachers through her website, www.moorecounseling.today.

One child at a time. One parent at a time. Through her work with autistic children, Ms. Vosseler discovered a gap in how parents are prepared to meet the child’s needs post-diagnosis. While they are armed with reading material, forums and web resources, many parents are not enabled with the emotional and psychological support required to manage the day to day. As a behavioral therapist, she recognized that reinforcing compassion, empathy and patience helped parents to overcome feelings of helplessness, denial and guilt so that they could focus their energy on accepting the challenges in front of them and solving them with their child.

Joy carries us through the rough spots. By providing a safe space with the right tools, Ms. Vosseler has helped many families solve problems themselves. Knowing the child and knowing the parent helps her to develop a comprehensive understanding of what the families require to be successful. Teaching parents to see the joy in everyday moments as opposed to dwelling on the rough patches builds stronger connections with their children – creating repeatable solutions that help everyone accept and adapt to any obstacles thrown their way.

For more information, visit www.moorecounseling.today or read *Give Me the Red Cup: Knowing Joy in Autism*, available on Amazon.com.

Get Traction: Hey Executive Leadership Teams, You Don't Know Jack About 'Process'

BY CHRIS WHITE



Chris White

After hundreds of sessions and thousands of hours working with executive leadership teams of small- to medium-sized entrepreneurial organizations, I can tell you most don't know how to delegate systemizing their business. Every company, since the beginning of man, has core processes that are necessary for the business to run and operate smoothly. Generally, those core processes include: sales, marketing, operations, finance, customer service and HR as the foundational core processes that are required to be systemized and documented in order to create consistency and scalability within an organization.

What I've witnessed is that executive leadership teams are great at identifying their company's core processes that make up their unique business model, but they are horrible at mapping and documenting the process, which results in a lack of accountability and inconsistency in the organization. The reason they are horrible is that they don't live, eat and breathe the

process on a daily basis. It's that simple. The mistakes leadership teams continue to make are that they don't include the people in the business who live the process on a daily basis. Instead, they end up spending hundreds of hours and draining resources to create a 1,000 page manual that is so complex nobody in management understands them let alone has the time to train and enforce them.

As a Certified EOS Implementer, I teach the Entrepreneurial Operating System® (EOS®) and help leadership teams strengthen the process component of their business. Leadership teams following the EOS model identify the company's core Processes, then delegate the mapping and documenting to the appropriate manager of each process. The manager then assembles the team of employees who live the process to map it and identify the points of pain that act as obstacles, barriers and bottlenecks. By delegating these responsibilities, the executives are putting the appropriate people in charge, empowering them and building a culture rooted in trust. The end result is a process that has been systemized and documented by the people who know it best.

My passionate plea to all executive leadership teams: Let go! Delegate process mapping and documenting to your people and you'll get what you want from your business: Real. Simple. Results.

Chris is a successful Entrepreneur, Author and Head Coach at Traction in Florida. He's passionate about helping entrepreneurs get what they want from their business. Learn more at <http://tractioninflorida.com>.



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FEATURES

Local Art Urges The Public to Take Flight: The Global Angel Wings Project Soars to Jacq & Jack

BY VANESSA POULSON

Art, as understood in the past and present, often serves no purpose other than to just be itself. Through beauty, a sense of mutual understanding between the artist and the audience, as well as somewhat of a sense of vulnerability on both sides, one can find strength in the creation and gain something from the piece within themselves.

The Global Angel Wings Project, founded by Colette Miller in Los Angeles in 2012, has landed here in Lake Nona on the face of Jacq & Jack, where a beautiful pair of skillfully crafted, stunning, painted angel wings now find their home.

Unique art is becoming harder to find these days, whereas a lot of organizations are continuing to push for “commercial art,” meaning pieces crafted by companies or organizations to appear like art, but rather serve only

as part of the ambiance for a business, rather than simply something to captivate the audience in a unique manner.

The Global Angel Wings Project, as described by Colette Miller herself, is to help remind humans that “we are the angels of the Earth.” The wings are painted to be human-sized and easy to interact with posed photographs, thus allowing onlookers to become part of the artwork themselves. Miller has painted the wings globally, from Kenya, to Cuba, Taiwan, and all across the United States.

“Humanity, the good in humanity, the divine in us all to activate ourselves, to remind us.

Yoga it’s called namaste, maybe...” said Miller regarding her motivation to start painting as part of the wings project. “I really just had a vision driving around city of angels, LA, of huge wings - kept seeing them in my mind on walls. I wanted to start making them as street art so people could interact and feel so I did, the wings just came into my mind.”

Tiffany Cameron, founder of Jacq & Jack and an artist from Los Angeles, was inspired to contact Miller due to Cameron’s personal desire to bring artistry to not only Jacq & Jack, but to the Lake Nona community as a whole. Cameron was inspired to reach out to Miller after finding the wings online in 2013. However, the journey in finding the wings was not an easy one, and in the early days of social media, it was nearly impossible to track down where Instagram “influencers” were taking some of their photos, which included shots of the wings.

Photos by Vanessa Boy



“I started hunting around DTLA trying to find them,” said Cameron. “I love the idea of an artist allowing their art to be a blank canvas for others. For it to turn into the relationship that I have with Colette now, it’s surreal.”

This relationship led the two women to connect at Jacq & Jack, where Miller crafted a pair of wings for the side of the building, right in the center of Lake Nona: The Town Center. Cameron and Miller both see art as a way to connect and enlighten the community, spiritually, mentally, and beyond.

Cameron hopes that the inclusion of the wings on the wall of Jacq & Jack will inspire other artists to create artwork of their own in the Nonahood, and diversify the art scene in the Lake Nona area.

Jacq & Jack already features a variety of art of their own beyond just the wings from The Global Angel Wings Project. Inside Jacq & Jack, patrons can find art all around the inside of the space from a variety of different artists: Evan Sahlman from West Palm Beach, Daniel Patrick Simmons from Sacramento, and Ashley Heafy from Orlando. Together the pieces form a cohesive aesthetic theme throughout the building.

Art, as described by Miller, can bring us

what she calls “pause.” “It can lift us or make us think, meditate. If it’s successful, you can feel the soul of artists.” In this busy world, it has become gradually more difficult to find a moment to breathe and simply enjoy what is around us for what it is, rather than what we are searching to obtain. Humans, as Miller has mentioned, are exceptional in their ability to find new ways to change and improve the world, and through the recognition that each of us as individuals are art and truly “the angels of the Earth,” art can be the fuel to which the world is made better.





Special Olympics Florida's Newest Board Member Brings PR Savvy

BY NICOLE LABOSCO



Josh Wilson

Special Olympics Florida received its newest Board of Director member, Josh Wilson. Wilson is Nemours Children's Health System director of public relations, and he is a top strategic communications advisor. With that skillset, Wil-

son will bring a wealth of knowledge and experience in public affairs, media relations and strategic partnerships, along with significant business and financial expertise. "I spend most of my waking hours thinking about how to effectively tell the Nemours story to a wide variety of audiences. I hope my background in public relations will bring the board some fresh ideas around communications that will help shine an even bigger light on the amazing work of the Special Olympics, and we can reach more people across the state," said Wilson.

Having worked with children and young athletes for a couple of years, Wilson discovered his passion of helping others. "Long before I came to Nemours, I developed a passion for helping people with intellectual disabilities through my uncle, Tom, who had Down syndrome. He was

always very involved in activities like bowling, and I know that it created a lot of joy for him and comfort for my mom and aunt to know their brother was having such a good time making friends and being involved. I think that perspective will be an excellent reminder that the Special Olympics programs benefit the athletes and the entire family."

When asked what made him want to join the board of directors, Wilson mentioned the connection both positions at Nemours and now the Special Olympics have already established. "My employer, Nemours Children's Health System, has a really strong relationship with the Special Olympics as many of our patient families benefit from the organization's programming. In particular, we have supported the Young Athletes Program, which creates opportunities for kids two to seven years old. I was able to witness the smiles the Special Olympics created for not just the children participating but their families as well, which is also vitally important. I was able to meet some of the organization's leaders and saw first-hand that this was a very well-run nonprofit."

One of the first things Wilson would like to implement as a board member is learning about the audiences the Special Olympics has struggled to reach to determine if there's a way to share the organization's story with them. Some goals of his while serving on the board are to help Special Olympics Florida grow and continue to reach more Floridians who would benefit from the programming. "In particular, I am interested in the Healthy Athletes program, which is focused on improving athletes' ability to train and compete. From my vantage point at one of the state's three freestanding children's hospitals, I hope I can advance the mission of that particular initiative."



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Medical Experts Call Central Florida Home

BY KAREY FREEMAN

We all love Central Florida for the year-round sunshine and it seems the best and the brightest medical experts in the country are no different. Two of the best vascular surgeons in the country live amongst us in Central Florida and they love sharing their passion for vein health with their patients. The Central Florida Vein & Vascular Center is home to Dr. John Horowitz MD, FACS and Dr. Harry Agis MD, FACS, who are both Diplomats of the American Board of Venous & Lymphatic Medicine. This certification is held by only a few hundred in the country and sets them apart from other physicians who practice vein care. Central Florida residents are truly blessed to not only have one of these highly qualified doctors living in their area, but TWO!

What is the American Board of Venous & Lymphatic Medicine?

The American Board of Venous & Lymphatic Medicine (ABVLM) sets a high standard for physicians who diagnose and treat venous and lymphatic disorders, including varicose veins, chronic venous insufficiency, and venous leg ulcers. Established in 2007, the ABVLM's core mission is to improve the standards of vein care practitioners. When vein care is held to a high standard, patients can receive the excellent care they deserve. Many vein care practitioners still hold a medical license, which proves that they meet the *minimal* competency requirements for diagnosing and treating patients. However,

board certification proves that a physician has specialized in the field and possesses superior knowledge, experience, and expertise.

How Does a Physician Become Board Certified?

Physicians who apply for board certification must go above and beyond the minimal requirements for practicing vein care. ABVLM requires physicians to have completed all requisite training or experience requirements, while keeping up with current vein care research and passing a certification exam. This examination is currently the most comprehensive test of vein disease knowledge available. Physicians who have met these rigorous requirements can confidently say that they know and understand how to handle a patient's venous care.

Why Should I Seek Treatment from Specialists Who are ABVLM Certified?

ABVLM certification separates specialists who are dedicated to vein care from physicians who meet the minimal requirements to practice venous treatment. Quality venous care is important; venous insufficiency does not simply disappear when left alone. Over time, a slightly irritating varicose vein has the potential to become a larger health concern, such as a blood clot or a venous ulcer. Early treatment from a specialist who is highly skilled at accurately diagnosing and treating veins can help you get back to healthy, pain-free legs. **The best vascular surgeons in Orlando** at Central Florida Vein & Vascular Center can answer the questions you may have about vein care and keep you comfortable and happy throughout all steps of treatment. This board certification has proven that Dr. Horowitz and Dr. Agis have dedicated themselves to the level of vein care that you need and deserve. And the rest of the team at the Central Florida Vein & Vascular Center has the same pas-



Dr. Harry Agis MD, FACS (left) and Dr. John Horowitz MD, FACS

sion for patient health and comfort, from the moment you schedule a consultation through the day you enjoy beautiful, pain-free legs which is why they have been recognized as Orlando's Top Physicians for the last two years in a row by Orlando

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LAKE NONA IMPACT FORUM

INTRODUCTION: DISCOVERING THE FUTURE OF HEALTH AND WELLNESS

BY VANESSA POULSON

From Feb. 28-March 4, the Lake Nona Impact Forum had all eyes on Lake Nona with some of the biggest names in health and wellness, including Dr. Sanjay Gupta, chief medical correspondent at CNN; Dr. Mehmet Oz of the Dr. Oz show; and Dr. Richard Carmona, the 17th Surgeon General of the United States. This event highlighted some of the successful work and projects of local Lake Nona residents as well as the accomplishments of those in the medical field far beyond Central Florida.

Lake Nona is being recognized not only as a wonderful place in Central Florida to raise a family but also as an innovative and essential part of the rapid innovation of health and wellness that extends into the future of healthcare. "When I see Lake Nona, and the growth that has occurred over the last decade, I see the future of healthcare for our nation," said Dr. Carmona in an interview at the Lake Nona Impact Forum.

So, what is healthcare going to look like as the 21st century progresses? This, among other big questions surrounding the future of innovative healthcare, seemed to be the

focal point of the forum, especially in some of the earlier talks of the event. There was a lot of discussion around the connections developing between the creation of a healthier self and community and how these two themes will carry on into the 21st century.

Themes like mental health, diet and exercise as well as sleep and sporting activity continued to be brought up and discussed in detail throughout the forum, reminding listeners how important the balancing act of overall health and wellness will continue to be into the future. "When the right businesses and institutions are located in proximity, they have the ability to foster collaboration and generate industry breakthroughs. At Lake Nona, in less than a decade, we have built a community on this strategy that has allowed us to bring in the right new industries to the region to fuel economic growth and job creation," according to a statement made on the Lake Nona Impact Forum website.

Though these themes are topics that have been long discussed as far as health and wellness goes, other more innovative suggestions were also elaborated on by the speakers of the forum, includ-

ing where the digital age of health and wellness will take us. These modern medical technologies – such as the use of Electronic Health Records (EHRs), Health Information Exchange (HIE), Nationwide Health Information Network (NwHIN), Personal Health Records (PHRs), patient portals, Nanomedicine, genome-based personalized mobile home healthcare, cloud computing, and social media – are all changing the way that health and wellness is understood, conducted, and executed in the modern age.

The future is bringing more medical technology, healthy communities, and deeper understanding of topics such as mental health, addiction, and the importance of access to medical treatment to light, and the Lake Nona Impact Forum took to each of these hard-hitting subjects with focus, diversity and expertise that only the best in the medical community could provide.

Read on to the rest of our topics regarding the Lake Nona Impact Forum to find out about the culture involved in creating the healthier people and communities of tomorrow.



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LAKE NONA IMPACT FORUM | PROMOTING A HEALTHIER SELF AND COMMUNITY

BY VANESSA POULSON

Often in current news, we have seen an intensive focus on the importance of personal health. It is becoming more prioritized by employers and communities to foster an environment in which the community is healthy on a mental, physical and emotional level, as well as in the lives of the specific individuals who inhabit the area. With the increase in medical technology already described in previous forum sessions, there is no topic more in the hot seat than mental illness and personal health and how each of these aspects relates to the overall health of the community.

Here is how the Lake Nona Impact Forum described changing technology in promoting healthier communities and individuals: "New approaches to national healthcare policy will certainly be impacted by digital and mobile technology, which has the opportunity to transform medical practice from the population-based approach of treating illness to individualized medicine. Dr. Richard Carmona, the 17th U.S. Surgeon General and current Chief of Health Innovations at Canyon Ranch, led a riveting discussion about how digital technology and genetic knowledge could fundamentally change the way modern medicine deals with patients and diseases."

Given the rising rates of mental illness, and the renewed focus on the impact of mental health on daily lives, speakers like Dr. Carmona and Linda Rosenberg, president and CEO of the National Council for Behavioral Health, touched

on the costs of mental healthcare, the innovations in mental healthcare being made currently, and what it means to have a society that is all the more mentally healthy.

Mental health presents itself not only in how we express our personal thoughts and feelings each day but also in our interactions with other people. Our mental health can often be a telltale sign of our physical health as well, which was another important and reoccurring theme throughout the forums that followed.

In talks such as "Breaking the Mold for Medicine" and "Go With Your Gut/ Understanding Inflammation and Its Impact on Health and Wellbeing," there was intense discussion on the importance of taking care of your individual body and monitoring both your diet and exercise to help maintain a good quality of life. There was specific focus placed upon the health of the immune system as well as what prevention of inflammation can do for your overall health. "Your thoughts, your feelings, your diet, stress, exercise, environmental toxins are washing over genes to create the expression of who you are right now," said Dr. Mark Hyman, board chairman of the Institute for Functional Medicine.

While focus on individual health is incredibly important, much of the committee discussions revolved around the topic of smart cities. A smart city, according to a variety of sources from inside and outside the Lake Nona Impact Forum, includes finding creative



solutions to foster healthier communities, complete with "smart" solutions, including technology, health and wellness advising, and medical care. These healthy communities could include increases in the number of safety features a community has access to, better management of diseases like the flu, and improvements in conservation efforts based on scientific research.

Lake Nona has already been noticed as a high-performing and dynamic, developing smart city, which has seen significant advances in medical, sport and lifestyle technology that have caused a variety of other developing communities to take notice. "Smart cities is not about open data, but the people. Digital technology can enable and transform lives," said Anil Menon,

global president, Smart and Connected Communities, Cisco, before cautioning the public not to leave the development of smart cities up to technologists because "we'll screw it up."

Menon made this statement in part because smart cities are designed to rely so heavily on the people who live in them. The data collected and the information drawn from a more meaningful understanding of what personal health and wellness means cannot be computed by simple mathematics; it requires real humans to be involved and understood, which was a focus of so much of the overall forum.



LAKE NONA IMPACT FORUM | OPIOID CRISIS IN THE UNITED STATES

BY VANESSA POULSON

The opioid crisis in the United States involves some of the most staggering epidemic-related statistics we have seen in recent years, including perhaps the most alarming figure that 116 people die from opioid overdose every day. Along with this staggering statistic, other data reported by the U.S. Department of Health and Human Services includes figures regarding the economic cost, such as the fact that \$504 billion has been spent on the epidemic as of 2016.

"Overdose and accidental poisonings are the number one cause of unintentional death in America today," said Dr. Sanjay Gupta, chief medical correspondent of CNN, during the forum discussion on opioids. The Centers for Disease Control and Prevention (CDC) currently estimates that the total economic burden of prescription opioid misuse alone in the United States is

\$78.5 billion a year, which includes their calculations for healthcare, lost productivity among workers, addiction, treatment, and criminal justice involvement.

This talk at the Lake Nona Impact Forum was both controversial and informative and brought the epidemic to light in Lake Nona. Here in Florida, approximately 5,725 deaths (1,483 more than in 2015) were directly caused by opioids or the drugs were found in the bodies, according to an article by the *Orlando Sentinel*.

Part of the problem with the opioid crisis, as described by many of the forum's panelists, includes the stigma that surrounds the discussion of opioids and addiction. "There is still so much stigma about addiction in our culture, in the language media uses, in people not having access to treatment, and the fact that less than one in 10 addicts is seeking treatment because they are ashamed to tell their family,

friends or employer," said Shannon Hartley, Shatterproof's chief marketing officer. "We need to focus on opportunities to reduce stigma, change the way substance abuse is treated, and create national principles of quality of care." This lack of discussion has forced many to believe that there are not other means of treating chronic pain outside of the use of opioids, which the forum also touched upon in suggesting non-opioid-related treatment for a variety of chronic pain-related issues.

A recent study in the *Journal of the American Medical Association* throws into question how well opioid drugs actually treat acute pain. In the study regarding opioid vs. non-opioid pain treatments conducted by Andrew K. Chang of the Albert Einstein College of Medicine, researchers assigned 416 emergency room patients with moderate-to-severe pain to one of four treatment groups. Three of the treatment groups received a combination of a common opioid painkiller (either oxycodone, hydrocodone, or codeine) plus 300 mg of acetaminophen, a common non-opioid pain medication often sold over the counter as Tylenol. The fourth group received 400 mg of ibuprofen, a non-opioid painkiller, plus 1,000 mg of acetaminophen. The result of this study pointed to all four groups experiencing the same levels of pain relief. While opioid drugs did help to reduce pain, they were no more effective than a combination of non-opioid painkillers.

Another present cause in the misuse of opioid medications points to adolescents and young adults facing an increased amount of pressure in the

academic realm to increase their performance in school. This increase in pressure is raising stress, antisocial behaviors, and anxiety levels among young people, causing them to turn to opioids to "manage" their pain. "We're telling kids 'don't do it' as opposed to [asking them] how are you?" said Congressman Tim Ryan, U.S. Representative for the 13th District of Ohio, during the panel.

There are currently some steps being taken by Congress to help combat the opioid crisis in the United States, including a declaration by President Trump in October that the opioid epidemic is a "public health emergency," which allowed states to have more flexibility in responding to the crisis. A bill that would limit initial opioid prescriptions to one week was presented to the Florida state legislature, but many lawmakers in the state say that more should be done to combat the epidemic. However, with the recent Parkland school shooting, discussion on the opioid crisis has been brought to a halt as the state struggles with other issues.

"We tried 'just say no to drugs'; it doesn't work. This is a behavioral health issue. Why are young people feeling the need to escape and treat depression or anxiety with medication?" said Hartley. "We need to understand the pressures they are facing. There are all these opportunities where we need to think of overall health and wellbeing vs. just don't do drugs."



LAKE NONA IMPACT FORUM | WELLNESS CENTER COMING TO LAKE NONA: Q-AND-A WITH EXECUTIVE VICE PRESIDENT



BY NICOLE LABOSCO

On March 2 at the sixth annual Lake Nona Impact Forum, Tavistock announced a state-of-the-art performance, wellness and medically integrated fitness facility. This innovative creation is in partnership with Signet, LLC and Integrated Wellness Partners (IWP). The center will be located across from Lake Nona Medical City in the Lake Nona Town Center's second phase of development. Jim Ellis is the Executive Vice President and the Managing Director of IWP. *Nonahood News* had the pleasure of sitting down and speaking with Ellis to get more details about the staple facility coming to Lake Nona.

NHN: You mention that the only way to overcome the national healthcare crisis is through prevention. How do you and IWP (Integrated Wellness Partners) plan to encompass that mission in the Lake Nona wellness center?

Jim Ellis: It really represents a new resource for the community that brings together the latest in understanding concepts around health promotion with traditional medical services to create a comprehensive approach to being well. So, in a facility like this, you're going to be able to work on the lifestyle issues that are underlying most of the disease and comorbidities in the country, so things like helping to reduce obesity, and diabetes and orthopedic problems. This idea of creating a connected community through wellness activities will all be addressed in this new center, and the ultimate outcome is decreased problems with health issues for people in the community.

NHN: You speak about preventing diabetes and other health issues. Are there going to be programs geared toward specific diseases that people might have?

JE: Yeah, so absolutely and typically they will be focused on the lifestyle-related diseases to be able to assist in preventing them, but also for people we will have programs that help people recover from the results of these lifestyle-related diseases. So, whether you're somebody who has diabetes but needs to be on a diabetes management program, we'll have programs specifically available in the wellness center for people to avail themselves of all the integrated resources that are there ... so appropriate activity, registered dietitians to help with your diet, behavioral specialists to help you inculcate the behaviors, the healthy behaviors that you need ultimately to be healthy over the long run. So, there will be programs like that for a whole myriad of different diseases that people are afflicted with.

NHN: How many programs do you hope to see available to the public?

JE: Ultimately, there will be dozens of programs that range from these very preventive types of programs – where you're trying to prevent people from getting overweight or you're trying to prevent people from developing orthopedic problems or you're trying to prevent people even from developing certain kinds of cancers that are related to lifestyle – all the way to these programs that are involved in actual recovery, so there will be dozens of them over time and through the collaboration with our partners in the Lake Nona community, in the Medical City, out at the Sports Innovations District, and really around the entire community, the business community. We'll create all new programs based on needs that emerge in the community once we start operating the center.

NHN: The center is all about welcoming every individual, from the amateur to the elite athlete. The center will also be family friendly. How will children be incorporated into the center? Will there be youth specific programs?

JE: Yeah, absolutely! You know, being well is a generational issue, it's a family issue, and we don't want to close

out any segment of the community. So, we will absolutely have programs for children both at the center, but we want to be able to bring our resources out into the community and work in the school systems alongside the educators to teach young people how to, at very early ages, start to take control of their well being because the sooner they learn that they're in control of how they feel and learn behaviors and get access to resources, will set them up for a lifetime of being well. So, we don't have to wait until they're in high school or they're in college or beyond to start to address these lifestyle-related issues that can have a negative impact on their long-term wellbeing.

NHN: How will the wellness center transform the Lake Nona community? The area's already known for the established beginnings of its Sports & Performance district. How will this elevate it even more and how will the wellness center stand out?

JE: So, we see the wellness center as really augmenting everything that's already in the community, providing additional resources to organizations like the USTA. They have well over 100,000 people a year will be coming to their site and are already coming to their site, and we're able to supply additional services to those people who are coming to the community, whether it's wellness services, if they're here visiting the USTA and they want to get a wellness assessment done and a personal wellness program developed for them that they can then take back with them to wherever they live, we'll be able to supply that. If they have athletes who want additional sports performance training, we're going to have a fully outfitted state-of-the-art sports performance facility within this wellness center, and we'll work closely, hand in glove, with the USTA to help provide sports performance training for their tennis athletes, specifically for their tennis athletes. So, it's not intended to replace anything that's in the community or compete with anything that's already in the community, but rather to augment and provide additional resources to what's already available.

NHN: In your opinion, how do healthy living and wellness initiatives reshape a community?

JE: Well, really, at the end of the day, we're all about in some way, shape or form being happier. And a big part of being happy is being healthy. And these health and wellness initiatives, as you know, science has revealed to us, are really what underlies the opportunity to be healthy over the long run because so much of disease is related to unhealthy lifestyles. If we can intervene and we can educate people before they start suffering from these lifestyle diseases, now we're creating a community that has less disease, is more prosperous and ultimately is happier, and that's really, at the end of the day, what we're about. I always tell people we're in the happiness business.

NHN: You oversee and are responsible for corporate strategy, including staff. How many jobs do you foresee being created for the Lake Nona and greater Orlando area through the development and establishment of the wellness center?

JE: So, ultimately in this facility, there will be around 100 jobs that will be associated with this facility between full and part time. And it'll range all the way from people who are involved on the hospitality end of what we do all the way to people who have very specific degrees in exercise physiology and dietetics and behavior change. There'll be, obviously with the clinical and medical integration in the facility, there'll be physicians and all the support staff that goes along with physician

practices and medical services.

NHN: What type of physicians can we expect to see at the center?

JE: The different kinds of physicians and medical services you'll see in this building will range everything from primary care docs to sports medicine docs to orthopedists to endocrinologists to bariatricians – all the kinds of medical services and medical specialties that are related to preventing lifestyle diseases. We're creating really a hub or an epicenter of wellness where you can go and get and see your physician or...and on your way out you might stop and take a yoga class.

NHN: You've already developed 18 health and wellness centers across the U.S. What's going to separate the Lake Nona facility?

JE: So, really it's the environment that it's going into. And this is where our partners in the community, prime of which is Tavistock, have this vision for the community that they've built around health and wellbeing. And what we're doing is, in my perception, is we're kind of literally and figuratively putting the beating heart of this idea of a community of wellbeing right in the middle, literally in the middle of the community, and that's this medically integrated health and wellness center that will serve as the resource for the entire community to not just serve the people who happen to come into the building, but really to serve as a platform to call us the resources and the expertise to then launch programs out in the community and in various places, whether it's in the schools or business to truly create this ecosystem of wellbeing in the community. That's a rarity. This is what makes Lake Nona so unique. It's taking all of the concepts that all of the thought leaders at the impact forum talk about and actually putting them into practice on a scale, on a community-wide scale. That's what's different about this project.

NHN: Where does your passion for medically-based fitness and wellness come from?

JE: Yeah, yup, almost 30 years, I hate to admit it. You know, like, I feel very fortunate because I'm one of the few people who is able to make their avocation their vocation. As a kid, I was, I always loved sports, and I always loved working out, it just – it was one of those things I was drawn to from a very early age. Back in the '80s, when they started offering graduate degrees in exercise physiology, I knew right away that's what I wanted to pursue, and I was fortunate to get into clinical exercise physiology, which is utilizing exercise, prescribed exercise, to help prevent and treat diseases. And that led me into developing, getting the opportunity to develop these medically-integrated wellness centers.

NHN: 30 years in this field means lots of personal experiences and lessons. How have those lessons helped to shape your plans for the Lake Nona wellness center?

JE: Yeah, so, one of the things I've

learned over my career, probably the biggest takeaway, is that everybody wants to be well. It doesn't matter your age, it doesn't matter your socioeconomic condition, it doesn't matter whether you've suffered from chronic disease or you're an elite athlete – everybody wants to be well. And really the magic or the key is to provide people with education, how to take control of their own wellbeing, resources like this wellness center represents, and support over the long-term to help guide them along their individual wellness journey. That's really what I've learned over a whole career – everybody wants to be well. Everybody just needs access to understanding and resources and help, and that's really what's at the core of the concept of this wellness center and I believe the entire community of Lake Nona.

NHN: With TechnoGym, as a member who can't make their weekly class, is there some way members can access the class from home?

JE: Yeah, so that's a big, that's a big emphasis in technology now is to be able to stream content to people. So that if you can't make it to the wellness center that day or that week, there's content available for you where you can actually even participate in a live, ongoing class, whether it's yoga or it's a wellness education class or it's a lecture by a physician – you'll be able to get that content right through the technology and through the app. It's another way to keep people connected right, with the resources that the wellness center represents.

NHN: Do you have any tentative groundbreaking dates?

JE: So, um, the facility...we expect the facility to be open in late fall of 2019. And typically, there's from groundbreaking to opening of the facility, there's about 14 months, 14 to 15 months, so I would suspect you will see a groundbreaking here in the next couple of months that will allow us to stay on that schedule, so that we can open, again, late fall of 2019. We're excited about it, and time will fly! We're going to be in the community really from this point on, really working to educate the community about just what kind of resource is going to be made available to them and how it fits into the overall vision for the community and that it's – it's really being provided for them, for their wellbeing, and we want to invite them in at a very early stage to start to get familiar with the concept, so we'll be in the community working for all of this time before the actual physical facility opens helping to educate the community, working with our partners, to bring services and help promote ideas before the center actually opens.

For more information about the wellness center, be sure to check out our digital article: [Lake Nona News » Features » "BREAKING: New Fitness and Wellness Facility to Debut in Lake Nona."](#)



Photo Courtesy Lake Nona



LAKE NONA IMPACT FORUM | A CALL TO HEALTH

Photos Courtesy Lake Nona

BY VANESSA POULSON

Lake Nona currently seems to be one of the most prominent power players when it comes to health and wellness. From the diversity of restaurant and food offerings in the community to the endless stream of outdoor activities and fitness centers housed throughout the Lake Nona area, there is no shortage of ways to remain fit and active while living here.

The Lake Nona Impact Forum made some very powerful points and highlighted just some of the ways people can keep themselves fit and active, as well as healthy overall. Though the forum was visited by some of the most powerful people in the health and fitness community from far beyond the Lake Nona area, it was the regular citizens who benefited the most from these talks. "Technology can democratize healthcare. We should all be catalysts like Lake Nona and use tech to bring a healthy future," said Dr. Daniel Kraft, chair of medicine at Singularity University and the founder of Exponential Medicine.

Every person who attended the forum was allowed access into a world of health and fitness they may not always be privy to. The diversity of the talks – ranging from methods of balancing nutrition with exercise, finding better ways of pursuing healthcare in America, and even just relearning what it means to have good sportsmanship on and off the field – provided both answers to questions and thought-provoking ideas for all people looking to take better care of themselves on the individual and community levels.

As communities around the world continue to grow and change, and as the human race continues the quest for better ways to help care for ourselves, the questions that push us each to do better and make life better for people of all backgrounds will continue to stick with us as our species innovates toward a better tomorrow.

Mark King, president of Adidas North America, perhaps summed it up best, saying, "All humans have much more potential than they've tapped into. The gap between aspiration and resource is creativity. Creativity is what drives the development."



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The Key to Success: Better Than Best Service

BY ELAINE SUSAN VAIL



With a big, warm smile on his face and a copy of his acceptance speech neatly encased in a plastic portfolio cover in his hand, Shane Collins sat down with me in the beautiful Tavistock Development Company (TDC) office to answer a few questions about his success. This particular TDC employee was recently named Central Florida's Employee of the Year by Best Buddies International, and I was eager to learn more about him and the path that led him to this well-deserved recognition!

If you haven't heard of Best Buddies yet, you're missing out! It's a nonprofit organization focused on pairing volunteers and people with intellectual and developmental disabilities (IDD) together to provide one-to-one friendships, as well as creating opportunities for integrated employment and leadership development for people with IDD, positively impacting more than 104,600 in Florida alone. The program serves the IDD community, which includes (but is not limited to) people with Down syndrome, autism, Fragile X, Williams syndrome, cerebral palsy, traumatic

brain injury, and even some undiagnosed disabilities. In fact, it is the largest organization worldwide with a mission to end the social, physical and economic isolation of the 200 million people with IDD.

This incredible program was no secret to Senior Planning and Entitlements Manager of TDC, Heather Isaacs, who serves on the Central Florida Best Buddies Board. Heather is responsible for introducing the TDC Employee Engagement Committee to the Best Buddies Jobs Program and therefore igniting momentum and support for the organization, which eventually led to interviewing and hiring Mr. Collins.

Shane's award comes after less than eight months of working as Tavistock's concierge. When I asked him how he feels about being the Best Buddies Employee of the Year, he modestly responded, "You know what, to me, it feels special. It feels wonderful and rewarding." He takes pride in making sure everything in the office is well stocked and organized as part of his effort to provide what he calls "better than best service." Fellow employees told me Shane is always smiling and is a joy to work with. I asked Shane if this "better than best" mantra was something he learned during his eight years of Best Buddies job training and leadership development. Nope, that's all Shane.

Shane mentioned in his acceptance speech that working for Tavistock has been his dream job. When I asked him why, he said, "Everybody is so nice, and it gives me something to do coming to work Monday through Friday. We have employee celebrations. And the people are just so great and inspiring." Collins wanted to work for Tavistock "because of the great atmosphere." I replied, "There's definitely a feeling of greatness here." Shane agreed without hesitation, "Yes, I feel it!"

You might recognize Shane from his days at Publix. That customer service job coupled with his interview and resume skills learned at Best Buddies helped prepare him for his new career at TDC. "You know, [Publix] taught me customer service, and it taught me some things like how to be kind to others." It was important to Shane to find a job where he could work more

hours that are consistent and predictable, a fulfilling career where he felt needed. TDC provides him with guaranteed hours, five days a week.

As you can imagine, Shane feels Best Buddies has been a huge impact on his life. "For the last eight years, I've got to do more things inside of high school and I got to travel to Indiana and I got to learn how to write speeches, Best Buddy speeches, and I got to travel to Tallahassee and talk before the legislature about inclusion." Shane writes his own speeches and even helps fellow Best Buddies write their speeches.

I mentioned to Shane that I had read on the organization's website that their vision is to put themselves out of business: "Best Buddies envisions a world where people with IDD are so successfully integrated into schools, workplaces and communities that its current efforts and services will be unnecessary." When I asked Shane what his role is in fulfilling that goal, he answered, "My role is to keep going, meeting friends. My role is no matter what student you are or what race you are, join Best Buddies [and] become an influence and be an impact on someone's life."

What would Shane like the Lake Nona community and businesses to know about Best Buddies? "I want people to know that no matter if you are a bachelorette student or an ESE (Exceptional Student Education) student in high school – join the Best Buddies program!" He feels it's so important for potential employers in the area to get involved in the program, too! Shane said these business owners are missing out on talent, skills, heart and passion by not hiring people like him. Interested potential employers can sign up to interview and hire a participant through the Best Buddies Integrated Employment Program: www.bestbuddies.org/hire/. This is



Shane Collins



Heather Isaacs and Shane

the easiest way for business owners to sign up and get the ball rolling.

I asked Shane if there was anything else he'd like the Lake Nona Community to know. His answer: "Be humble and kind." Then, he thought for a moment and said one more thing:

"Everybody deserves a great friend."

You can view Shane's acceptance speech here: <http://nonahood.to/Shane>.

For more information about Best Buddies Florida and to get involved, please visit www.bestbuddies.org/florida/.



Global Mattress Is Coming to Lake Nona, But First They Launched a Community Initiative to Help Local Residents in Need

It started by donating mattresses to local Puerto Rican families displaced by Hurricane Maria.

BY JEANNETTE RIVERA-LYLES

Global Mattress, a Puerto Rico-based company soon to open nine stores in Central Florida, launched a social initiative to mitigate the hardship of local residents in need. To begin, the company recently donated 50 mattresses to Puerto Rican families rebuilding their lives here in Florida after having been displaced from their homes by Hurricane Maria.



To reach the families, Global Mattress teamed up with Latino Leadership, an Orlando nonprofit focused on the empowerment, education, advancement, and economic development of Hispanics. The nonprofit, which has been at the forefront of helping the newly arrived from the island settle, identified the recipients from the hundreds of cases they are managing.

"Many Puerto Ricans who came here after Maria find themselves now in really tough circumstances," said Javier Tejeda, general operations director of Global Mattress. "Basic things like food, clothing or a mattress are luxuries hard to afford. We are proudly stepping up to the plate to help. Central Florida is very dear to us because it has provided opportunities to many fellow Puerto Ricans in times of need and has welcomed us warmly as we do our due diligence to expand to the region."

With 14 stores on the island, Global Mattress is positioning itself to make a significant investment in Central Florida of \$2 million with the opening later this year of nine stores across the region. The first store is scheduled to open in May in Lake Mary followed by Kissimmee and Lake Nona.

Their Lake Nona location will be located at Nona Place, which Earth Fare will anchor.

Latino Leadership's founder, Marytza Sanz, said that the organization has helped thousands of families since Hurricane Maria struck in October. "We continue providing assistance through our Puerto Rico Family Response Center by offering clothing and food assistance, orientation about housing, employment opportunities, government and health services, as well as small business coaching, among other services. For that reason, partnerships like this one are vital to help mitigate the overwhelming needs of so many of the newly arrived.

"We have seen people who lost everything and are now struggling to survive," Sanz said. "There are entire families who are still sleeping on couches, air mattresses, or worse,

the floor. The need is real, and it is overwhelming. We are grateful for Global Mattress' commitment to provide meaningful assistance and very excited about what this partnership represents for the future of so many who just need a bit of help to get on their feet."

Tejeda said that, as part of this community initiative, the company will set aside inventory on a regular basis to help Central Floridians in need because of emergencies like flood or fires, natural disasters, and others.

Global Mattress, manufacturer and retailer of premium quality mattresses since 1982, prides itself on delivering products direct from their Global Dream Factory to customers' homes, skipping the middleman for superb value with every purchase.





Cannonball Kids' Cancer Gala Goes for Gold

BY VANESSA POULSON

#NoMoreOptions seemed to be the most prominent theme at the 2018 3rd Annual Gold Gala for Cannonball Kids cancer (CKc) the night of March 3. The gala, presented by Westbrook, featured shining golden lights, sparklers, a massive collection of items for auction, and many parents with heavy but hopeful hearts coming together to raise awareness about pediatric cancer.

At the 2018 Gold Gala, CKc was able to raise \$425,000 in just one night, falling only \$75,000 short of their \$500,000 goal for the event. The funds will be donated to four researchers dedicated to finding new ways of treating pediatric cancer. This was a record-breaking total for CKc, as there was more money raised and more people in attendance than any other previous gala.

The gala featured a variety of powerful posters and speeches made by those who have lost children or have had their children battle childhood cancer. These parents and educators touched on the disconnect between the treatment of cancer in adults and the treatment of cancer in children. The posters, paired alongside an illumination ceremony of lights, sparklers and torches, served not only to commemorate those children who have died from pediatric cancer but also to illuminate a new path toward knowledge and treatment for those facing cancer today.

CKc, with the "c" of cancer left intentionally lowercase to strip the word



"cancer" of its power, is a nonprofit organization based in Winter Park, focused on furthering childhood cancer research to eradicate the deadly disease of cancer. Though cancer in children is much rarer than in adults, in the U.S., it is the leading cause of death from disease beyond infancy.

According to the CKc website, "In the United States, the government spends less than four percent of the annual cancer research budget on pediatric cancers, approximately \$185 million. With 50,000 children actively in treatment in the U.S. right now, that's less than \$4,000 spent per child to find a cure. Is that the price you would put on saving a child's life?"

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

The phrase "no more options" holds

a lot of weight for so many parents watching their kids face pediatric cancer, and far too often, parents are faced with tough decisions regarding their child's treatment. That can lead to devastating consequences and often painful loss. According to CKc, at least 250 children around the world die from cancer every day, and it is only through the work of increased funding for research and treatment that the staggering figure can be lowered.

CKc's Trevor Scheerer Grant is named after an 8-year-old boy from Lake Nona, Trevor, who died from relapsed rhabdomyosarcoma in 2016. As is noted on the CKc website, "We believe that together we can change this reality. Funding pediatric cancer research isn't just a nice thing to do ... it is critically necessary to save the lives of children who need us to fight for them. We can't fund research without your support. Research Is The Key."

To donate to Cannonball Kids cancer, you can follow the link below and help them reach their \$500,000 goal so that an additional researcher can receive the necessary funding to expand research trials and investigate new ways of treating pediatric cancer.

cannonballkidscancer.org/donate/?blm_aid=4099072

The 49 Fund Awards Scholarships To LGBT Students In Wake Of Pulse Tragedy

BY NICOLE LABOSCO



Mark Brewer

of the LGBT community will receive \$4,900 each to help pay for college tuition. This scholarship is part of the continuing efforts to honor those lost in the Pulse tragedy.

Mark Brewer has been Central Florida Foundation's president and CEO



Photos by Central Florida Foundation

for 17 years. He says the sole inspiration of this scholarship was the lives lost and those survivors the night of the Pulse shooting. "Local attorney and CEO of The Closing Agent, Barry Miller, was concerned about the futures for those affected by the Pulse tragedy, including children of the victims and survivors themselves. He approached the foundation with this idea to create a fund that would provide scholarships to LGBT students in Central Florida with special consideration for survivors of the tragedy or immediate family members of those whose lives were lost."

The 49 Fund at Central Florida Foundation was created in March 2017. In the scholarship's first year, eight students were awarded \$4,900 each. The scholarship money comes from contributions made by individuals, families and companies from all over the country. Miller, the founder, continues to rally community support. Once the students are selected for the scholarship, a line of communication is kept open.

"In selecting scholarship recipients, part of the criteria is that students

demonstrate their commitment to having a positive impact in our community. Our hope for them is that they use this as a 'springboard' to excel in their careers while using their skills to give back to the community that has supported them along the way. While we are only one class in so far, we stay in touch with the students throughout the year to hear how they

are doing and how we can be helpful during the school year. Our hope is to keep that line of communication open so we can further assist them in making connections across the community," said Brewer.

Naturally, Brewer has high hopes for The 49 Fund in the near future. "The long-term goal for The 49 Fund is to raise \$1 million to endow the fund so that it is in place forever to continually support LGBT students focused on having a positive impact in our community."

Students who plan on applying must be self-identified as "out" and a member of the LGBT community to qualify for the scholarship. Applicants must also attend an accredited two- or four-year college on a full-time basis, earn a 3.0 GPA or higher and demonstrate a commitment to making Central Florida a better place. For more information and to apply, visit www.The49Fund.org.

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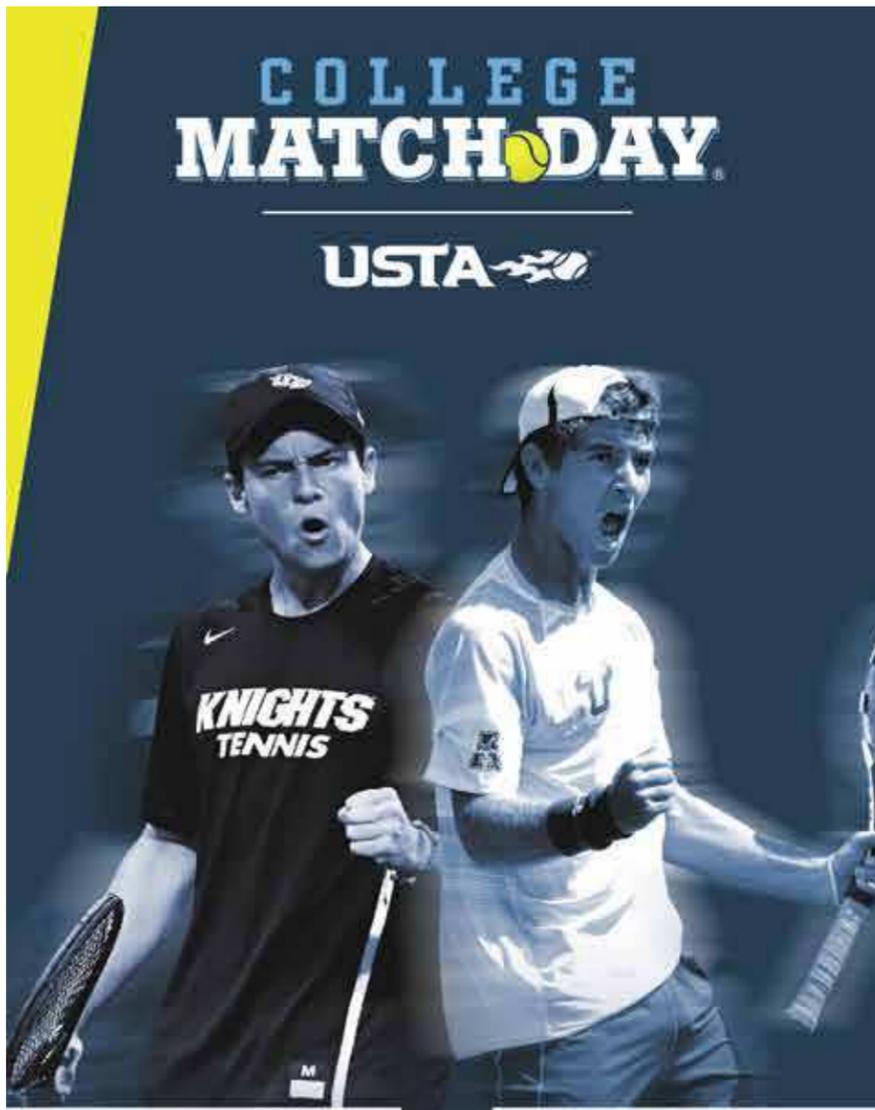
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HEALTH & FITNESS

USTA: Summer Camps

BY DANIEL PYSER
PHOTOS BY USTA

The start of April means summer is just around the corner. As families begin to make their summer plans, the USTA National Campus is gearing up for another successful year of summer camps. Registration is now open for Summer Camp 2018 at the USTA National Campus. This year's camp features a wide variety of options for kids of every skill level, ages 5-17, including both morning and full-day sessions.

Summer Camp 2018 will feature professional coaching and tennis training combined with the perfect blend of competition, camaraderie and fun. In addition to morning on-court tennis training and afternoon match-play opportunities, the camp's expert coaching staff will help guide players in developing comprehensive and individualized training plans. They will also offer personal guidance on tournament play and competitive scheduling.

Summer Camp 2018 consists of 10 one-week sessions that can be registered for individually. The sessions begin on Monday, June 4, and run through Friday, Aug. 10. There will be no camp the week of July 2-6 in observance of Independence Day. Full-day camp runs from 8:30 a.m.-2:30 p.m. and includes lunch for each camper. Morning camp runs from 8:30-11:30 a.m. Prices vary based upon age and skill level. Summer Camp 2018 is divided into three main categories: Red & Orange Ball, Youth Development, and High Performance.

Red & Orange Ball is designed for players ages 5-10 (must be at least entering kindergarten in the fall of 2018). The programming will be held on smaller courts designed for beginning players. The sum-

mer camp staff will ensure that all campers learn how to play tennis and learn the required tennis and athletic skills to enjoy tennis now – and stick with it for a lifetime.

Youth Development is designed for players ages 11-17 that are either new to the game, experienced Junior Team Tennis/high school team players, or are currently enrolled in our Campus Youth/Campus Youth Plus programs. Players will train with others who are similar in age and ability. Mornings will focus on drill-based coaching, while afternoons will be centered around match play, giving campers opportunities to practice their game under the guidance of coaches.

And, finally, the High Performance program is designed for players who compete in state, sectional and/or national USTA tournaments. Players will train with others who are similar in age and ability. Morning training will focus on technique, shot selection, and patterns of play. Skills designed to help players deal with pressure tolerance will be emphasized. Afternoons will consist of match play opportunities with expert coaches who will also guide players in developing comprehensive and individualized training plans. Coaches will also offer personal guidance on tournament play, competitive scheduling and advice on nutrition and hydration. The program includes fitness sessions to improve speed, flexibility, agility and core strength.

The USTA National Campus will also offer its full complement of adult programs throughout the summer, including the increasingly popular adult camps. Also returning this summer will be access to the indoor courts at the Adidas Performance Center to limit weather disruptions.

Anyone interested in Summer Camp 2018 or any of the other USTA National Campus programs is encouraged to visit www.ustanationalcampus.com.





Camp Gladiator Trainer Talk: My CG Story

BY VERNICE SALVERON-GASPER



Vernice Salveron-Gasper

I first moved to Orlando from Australia in May 2017. As a passionate occupational therapist, personal trainer, and lover of food and anything fitness, I was sure I would be able to quickly find my niche and rebuild a network just like the one I had left behind. As soon as I arrived in Orlando, I got straight into the swing of things, connected with a church, joined not one but two gyms, and had a daily mission to seize every opportunity and make new connections wherever I went.

After four months, I was feeling deflated! Finding my “niche” proved more difficult than I initially anticipated. After a long day at work, my husband would come home and often be the only person I had conversed with all day, despite me having completed two workouts at the gym that day. Feeling homesick was an understatement! I missed that sense of belonging.

One day, I stumbled across Camp Gladiator. Advertised as one of the fastest-growing outdoor fitness companies in the nation, I had to see what all the hype was about. One more gym membership wouldn't hurt, right? I made a few inquiries via social media and was invited to one of the Saturday “meetups” where campers (that's what they call their members) from all over the city get together to sweat it out. I took my mat, my dumbbells and an open mind and went on my first solo mission to Camp Gladiator.

Upon arrival, I was welcomed with an enthusiastic smile and a strong high five. The workout was challenging yet fun, and the music playlist was right on point, getting me through all the push-ups, squats, rows and shoulder presses. The trainer encouraged campers by name and provided specific personalized modifications when needed (this was “personal” training). Periodically, the trainer would call out “Ceeee Geeeee!” and all the campers would reply “WUT! WUT!” in perfect unison.

By the end of the 60-minute workout, I had talked to more people in one CG session than I had in the past six months. The endorphin high probably had something to do with it, but I felt so uplifted, and for that brief 60 minutes, I felt like I belonged. The added bonus was that I had burned 400+ calories in the process! Immediately, I knew I had finally found the fitness community I was looking for!

I started going to more camps around Orlando and noted that my functional strength, endurance and agility were improving by the weeks.

I was quickly becoming addicted to not only the endorphin highs but also to the challenging workouts, energetic trainers, and the camper comradery and accountability.

This inspired me to become a CG Trainer with a mission to grow a community in the beautiful suburb of Lake Nona! As a personal trainer, I know that the top barriers for engaging in exercise are kids, time, accountability and convenience. CG is a company that fills the gaps for all these barriers. With 80 locations spread throughout Orlando, members are welcome to attend all locations and times. We encourage campers to bring their kids and/or spouses and enjoy some outdoor family fun as we offer times suitable for working families.

CG to the onlooker might just be a park or a parking lot where people are exercising, but to the campers it's a space where community and lifelong relationships are built. Getting fit and healthy can be difficult alone, but with a community like CG we are BETTER TOGETHER, and we make it FUN!

As the primary trainer for CG in Lake Nona, I look forward to being a trusted resource for health, wellness and building new relationships with you. Who knows? One day, you might have your own CG Story!

Vernice Salveron CPT, Partner Trainer can be reached at (321) 947-9948 or vernicesalveron@campgladiator.com. Like Camp Gladiator on Facebook and Follow @campGladiator on Instagram for exclusive offers, fitness tips, pictures, events, camp updates, and more! Visit the website at campgladiator.com.

Locations & Times:

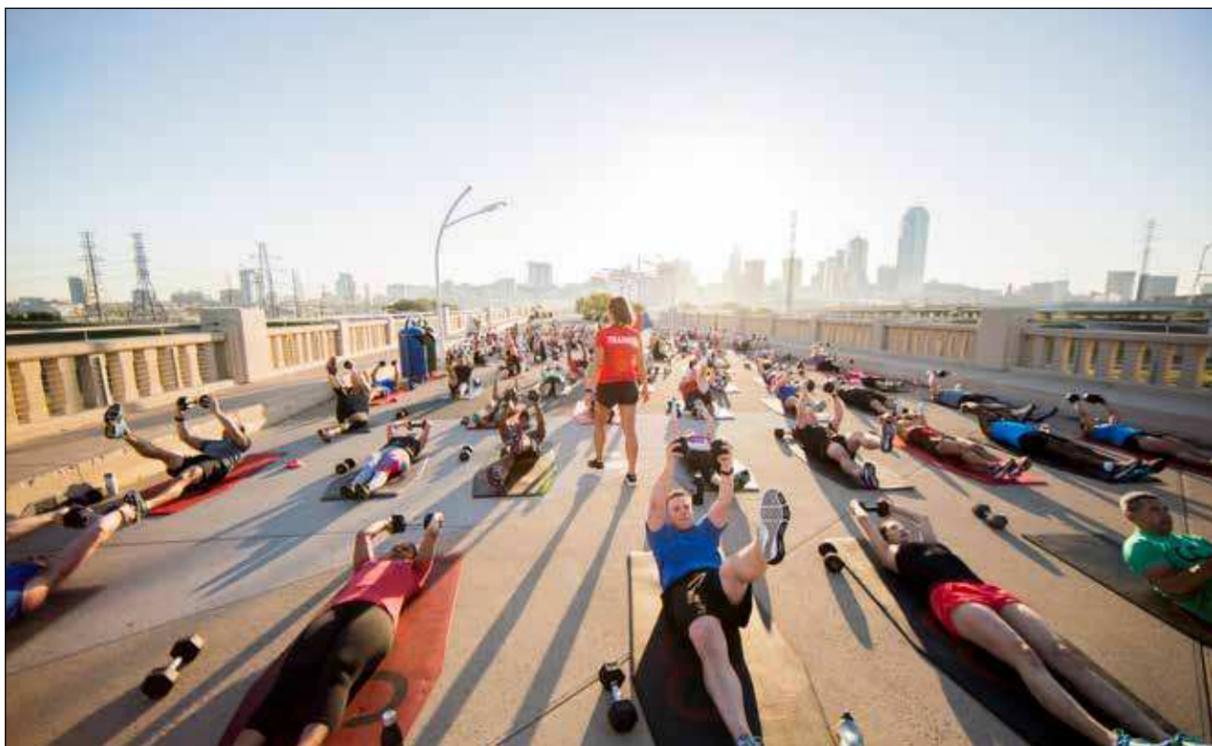
Lake Nona Family Dentistry –
Monday, Tuesday, Thursday 5:15 a.m.

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Nemours



Why Everyone Needs a Primary Care Physician

BY DR. AMIT DESAI



Dr. Amit Desai

You might be a busy professional with a crazy schedule; a working parent who can barely keep up with your kids' medical appointments, much less your own; a young person who's never had a serious health issue;

or perhaps you're just new to the area and haven't gotten around to choosing a doctor yet.

You know you're "supposed to" have a primary care physician (PCP), but the truth is you're not sure why.

After all, if you break your arm, you'll just go to the emergency room. If you get the flu, you can always seek treatment at one of the urgent care or walk-in clinics around town. Heck, your local pharmacy might even offer basic medical services. So, what's the big deal about having a PCP?

A doctor who knows you can be much more effective in keeping you healthy.

"A physician you see over time has baseline

information on your overall health that no one else does," says Amit Desai, MD, a board-certified family medicine physician at Health Park Lake Nona Primary Care. "Because we collect regular records of our patients' immunizations, vital signs and other health measures, we can more easily pinpoint when something is not right."

Dr. Desai adds that patients are also more likely to mention an emerging health concern or ask a question about their health when they have an ongoing relationship with their doctor. "This means you're more likely to receive treatment for a problem that might otherwise have gone unnoticed, with possible long-term consequences."

An ounce of prevention is worth a pound of cure.

A big part of what PCPs do is preventive care – including regular health screenings for things like high cholesterol, hypertension, diabetes and so much more. Having regular checkups with your PCP can help you avoid preventable illnesses and help ensure that a potentially serious health issue is caught early, when treatment can be most effective.

A PCP ensures consistent, coordinated care that benefits YOU.

If you receive medical care from a number of providers, your PCP is the one who will keep track of your medications to ensure they are all working together, serving as the hub in a comprehensive network of care. Primary care physicians work closely with your specialists to be sure everyone is on the same page in terms of your treatment plan. "By being a central point of contact for other providers, we can make sure our patients avoid potentially unnecessary or duplicate health testing."

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sive network of care.

With a passion for treating the whole family, from newborns to seniors, Dr. Desai stresses the importance of living a healthy lifestyle and achieving healthy goals, no matter what stage of life you are in. Dr. Desai and the team of providers at Health Park Lake Nona offer primary care that promotes overall wellness and longevity. This board-certified, highly-experienced team is part of Florida Hospital Medical Group (FHMG), Central Florida's most comprehensive multi-specialty medical group practice. With nearly 600 board-certified physicians, FHMG provides patients with a broad range of medical and surgical services across more than 40 medical specialties.

Health Park Lake Nona is now accepting new patients and proudly serves the Lake Nona community. Same-day appointments and extended hours are often available. Se habla Español. To schedule an appointment, call (407) 930-7801.

FHMedicalGroup.com



We Can Stop Colon Cancer Today

BY LE-CHU SU, M.D., PH.D.
UCF HEALTH



Dr. Le-Chu Su

We have the power to make colorectal cancer a thing of the past. The key lies in screening and prevention. Colonoscopy is an effective way to prevent and detect colon cancer at an early stage.

So, why is colorectal cancer the third most common cancer in men and women, and the second-leading cause of cancer-related deaths in the United States? The answer partly is because only about 60 percent of the adults who should be tested for colorectal cancer actually get tested, and partly because of our lifestyle and diet.

Obesity, smoking, red meats, processed meat, high-fat diet, and alcohol increase our chances of colon cancer; exercise, vegetables, fruits and fiber protect from the cancer.

The Best Test for Colon Cancer

The reason why colonoscopy remains the best test for colorectal cancer is because it not only detects the cancer but can prevent it as well. During a colonoscopy, the doctor looks at the entire colon and rectum for polyps that have potential to grow into cancer and removes them.

Who Should Be Screened?

Current guidelines recommend that those without a family history of colon cancer

should start screening at age 50. African-Americans should begin screening at age 45 due to higher mortality and incidence. If you have a family history, you may need to start sooner. Talk with your doctor to determine the right age for you.

Some people might avoid screening due to myths, such as, "I have no symptoms, so I don't need to screen for cancer." Early colon cancer and colon polyps have no symptoms. When symptoms are present, the cancer tends to be at an advanced stage and has much lower cure rate. Or another one I frequently hear is, "I don't have a family history, so I will be alright." Most people who have colon polyps and colon cancer have no family history. Only about 20 percent of the people who have colon cancer have a family history. And a favorite excuse of mine is, "I am a woman, so I won't get colon cancer." Colon cancer affects both men and women.

Newer Options

Since the colon and rectum must be cleared out before the colonoscopy procedure, the "prep" process might stop some people from getting this important screening. However, newer kits to clean out the bowel are available and might be more tolerable. Your doctor can discuss the options with you.

If you don't want to do a colonoscopy, there are other options, including newer stool tests. However, the stool tests are more of a cancer detection tool than prevention tool. Also, if the result from one of these stool tests is

positive (abnormal), you'll still need a colonoscopy to see if you have cancer.

While colorectal cancer incidence and death rates have been on the decline thanks to colonoscopy screening, we still can do better by improving our diet and physical activity, and if everyone who should get screened would actually do so.

Dr. Le-Chu Su is a board-certified gastroenterologist at UCF Health's Lake Nona office. Through her advanced degree in nutrition, she helps her patients implement diet changes to best manage their GI conditions. She specializes in advanced care for patients with IBD.

COLON CANCER RISK FACTORS



Being older than 50 years of age



Use of alcohol and tobacco



Lack of physical exercise



Low-fiber diet



Personal history of inflammatory intestinal conditions



Family history of colon cancer



How to Maximize Visual Outcome During Cataract Surgery

BY DR. CHIRAG PATEL, M.D.

As you may know, a cataract is the clouding of the natural lens in the eye and is most commonly associated with aging. Other risk factors such as smoking, diabetes and steroid use can accelerate cataract formation.

Cataracts affect almost 22 million Americans age 40 and over. By age 80, more than half of all Americans will have cataracts, according to the National Eye Institute. More than 90 percent of those who have a cataract will regain useful vision after treatment. Cataract surgery is generally a very successful surgery, however there are important facets of the process from the time of diagnosis to that of surgery and thereafter that need to be understood to maximize one's visual outcome after surgery.

Detailed Preoperative Testing

After one is diagnosed with a visually significant cataract, a patient should be thoroughly examined during a preoperative examination. The main purpose of this visit is to perform extensive diagnostic tests to confirm and measure the length of the eye and the curvature of the cornea in order to determine the exact power of the intraocular lens (IOL) that will be implanted at the time of surgery. The type of IOL implanted, especially premium lens implants, depends on advanced metrics such as corneal astigmatism, spherical aberration, angle kappa, and angle alpha.

These technical measurements quantify how and where light focuses within the eye and with respect to the central line of sight and the prospective lens implant. Focusing on these measurements can significantly improve the quality of vision post-operatively. Furthermore, clinical issues need to be addressed prior to surgery, such as the presence and/or severity of dry eyes, glaucoma, and retinal disease such as macular degeneration and diabetic retinopathy. Clinically active eye diseases should be stabilized prior to proceeding to cataract surgery.

Lastly, your surgeon should check for potential pitfalls during surgery such as poor pupil dilation, patients taking medications such as Flomax, patients with a history of refractive surgery, and patients with a history of eye trauma. Based on your medical history, eye history, and detailed measurements, your ophthalmologist should suggest lens implants and surgical options that will maximize your vision post-operatively.

Cataract Surgery

During surgery, small incision, no-stitch cataract surgery is the mainstay technique in treating cataracts. Small, sub-2.5 millimeter incisions are made into the clear part of the eye, called the cornea.

During the procedure, your ophthalmologist will remove the natural lens in your eye that has become cloudy (cataract) by way of these small incisions and ultrasound power. Your surgeon will then implant an artificial lens (IOL) to focus light onto the retina just like the previously removed, natural lens did.

Two technologies that assist in maximizing visual potential during cataract surgery are Femto-second Laser Assisted Cataract Surgery (FLACS) and Optiwave Refractive Analysis (ORA).

In FLACS, the laser is used in conjunction with an image-guided computer program that allows the surgeon to be more precise and helps to tailor each patient's treatment to their particular needs as well as the preferences of the surgeon. The surgeon is able to fully customize each surgical procedure to the specific needs of the patient. FLACS will create incisions in the cornea, open up the capsule where the lens is located, and break up the cloudy lens much more accurately than what could be done by hand.

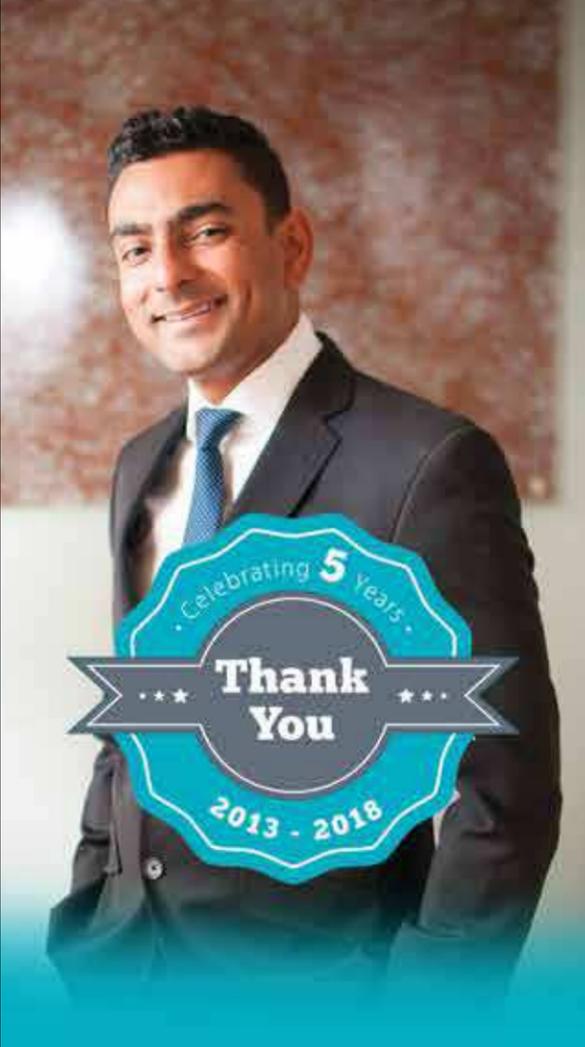
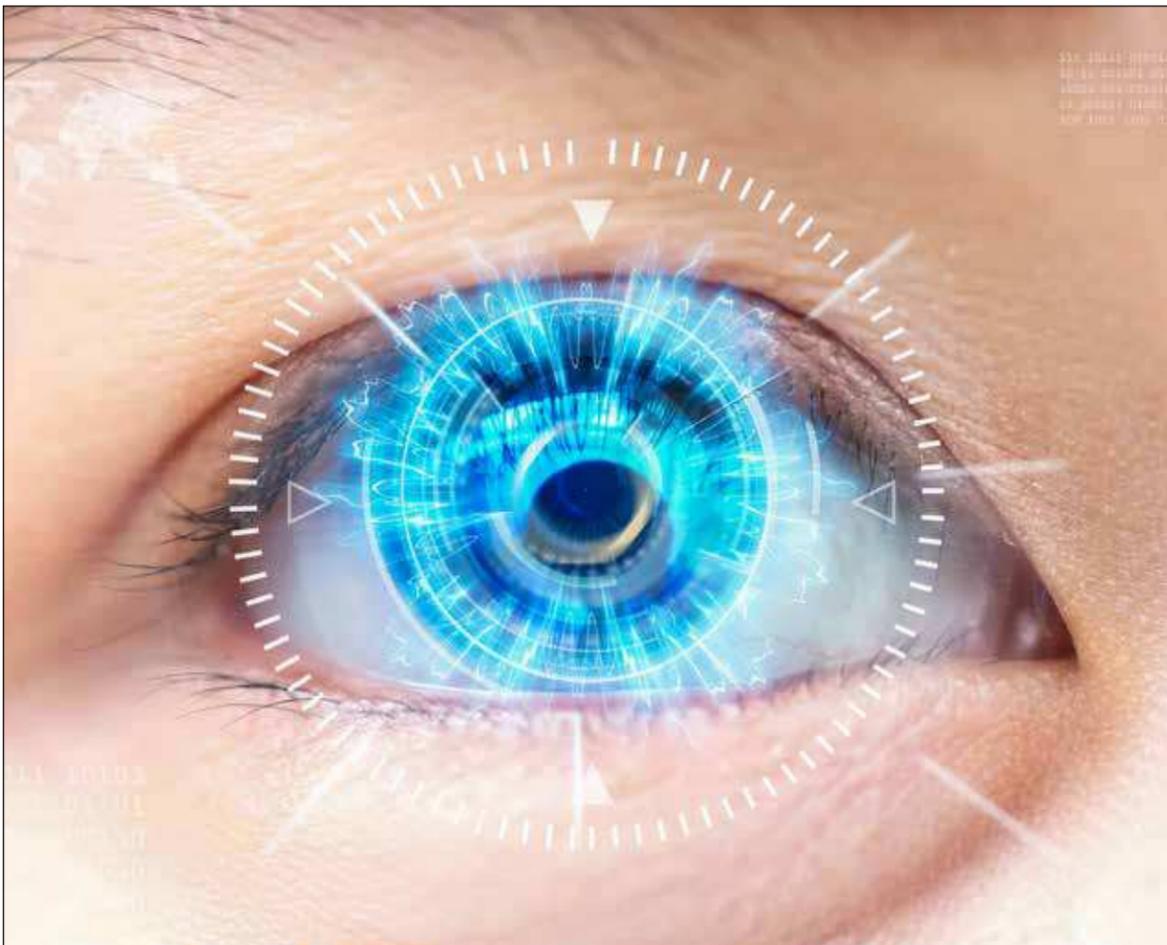
ORA technology is a sophisticated device used to provide real-time surgical measurements of the patient's eye after the cataract (cloudy lens) is removed so the correct power of the IOL can be determined based on a desired outcome and may be adjusted, if necessary. This technology provides the highest level of customization available, better visual outcomes, and reduces the need for follow-up procedures.

Post-Operative Steps

Once your cataract is removed, it's important to be patient and let the eye heal. Most patients are able to see very well within three to seven days after cataract surgery. The first few days are normally blurry because of dilated pupils and post-surgical inflammation that is part of the healing process.

To hasten recovery, it is important to follow the surgeon's post-operative instructions in regards to eye drops and activity. Most patients will need to use prescription eye drops to reduce the risk of an infection and reduce inflammation. These drops are typically used for several weeks. In terms of activity level, most patients are restricted from heavy lifting, bending and straining for one week and water activities for at least one month.

Over the last five years, I've had the privilege of providing advanced cataract surgery to Lake Nona. I understand that undergoing cataract surgery can certainly make one anxious and nervous. However, know that technology has improved by leaps and bounds over the past few decades and even over the past five years! In the end, it's important to enjoy the process and understand your expectations and options as you regain youthful vision.



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EDUCATION

Orange County School Board Chair Election

BY SOPHIA ROGERS

Orange County Public Schools is the 9th largest school district in the country, serving more than 200,000 students. The Orange County School Board is made up of eight members. Seven are elected from the single district which they represent, where each must reside in that district, and one is elected countywide and serves as the chairman of the school board.

This August, registered voters have their choice of three candidates running for the chairman of the school board: Matthew Fitzpatrick, Robert Prater and Nancy Robinson. Each brings a unique set of skills and experiences to the table.



Matthew Fitzpatrick, currently Assistant Director at Orange Technical College, is an Apopka resident, husband and father. He has more than 25 years in education experience, teaching at Boone and Apopka

high schools and Apopka Middle School. He also has held school leadership positions, including Orange County district athletic director.

After teaching students for 12 years, he transitioned into administration to be able to assist teachers. Now, after 13 years in administration, his desire is to help schools. Fitzpatrick claims, "We are in desperate need of people who understand how the education process works."

"At the career technical level, students that come to our schools are passionate about what they are doing. Somehow, we have to bring life back into our schools where kids are turned on to education. Right now, we have lots of students not excited about education." Fitzpatrick would like to see schools foster creativity, curiosity and love for reading again. He says the focus on reading has been on how to answer questions about a test and not about loving reading. "We're not teaching our kids to love reading."

Building safe, caring schools that operate like healthy families is one of his top priorities. "If kids aren't safe, who cares about their scores." Fitzpatrick claims that the county is asking for lower suspensions to look great on paper, making it difficult for teachers to discipline students. In his words, "Improving data for political purposes is going to degrade our system. If I am elected School Board chair, we are going to have safe, orderly schools, where students make the choice to be there and be respectful. If you don't want to be that, we will find options and find help for the students. We have to address discipline issues."



Robert Prater, current dean and part of the leadership team at Oak Hill Elementary, is a 30-year resident of East Orlando and has seen Lake Nona grow beyond anything he has imagined. A husband and father, he started as a substitute teacher in 2005 and has been a committed educator and advocate for almost 15 years. He continued working for OCPS as a paraprofessional while he completed his degree in education, attending Nova Southeastern University.

Prater wants to provide a career pathway through vocational schools and continue with academic development programs to provide a college pathway. He says, "Ultimately, the parents and students decide together. Parental involvement is the key to a child's success, whichever path they decide."

He also feels strongly about teacher retention. He would like to drive change in the culture of teacher work environment. Prater says, "Recruiting teachers isn't as big a problem as retention is. The evaluation system is tied into teacher pay. If you ask the teachers how they feel, they feel it is administration against them. If we're going to evaluate teachers like this, the administrators and school board members should be held to the same standards when evaluated also. Numbers can be played with."

Sharing Fitzpatrick's view, Prater also feels strongly about discipline in our schools. He says although pay is important, it's not the number one reason teachers were leaving. "What's ironic is that suspension and referral levels are at an all-time low, yet teacher frustration with discipline is at an all-time high. If you have one student in class disrupting, the question is whether it's better to leave the one student who is directing the others in class, or remove the student so the others can learn. We must factor in the lost time of instructing the others." He believes that reaching out to the community with transparency and involvement efforts would impact our current School Board and provide real insight to today's educational issues.



Nancy Robinson, a native of Orlando, College Park resident, wife and mother, has served on the Orange County School Board representing District 6 since 2008. As a school board member, she serves on the Communications and Legislative committees.

Robinson's goal is to bring strong leadership to the school board as chairman. She says four of the eight seats will be brand new. One of her goals is to maintain the positive momentum OCPS is currently on and provide a smooth transition in the next term. Because of her school board experience, she feels she is the right person for the job.

Robinson has a heart for children in poverty and feels there is a need for quality education for all children at every walk of life. One of her focuses is on "cradle to career." She would like to see preschool programs offered for 3- and 4-year-olds in high-need neighborhoods and to offer all high school students access to a college and career counselor.

As a former OCPS student herself, proud parent of OCPS graduates, former small business owner and active community volunteer, she feels she not only has deep insight into the system and community but also has the leadership mentality required to unite the school board's voice.

Robinson believes that public education should deliver a world-class learning experience to every student.

We have three strong candidates with different experiences and perspectives. This will be an interesting race to watch. To learn more about each candidate, please visit their campaign pages:

Matthew Fitzpatrick
www.fitzforschools.com

Robert Prater
www.voterobprater.com

Nancy Robinson
www.nancyrobbinson.com

Orange County School Board District 2 Candidates Update

BY BRITTANY BHULAI

The race to represent School Board District 2 is still going. The current candidates are Sara Au, Demetrius Smith, Jacqueline Centeno, Chadwick Hardee, **Johanna López** and **David Grimm**. Voting will be held on Aug. 28. Here is some background information on four candidates. Information on López and Grimm can be found at nonahoodnews.com as they were covered in our January edition. Simply type in "orange county school board" in the search bar and click on "Johanna López and David Grimm Announce Their Candidacy to Represent District 2" on the Orange County School Board.



Sara Au currently works for Orange County Public Schools in media relations as the social media manager in the district office. She has been with OCPS since 2010. Before her social media

position, she ran a program with Florida Association of Partners in Education. It brought in groups such as businesses and nonprofit organizations to help support the schools through donations and volunteer work. "It was a lot of fun, a great, great program," says Au. According to her website, electsaraau.com, she has also filled the shoes of being a PTA member, OCPS District Incident Management Team member, and a staff advisor for the Superintendent's Student Advisory Committee, among other leadership positions.

Having moved to Orlando in 2005, Au states that she is aware of the growth and population that are hitting East Orlando. "I aim to ensure our schools don't get to the breaking point before they get enrollment relief... before overcrowding starts to eat away at the quality of education and the safety of our students," she says. Au also believes testing in Orange County should be conducted in a more reasonable manner. In her eyes, there is too much pressure placed on kids in school to keep suffocating them with exams. The board should factor in a child's emotional standpoint and their level of stress. School safety is also on Au's improvement list. Bullying should continue to be monitored. Her vision also includes bettering the relationships between administrators and teachers. She is also a mother of two children who go through the Orange County School system, so she is aware of the struggles a parent goes through in regards to schooling.

Au adds that she has worked with almost "200 OCPS schools, 23,000 employees, 207,000 students, 50,000 ADDITIONS volunteers, and 2,400 Partners in Education." She is inspired by it all as she keeps her hands busy with the community.



Demetrius Smith. Growing up in Central Florida, Demetrius Smith graduated from Winter Haven High School and went to Polk Community College. He is currently an adjunct professor at

Valencia College Osceola Campus and Hillsborough Community College. He has been teaching for seven years. Smith instructs U.S. government along with state and local government. He also serves on the Orange County Citizens Commission for Children and has served on the Parks and Recreation Board in the past.

"The whole reason I'm doing this is for schools to be equal," says Smith. He has two children, his son who has already graduated from high school here in Florida, and his daughter, who attends Union Park Elementary. Smith says that children should not have a long commute from home in order to go to a good school. Education should be equal, and the majority of schools should offer the same programs and curriculum. It's all about coordinating with the parents, teachers and administration.

"I've been invested in young people for the longest," comments Smith. For him, it is all about the next generation of people. There were many people who helped him in his life as a teacher, and it's important for kids to have that. He believes that successful people had good teachers, and quality teachers are what District 2 needs. Smith is aware of the bustling growth in the area as more young people are moving here. He would like to see young instructors get recruited so they can grow along with the community and help shape it.

Ultimately, Smith is not looking to shape just one aspect of the district, he wants to include all parts of the district.



Jacqueline Centeno Having immersed herself in the realm of education for 20 years, Jacqueline Centeno currently works as a resource compliance specialist for Osceola County Public Schools. She is a coordinator for

special education at Kissimmee Elementary. Centeno began her streak in education working for Orange County, where she stayed for 14 years. She worked her way up to the district level for the multilingual department. Her duty was to be an instructional coach who supervised ESOL programs. Afterwards, Centeno was an administrative dean for Winter Park Ninth Grade Center. She also worked in higher education as a faculty and curriculum director for three years at a bilingual university from Puerto Rico, which is housed in Orlando.

Centeno believes teachers are overworked and underpaid. More money should be put into education to promote quality teachers and quality education. She goes on to say how there is very little time for instructors to plan for lessons. They should have a designated time that is not a weekend or a period that is interrupted by meetings. Another factor that she does not like is how the Florida Standards Assessments hold so much power in dictating a child's future. "The test is unfair for bilingual students because they have a hard time with English as it is already," says Centeno.

Besides her professional life, she is a mother to four children who have all graduated from University High School. She currently has grandchildren who attend Innovation Way Middle School in Lake Nona. Centeno knows first hand the challenges and worries a parent and student face during schooling. Education is very important to her. Her father was an educator for 50 years. "Education was always emphasized because things don't come to you easy. You have to strive and fight and work hard for what you want," she states.



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Candidates Update (cont.)



Chadwick Hardee was a part of a naval family and moved around quite a lot. He joined the U.S. Air Force and attended college afterwards. Hardee also worked for hotels such as the Ritz Carlton and has

substantial background in hospitality services. For the past four years, he has been the president for a service company here locally. He resides in Lake Nona and has three children who attend NorthLake Park Elementary. On top of that, he is this year's president for the PTA at the school.

On a political level, he sees a lack of vision and a lack of leadership. "We're building schools that need portables within four years after being built," says Hardee. He sees a clear lack of planning. He also believes that testing should not be the main platform for kids' assessments. The school board can definitely advocate for a less stressful testing experience on kids. Students should also be able to walk out of school with a certification that enables them to get a good job right out of high school through technical career programs. "At the end of the day, I want them to be able to get 18 bucks an hour, not eight."

He also believes that the key to successful students is parent involvement in the school, especially from the non-English-speaking parents. According to Orange County Public Schools 2017-18 Pocket Guide, the Hispanic population makes up 41 percent of the district (the largest percentage), therefore it is important to cater to their needs as well.

Hardee ends by saying, "We are preparing students for jobs that don't exist right now." Therefore, it is essential to always get new and fresh ideas in regards to the school board district office.

Florida Technical College Continues Its Growth Plan

BY JEANNETTE RIVERA-LYLES

Florida Technical College, which has campuses in central and southern Florida, recently reorganized its operational structure to increase its resources and academic offerings.

Founded 35 years ago in Florida, the educational institution merged with National University College (NUC), which until recently had been a sister institution. NUC also took under its tutelage The Digital Animation & Visual Effects (DAVE) School and Lasalle Computer Learning Center. The Instituto de Banca y Comercio and Ponce Paramedical College, two Puerto Rican institutions, complete the new conglomerate under NUC.

"By uniting these institutions to work toward a common goal of delivering high-quality education, we have taken an extraordinary step to create a broader and more efficient educational platform," declared Dr. James Burkett, president of Florida Technical College. "This will give us access to an excellent bank of talent and resources in Florida and Puerto Rico that we would not have otherwise."

NUC is accredited by the Middle States Commission on Higher Education (MSCHE), a regional accreditation agency recognized by the U. S. Secretary of Education. This accreditation extends to every academic unit of the organization. Technically, the credits from one entity with regional accreditation can be accepted by a greater number of entities, including those with national accreditation, thus improving the possibility of transferring credits, especially to other academic units accredited by MSCHE or colleges within the NUC conglomerate.

Gloria E. Baquero, president of NUC, will continue as leader of the institution. The university now has a combined total of 28 campuses in Puerto Rico and Florida, 3,000 employees, and 20,000 students.

"With this merger, our schools reach a milestone in the field of higher education by creating a platform of educational services with diverse offerings," stated Baquero. "Over the years, we have constantly expanded our academic offerings and dedicated time and resources to the accreditation of our programs. Today, we can say that we have positioned ourselves to have a greater impact on the progress and well-being of our communities by uniting as a common front."

With campuses in Orlando, Lakeland, DeLand, Kissimmee, Cutler Bay, and Pembroke Pines, as well as online programs, FTC offers associate and bachelor's degrees, and diplomas in a wide range of academic areas and industries. These include health, business, construction, information technology, criminal justice, hospitality, and beauty.

The merger of education centers coincides with a massive migration of Puerto Ricans to the continental United States. FTC is offering programs to help newcomers join

the workforce. To this end, the institution began offering Spanish versions of its Electrical and Culinary Arts diplomas.

"The migration of Puerto Ricans to Florida has increased exponentially in the last decade and Hurricane Maria has only accelerated the phenomenon," declared Robert Cruz, who oversees the Electrical Diploma program and is the main instructor. "The fact is that they arrive at a time when the economy is healthy and there are many companies searching for qualified personnel. With the right training, they can start contributing to the economy in a short amount of time."

For additional information about FTC programs, call (855) 976-6481 or visit www.ftccollege.edu.

National University College (NUC) is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104 (267) 284-5000.



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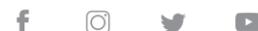
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FTCollege.edu



We are pleased to announce that Florida Technical College is now an academic unit of National University College (NUC), an academic institution accredited by the Middle States Commission on Higher Education (MSCHE)*, a regional accrediting agency.

We believe this change will allow us to serve students' needs as an educational institution even better than before.

*National University College (NUC) is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104 (267) 284-5000. NUC's National University College - IBC Institute (NUC-IBC), National University College - POPAC Institute (NUC-POPAC), Florida Technical College (FTC), The Digital Animation & Visual Effects School (The DAVE School), and LaSalle Computer Learning Center (LCLC) are included in this accreditation. The Middle States Commission on Higher Education (MSCHE) is a regional accrediting agency recognized by the U.S. Secretary of Education and the Council for Higher Education Accreditation. April 2018.



SCHOOL UPDATES

EAGLE CREEK ELEMENTARY

BY ROB MCCLOE, PRINCIPAL



It has been March Madness in the Lake Nona area elementary schools as Eagle Creek Elementary, Northlake Park Community School, Moss Park Elementary, Laureate Park Elementary, Sun Blaze Elementary, and Vista Lakes Elementary participated in the Cheesy Cheese Ball Hoops STEM competition. Students were asked to design launchers that could launch cheese balls into a hoop held by their school principal! School teams consisted of the top three builders from each school. Each team tried to make as many hoops as they could in a two-minute time period. It was inspiring to see all of the amazing engineering as cheese balls flew into hoops from all directions. In the end, Eagle Creek took first place in the Lake Nona area and took on Lake George Elementary from the Conway area to determine the winner of the two competing areas. Eagle Creek did Lake Nona proud and brought home the trophy for our area. The Eagle Creek team consisted of Juan Castellanos Vega, Andrea Marquez Bolivar, Parker Lacy, and Parth Shukla. Congratulations, STEM Stars from all participating schools!

Eagle Creek Panther Chorus News

BY DARLENE B. GRANDE,
MUSIC TEACHER/ CHORAL
DIRECTOR MS.ED /CPAE



The ECE Panther Chorus performed for the Nona Chamber festival on Saturday, March 10. The chorus performed two selections – “Under the Sea” and “Human Stuff” – from our upcoming musical *Disney’s Little Mermaid Junior*. Eagle Creek kindergarten teacher Ms. Krista Kabana choreographed “Under the Sea.” We will be selling tickets to the show in April, and performances will be held on May 16-17.



LAUREATE PARK ELEMENTARY

BY SUZANNE E. WORKUM,
PRINCIPAL

At Laureate Park Elementary (LPE), learning is often fun, engaging, and found in cooperative learning environments from our youngest students to our oldest students. Kindergarteners celebrated the birthday of Dr. Seuss in early March with a week of fun Dr. Seuss-related activities in reading, math, science, and writing. Fifth graders “rocked” out to review types of rocks and the rock cycle. Students used various items to create and show how sedimentary, metamorphic and igneous rocks form.

In March, Laureate Park Elementary sent 10 students to the Southeast Learning Community (SELC) Chess Tournament at Winegard Elementary. We participated in two categories: K-2 and 3-5. LPE received first place in both categories! In addition, we received 2nd place in the 3-5 category!! Our winners were Sritej Sattaru, Saayali Kaushikar and Sanika Kaushikar.

In March, the National Elementary Honor Society (NEHS) installed its first-ever Executive Board. Congratulations to Catherine Hansen, president; Alanis Waller del Valle, vice president; Olivia Venezia, secretary; and Colton Coughlin, treasurer.

Laureate Park is proud to have the 3rd-place winner in the OCPS District-wide Spelling Bee. Olivia Venezia, a fourth grader, competed against middle schoolers and came in 3rd place in OCPS.

Laureate Park students showed their philanthropic side by raising money for leukemia and lymphoma through the Pennies for Patients fundraiser, sponsored by the NEHS. The students also put their jump rope skills to the test by raising money for the American Heart Association in the Jump Rope for Heart fundraiser.

Finally, Laureate Park Elementary is so thankful for all our community support. Earlier this year, several community volunteers helped judge our oration contest. Thank you to Peter Luu of Peter Luu Signature Group with Premier Sotheby’s International Realty, Rhys Lynn with Nona-hood News, and Dr. Ben Bailee with Grace Church. In March, we held our second Scholastic Book Fair and sold more than 2,000 books. Each book sold at the Book Fair helps our school purchase new books for our school library.



NORTHLAKE PARK COMMUNITY

BY SALLY SHUMAN

National Elementary Honor Society

In 2016, NorthLake Park Elementary was granted a charter for the National Elementary Honor Society. NEHS recognizes students for their outstanding academic achievement along with their character, citizenship and leadership. These students have shown qualities of scholarship and responsibility at NLP. After qualifying for the academic requirements, the student receives an application and completes an essay to be considered for induction.

This group of 4th and 5th graders meets monthly, where they complete meaningful service projects for the school and community that develop essential leadership skills. This month, the service activity for the community was *The Kindness Rocks Project*. Students created their own colorful kindness rock. As leaders in our school, the students wrote or created inspirational quotes on the rocks and then spread them throughout the community for others to find. The hope is that others will find a spark of joy or inspiration from the quote on the rock.

For additional information for *The Kindness Rock Project*, go to:

projectkindnessrocks.com

Black History Month

In honor of Black History Month, Mrs. Oliphant’s students researched famous inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented the project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had the 5th graders honor Black History Month with an assortment of projects, one of which was 3D African art-inspired portraits. Students designed the faces with paper, oil pastels and trimmed with beads and buttons. Other projects for Black History Month included designing traditional African clothing and Martin Luther King portraits.



MOSS PARK ELEMENTARY

BY DR. STEPHANIE OSMOND,
PRINCIPAL

Moss Park has a lot to be proud of this marking period! Earlier in the quarter, our fifth graders competed in the Modern Woodmen Oration Contest. This year’s contestants were asked to imagine a world without the invention of their choosing and speak about how this invention has improved the quality of life. Our top three students were Jillian Duca, Lily Barker and Sarah Sorheim. Sarah will be representing Moss Park at the next level.

Our Physical Education Department, under the guidance of Tim White, participated in the Jump Rope for Heart campaign this year. With the support of our wonderful community, we were able to soar past \$8,000 for the American Heart Association! Our Eagles were able to learn about the benefits of being heart healthy.

Moss Park Players wrapped up their 11th season of spectacular performances. Under the direction of Diana Jacobacci, our young actors worked incredibly hard to put on a production of *Mulan Jr.* These productions are one of the highlights of the year for the school and community, and this show did not disappoint!

We have a lot to look forward to moving into the next marking period. I know our students have enjoyed making great memories this year and are excited to finish the last few months strong!



LNHS THEATRE DEPARTMENT

BY DANY OLIVEIRA, JUNIOR

Troupe 7434 has been very busy these past couple weeks, as we are currently producing three shows at a time! Our most recent project was *InterACTionZ*, a theater for social change movement. We partnered with Windermere High School and Freedom High School to try to make a difference in our communities. This was truly a moving experience that we were so glad to be a part of. The performance was Friday, March 9, at Windermere High School. We also had performances on March 13 at Lake Nona High School during the school day for our student body. Alongside that, Lake Nona High School is supporting the #pickupapen campaign, where students can write letters to Congress to try and make a difference. A handful of students from 7434 got together to make drop boxes to put around the school to collect all the letters.

On Wednesday, March 14, Troupe 7434 headed to Tampa for our Florida State Thespian Festival. This is a great experience where students get to attend workshops, watch one acts and perform individual events to get feedback. We also brought back to life our award-winning One Act, *When the Hurly Burly’s Done*, and got to perform it in the Morsani Theatre on Saturday, March 17. Our third production we are currently working on is our



SCHOOL UPDATES

LNHS Theatre (cont.)

spring musical *Aida*. We are super excited to share this wonderful story on the last two weekends of April. Although we have been busy, all of these projects have been worth it to make a difference in our community.



INNOVATION MIDDLE SCHOOL SOARS INTO SPRING

BY CHRIS CLARK

As we head into the final quarter of our inaugural year, the Phoenix show no sign of slowing down. Students and parents from drama classes visited New York City over spring break. While visiting the Big Apple, they saw three Broadway shows, attended workshops with Broadway actors and attended many backstage tours, including the New Amsterdam Theater, NBC, and Radio City Music Hall.

At the end of April, the Parent, Teacher, Student Association (PTSA) will sponsor a spring dance for Innovation Middle School students. Based on student input, the theme will be a Red Carpet Party. Volunteers and community support are welcome. Please visit the PTSA Web Page – innovationmiddleptsa.org – for more information.

The Theater Department will present *Suessical, The Musical* on May 10, 11 and 12 at 7 p.m. in the school cafeteria. The show is a fun visit with all of your favorite Dr. Seuss characters. Tickets can be purchased at teachtix.com/ims or at the door for \$10. VIP tickets with preferred seating are available for \$15.

Athletics continue to be an important part of the Phoenix culture. Intramural volleyball, soccer and running clubs have concluded their spring seasons, but the track and field team is still running strong. There are track meets on most Wednesdays going into early May. Check the school website for more information.

Innovation Middle School is proud to induct the first group of students into the Phoenix Chapter of the National Junior Honor Society. The induction ceremony will be held at the school in May. To get this new chapter up and running, the club will be doing some fundraising and service opportunities around the community later this spring.

As the inaugural school year for Innovation Middle School comes to a close, the Phoenix continue to soar!



SUN BLAZE ELEMENTARY

BY TODD PERKINS

Full STEAM ahead! I cannot believe that we are in the final quarter of our school year. We continue to see the growth of our students through classroom instructional time, Sun Blaze clubs, and opportunities we offer for families.

Our Inaugural Historical Math Night was a fun-filled night of history-infused, standards-based math activities. Families were immersed in learning as they participated in math activities involving timelines, calculating currency, problem solving, math games, math art, and logic puzzles. There were a total of 18 math activities for students in kindergarten through fifth grade. Families were welcomed by Abe Lincoln (Mr. Rach, Lake Nona High School history teacher) and enjoyed patriotic musical selections performed by our very own fifth-grade chorus students. Our partnership with Mathnasium of Lake Nona, Learning Synapse, Lockheed Martin, Office of Veterans Affairs, and Pig Floyd's helped create an unforgettable event. We also appreciate our Sun Blaze teachers and Lake Nona High School students for supporting this event by volunteering as station monitors. Overall, our first ever Historical Math Night was a huge success!

Our *community* Literacy Night was outstanding. Students and families were able to go on a scavenger hunt at Publix, from 5-7 p.m., using the reading skills they work on each day. The goal was to integrate math and reading curriculum in a fun-filled activity that children and their parents could work on together. When each family completed the Literacy Night activity sheet, the student's name was entered into a drawing for a chance to win some awesome prizes. We had a wonderful time with our Sun Blaze families. We also had the privilege to share our Literacy Night resources with different elementary school teachers who were very impressed with our event.

Disney's Dreamers & Doers celebrates the power of possibility and honors students who are taking action to improve their communities and schools through four focus areas: Strengthen Communities, Think Creatively, Conserve Nature and Live Healthier. Walt Disney said, "The greatest moments in life are not concerned with selfish achievements, but rather with the things we do for others." I am proud that we have a school full of students who exemplify these four focus areas each day. I want to congratulate the nine Disney Dreamers and Doers finalists, which we call our Sun Blaze Golden Rays, for their contribution to our community. I also want to congratulate Lyric, our Disney Dreamer & Doer representative from Sun Blaze.

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](https://www.facebook.com/SunBlazeElementary) and Twitter at twitter.com/SunBlazeElem. Go, Stingrays!



STEM Focus: A Changing of The Guard

BY ANDRE GARCIA

On March 9, UCF selected its fifth president, Dr. Dale Whittaker, its current provost. The selection process was an open and transparent procedure, and the candidates were extremely competitive. At the end of the day, Dr. Whittaker was selected and will take over as the next president mid-summer. As provost, Dr. Whittaker oversaw the hiring of more than 200 additional, new faculty members, the groundbreaking of the downtown campus, and, my favorite initiative, the creation of multidisciplinary research clusters to foster greater collaboration between disparate departments that would not normally collaborate. This will have a profound impact on our community and local economy.

With UCF's growing student body, it needed new faculty members to keep up with the growth. Coming off the recession over the past 10 years, universities around the country were faced with frozen state budgets and hiring freezes. Once state budgets recovered and hiring could begin again, universities began hiring again, and UCF was no different, although most likely on a far larger scale. Dr. Whittaker was at the forefront of this expansion but also performed strategic hires in new and emerging disciplines.

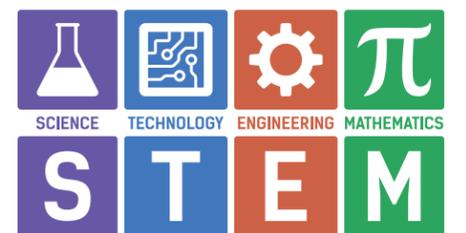
Dr. Whittaker also saw the value of a flagship downtown campus for UCF. Studying the model and lessons learned from Arizona State University's downtown campus, UCF leadership saw many similarities and the success ASU was having with its downtown campus and wanted to emulate it. Strategically, Dr. Whittaker spearheaded the effort to relocate academic disciplines from the main campus to the downtown campus that make the most sense to move downtown. The economic impact to the downtown and Paramore areas is going to be profound over the next few years. This will attract businesses to establish operations in nearby areas to collaborate with faculty and to access UCF's student population as future employees.

My favorite initiative that Dr. Whittaker brought with him from his tenure at Purdue University is the multidisciplinary research clusters. Traditionally, in academia, faculty perform research in "silos," that is, they rarely communicate or collaborate with other disciplines outside their own department. Generally, there has been an evolution in academia to step out of one's silo and collaborate with other similar disciplines across the university. For example, it is normal for one type of engineering professor to collaborate

with another, or a business professor to collaborate with an accounting or finance professor, because the disciplines are similar enough that they lend themselves to seamless collaboration. Traditionally, it was less common for the business professor to collaborate with an engineering professor. This multidisciplinary clusters initiative provides a vehicle for a professor from one discipline, such as engineering, to collaborate with a professor from another discipline, such as business. When you add multiple disciplines together to focus on a theme, a problem, or a specific project, this collaboration allows the engineer or scientist to develop the technology, the economist to quantify the benefit of the given technology, and the marketing professor to help tell the success story of the technology and its economic benefit, for example.

These are just a number of examples of ideas that Dr. Dale Whittaker has brought with him or executed in his time at UCF. It is important to understand the difference between a provost and a university president. A provost can be thought of as the chief operating officer of the university and handles all internal-facing matters. A university president is approximately the chief executive officer of the university and handles all external-facing matters, including government and legislative relations and the like. While this will be a change of work for Dr. Whittaker, there is no question that UCF picked the right candidate for the job. UCF is lucky to have a world-class administration and leadership team, and the Central Florida community and local economy are lucky to have them and will benefit from this tremendously.

Dr. Andre Garcia is a human factors scientist/engineer in the defense industry and owner of EduCoach Orlando. He has previously worked as a research scientist at the Army, Navy, and Air Force, and in the Statistical Research Division of the U.S. Department of Commerce. Through EduCoach Orlando, he coaches high school and early college students on STEM fields and education and career planning, including how to navigate the college prep, application, admission, and selection process, and also performs this for pro-bono cases. To learn more, please visit EduCoachOrlando.com.



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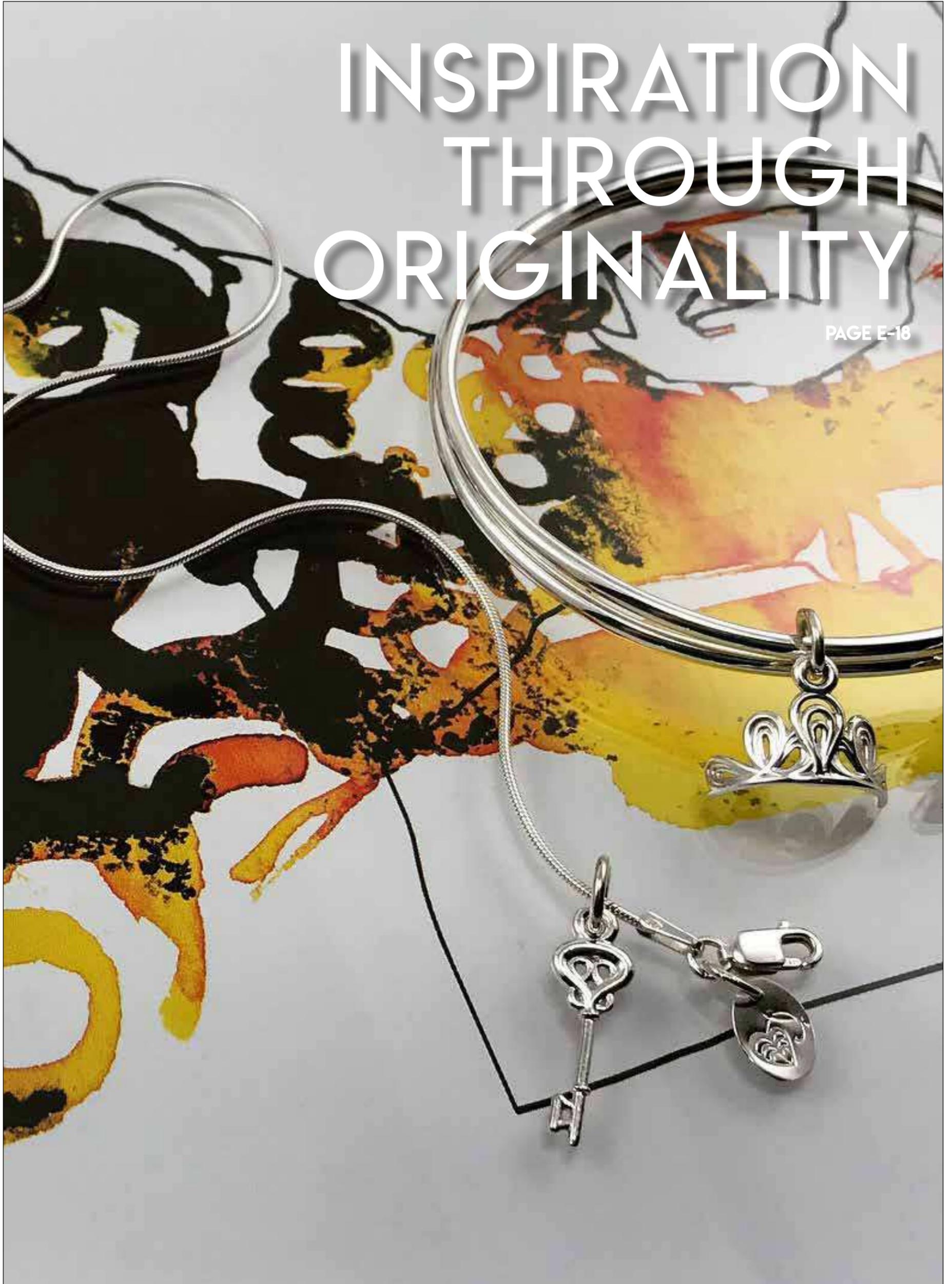
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entertainment

INSPIRATION THROUGH ORIGINALITY

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N

EVENTS

Family Fridays

BY VANESSA POULSON

Spring has officially sprung in the Nonahood! If you're looking for some ways to have fun with your family and children this season, we here at *Nonahood News* have a couple of suggestions.



Checking your local parks

The Nonahood is rich with fun, family-style entertainment. We've not reached the peak of the heat here in Central Florida, so you still have time to enjoy the summer sun before it gets too hot!

Hit up the pool

The pool is a great spot for people of all ages. Bring your floaties and take a dip to escape the sun.

Visit Disney, SeaWorld or Universal

Though most tourists prefer to visit our theme parks in the summertime, most Floridians would argue that February to April is the best time of year to visit the parks and escape the heat (and tourists!).

Have a fun family dinner

If you're tired of eating at home, Lake Nona is bustling with a variety of new restaurants to suit even the most picky eaters.

Or cook a meal together

Feeling inspired? Check out some of our local grocery stores or the Saturday Farmer's Market and get cooking together as a family!

Take some family photos

With all the flowers and nature coming out this time of year, it is the perfect time to get some beautiful photos of you and your family; whether you use a selfie stick or a professional camera, just capture the moment!

Have a family movie night

Get the popcorn popping and settle in for a fun family flick!

Or a family board game night

Gather everyone together and prepare to see who has the most skill in Monopoly or who comes out a millionaire in The Game of Life!

Visit the beach

The same as the theme parks, beat the heat (and the tourists) and take a spring time beach trip!

Go on a morning walk

With all the biking and walking trails we have in Lake Nona, it is easy to find a route that you and your family could travel for both exercise and some excellent scenery.

No matter what you decide, springtime is a beautiful season here in Lake Nona and in the state of Florida, so enjoy every moment of it!



FOOD & DRINKS

Nonahood Nosh: Food Ninjas

BY RICKY LY
OF TASTYCHOMPS.COM

The popular Japanese ninja-inspired Sus Hi Eatstation is getting ready to open at the end of April here in the Nonahood. We sat down with husband and wife dynamo duo owners Teresa and Robert Ly to chat about their upcoming restaurant and life in the Nonahood.

What do you love most about living in Lake Nona?

We've lived in Lake Nona for a little over 10 years now when there wasn't much in the area. Funny thing was, Robert and I didn't know we lived less than 10 minutes from each other when we first met. You can say our relationship started in Lake Nona and has been a huge part of our life and growth. Besides the special place that Lake Nona holds in our hearts, we also love all the growth we've seen this past decade. It brings us tremendous joy to see more businesses and more people flood into the area. We are super proud to be a part of the Lake Nona community!!

What are some of the biggest changes in the food scene you have noticed in Lake Nona?

Well, we now have ubereats, so that's a big one! Seriously, though, some of our favorite restaurants are literally in our own backyard, which is rare to say considering how picky we are as food lovers. There's just so much growth, and we're happy to be a part of it.

What are some of your favorite places to eat in Lake Nona?

Robert: I absolutely adore Nona Blue. The chef there just knows his stuff. You want a medium rare ribeye? That's what you're going to get.

Teresa: I would love to see more Asian spots but am happy to be close to Durian Durian when I'm craving some chicken panang curry or Thai hot drunken noodles.

Tell us about what is Sus Hi Eatstation – what can new customers expect to find and eat at the restaurant?

Sus Hi Eatstation is a fast-casual, customizable sushi restaurant. Our rolls, bowls, and burritos are served assembly-line style, and built fresh, right in front of you. What customers can expect when they visit is a fun, unique experience. We do sushi differently.

What are the most popular dishes at the restaurant?

People love our sushi bowls. We're a great place for sushi beginners because we have

a lot of cooked options like steak, grilled chicken, and shrimp tempura. My husband's favorite bowl is chicken tempura, steak, spicy salmon with cheese, bacon, tempura flakes, cucumber, avocado, jalapeños, sweet potato flakes, fire sauce, and mango habanero sauce. Me? I keep mine simple, and I'm definitely a roller. My favorite thing to make is krab and shrimp tempura rolls with cream cheese topped with volcano, scallions, and nori seasoning with sweet soy sauce (eel sauce). Rice fries and krab rangoons are super popular, too!

One Year Update – Pig Floyd's Urban Barbakoa Lake Nona

Known for their succulent barbecue ribs and Latin fusion flare, it's been one year since Pig Floyd's made a huge splash on the Lake Nona food scene. We catch up with owner Thomas Ward to get the skinny on how things are going and what's new.

Ward tells us, "Lake Nona has been a great second location for us. As we started, we had so much support from the community that sometimes we weren't able to properly take care of our guests. As time has passed, the waters have calmed down, and we have been working hard on consistency and timing. We want to be in Nona for a long time.

"Our taco specials and our bento box combos are super popular. Because the Nona community is so focused on health and the quantity of food, these two items are good value for the amount of food served. So, we are currently working on some more taco additions and working on adding beef ribs as a weekly special. We want to focus heavily on building an efficient menu that can be executed every time.

"We love being part of the Lake Nona community and appreciate all the support that we have gotten from the local residents. If there's any way we can make your experience better, don't hesitate to let us know. Thank you from me and all our staff!"

Pig Floyd's Urban Barbakoa Lake Nona, 9680 Narcoossee Rd. Suite 103, Orlando, FL 32827, pigfloyds.com.

Ricky Ly is the author of the Food Lover's Guide to Orlando and founder of the local Orlando food blog TastyChomps.com.

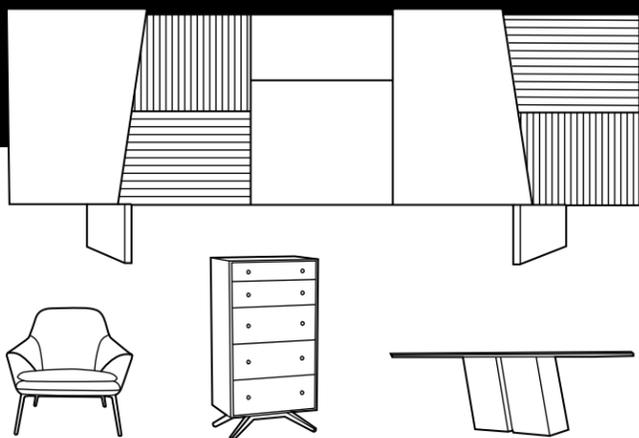
He has lived in the Lake Nona area for more than 10 years with his wife, May, and baby daughter. He also serves on the board of directors for Second Harvest Food Bank of Central Florida. Have tips on new favorite eats? E-mail him at tastychomps@gmail.com or join the conversation online at the Orlando Foodie Forum on Facebook.

Sus Hi Eatstation Lake Nona, 9680 Narcoossee Rd. #102, Orlando, FL 32827, sushieatstation.com, opening late April 2018.



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Food Challenge: Adults Can Eat Food From Strangers in Trucks

BY AARON FERG AND MATT TROY
JONES
PHOTOGRAPHY BY VICTORIA
PUTZEYS

Do you remember the ice cream man, the telltale jingle that could be heard from blocks away that served as a radar beacon for every child with a sweet tooth on hot summer days? That familiar tune could turn children into superhumans, enabling them to sprint faster than an Olympian, scale fences in a single bound, and brought out vocal calls to “wait!” and “stop!” that would make Steven Tyler proud. We would scavenge every quarter we could find and keep them in our pockets, hopeful that the magical ice cream truck would visit our neighborhood.

Then, the price of Screwballs went up. We got too old to chase the ice cream man, and it wasn’t “cool.” Shortly thereafter, we were doing taxes, paying mortgages, calculating retirement goals, and making odd noises every time we sat down or stood up. We got old. And the ice cream man was just a long, lost, faint memory of an impossibly simple time in our lives when the word “responsibility” was just a tough one on the upcoming vocabulary quiz. Why can’t we enjoy treats from a truck like we did in our past? Why can’t we relive our innocent childhood once more? Because we can’t leap over fences in a single bound or sprint from block to block without worrying about a future knee replacement surgery, that’s why. The ice cream man is still around, but he’s way too fast, way too elusive for us adults. For the same reason, we can’t jump in a ball pit or fit in the Fisher Price Coupe anymore; it’s just not meant

to be, it’s past our time.

Well, thankfully, there is a community of clever adults who realize this missing euphoria in our lives and know exactly how to captivate us once more. These crafty and clever entrepreneurs have “nailed it,” as they say, with this generation’s adult version: the food truck. These food trucks serve a smorgasbord of food and dessert options, and best yet – you don’t have to chase them around the neighborhood begging them to stop. So, for this month’s Food Challenge, we decided to attend the monthly Lake Nona food truck bazaar that coincided with the Art After Dark exhibition at the Lake Nona Town Center. The art and entertainment happens every Friday, but the first Friday of the month is when a wide assortment of food trucks get to join the fun. So, we decided to have a bite at each. The challenge was to see if we could bring back that magical feeling of ordering delicious mysteries from a perfect stranger in a truck.

Tamale & Co.

This truck has been serving tamales and tacos to the Orlando food truck scene for several years now. They have also opened a brick and mortar restaurant in Altamonte Springs. There is a reason that they have managed to last this long in a tough business, where most trucks don’t make it out of the first year of operations.

Their tamales are traditional in the very best way. The steamed masa is soft. The chorizo, chicken and pork fillings are plentiful. The verde, roja and ranchero sauces had great depth of flavor. Be careful with the ranchero sauce – the menu says habanero, and the spice level is not for the faint of heart. Given the generous portions of the tamales and the prospect of three more trucks, we decided to skip the tacos.

A Lo Cubano

Of course, the first item on the menu was a Cuban sandwich. Sadly, we were just a bit too full, so we selected small bites from the menu: duck wings, tostones and croquetas. Duck wings with a Cuban coffee glaze, tostones with mojo aioli and croquetas. The wings were crispy, and the glaze had a pleasant coffee and sweet caramel

flavor. The tostones were freshly fried and perfectly salted, and the accompanying sauce paired well. The croquetas came in three flavors: ham and bacon, chorizo and manchego, and chicken and truffle. All three were delicious, crunchy on the outside and loaded with hot creamy filling. They walked the line of being too salty, but it worked well to bring out the flavors of the fillings.

The Local Chef

The highlight of this mobile eatery was the mac and cheese. A heaping portion came piping hot and perfectly creamy. The burger, served up on an Olde Hearth bun, was decent as well. The BBQ tacos weren’t necessarily a crowd favorite; they had an overwhelming taste of celery that didn’t seem to fit the dish. Still, make sure you get there to get some of that mac and cheese, which is well worth the \$2.99 price tag.

Sweet City Gelato

As we all know, no meal is complete without dessert. Thankfully, this truck showed up to the party. Of course, the truck featured several flavors of gelato and sorbet (for the vegan crowd). Pecan crunch, salted caramel and milk and cookies were some of the highlights. Along with the gelato, there were a few desserts, gelato cookie sandwiches, and some fun variations of the soda float. The creamsicle float made with orange soda and vanilla was really quite good.

The real star of the show was the Bananas Foster bread pudding – warm bread pudding with butter rum sauce and a generous dollop of whipped cream. Add a scoop of salted caramel gelato, and you have the best bite of the night.

We might not have hit the childhood dream jackpot with two pieces of gum at the bottom of a Screwball, or a rocket-shaped popsicle with ice cream inside, but no one got hurt or lost their voice, and we weren’t panting breathlessly whilst trying to order our food. The feeling of getting something that you just can’t get every



day still hit the tickle spot. Food trucks really are the grownup, full-course ice cream truck. Anyway, we are far too mature and sophisticated these days to be running around barefoot with a Push-up Pop in one hand and a Choco Taco in the other... or are we?

If you have a food challenge you would like us to try, please submit it at: <http://nonahood.to/foodchallenge>.



Katie's Cucina: Tomato, Spinach and Feta Egg White Soufflés

BY KATIE JASIEWICZ,
KATIESCUCINA.COM

Our Florida strawberry season is slowly Spring for me is all about brunching. One of the biggest days we brunch is for the mothers in our life. I’m so excited to share with you my easy and healthy recipe for Tomato, Spinach and Feta Egg White Soufflés. This recipe, in my mind, is the perfect healthy and delicious recipe to make for Mom. It’s pretty “no fuss” and very hard to mess up! I created this recipe a few years ago when I had an abundance of grape tomatoes in my garden. I started adding tomatoes to just about everything. I’ve always eaten egg whites since I can remember, so it was a given I would make some sort of egg white soufflé recipe, and that’s how this recipe was created.

These egg white soufflés take 30 minutes to make. Prep takes 10 minutes, and if you’re entertaining, you can prep before your guests arrive, then pour in the egg whites and bake. To prepare the soufflés, you’ll want to roughly chop the spinach into fine little shreds. Then, slice the grape tomatoes in half. I placed 3 in each ramekin so you will have 1 half leftover. You

can always place the lone half into one of the ramekins or eat it while you prep. The key to a good egg white soufflé is seasoning the eggs really well. I added salt, pepper, chives, and parsley. Both the chives and parsley were dry because that’s what was quick and on hand at the time. I didn’t feel like taking the extra minute or two to go out to the garden to cut fresh parsley and chives. But if you want to spend the extra minute, go for it. Or, if you’re not growing your own, head to one of our local farmers’ markets (Mondays in NorthLake Park or Saturdays at Valencia).

Once I combined the seasoning and herbs with the egg white – I mixed the eggs in the bowl until it became a little frothy. Then I divided the eggs into the 3 ramekins and topped each with the remaining spinach and sliced grape tomatoes and sprinkled the tomato basil feta on top. You can use regular feta, but this is what I had on hand, and it added extra flavor to my soufflé. If you’ve ever made a soufflé, you know that as soon as you remove them from the heat, they will start to deflate. So, carefully place the hot ramekins onto a plate and serve immediately! You can easily double or triple this recipe to make it for however many people you’re entertaining. If you’re not entertaining and have any left over, you can actually refrigerate and reheat the next day. I do this often, and it makes for an easy and delicious breakfast on the go! Whether you’re entertaining or looking to amp up your breakfast game, I invite you to try my recipe for Tomato, Spinach and Feta Egg White Soufflés.



TOMATO, SPINACH AND FETA EGG WHITE SOUFFLÉS

Yield: 3

Prep time: 15 min. | Cook time: 15 min. | Total time: 30 min.

Ingredients:

- Cooking spray
- 8 egg whites
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon parsley
- 1/2 teaspoon chives
- 1/4 cup spinach, finely chopped
- 5 grape tomatoes, halved
- 3 teaspoons tomato basil feta, divided

Directions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Spray 3 ramekins with cooking spray. Then, mix together in a separate bowl: egg whites, salt, black pepper, parsley, and chives. Mix with a whisk for 1 minute until the egg whites begin to froth a little.
3. Place a teaspoon of finely chopped spinach in each of the ramekins. Then, divide the egg white evenly among the 3 ramekins. Top with additional spinach and 3 sliced grape tomatoes. Sprinkle 1 teaspoon of tomato basil feta over each of the ramekins. Bake for 20 minutes until done and egg whites have risen.
4. Remove from the oven and enjoy immediately.





Back to Basics: Floral Festivities

BY 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.

It's April everybody, and though people say April showers bring May flowers, we like to think celebrating all foodie floral trends is the best way to kick off the spring season and enjoy some light and refreshing drinks, treats and sweets.

Order: Lavender Latte with Coconut Milk, Vanilla Bean Latte with Soy Milk

Place: Vespr

Final Review Nicole: This is not a drill – I'm so giddy right now! I've been dying to try a Lavender Latte for the longest time, and that day has finally come. I kid you not, I was a little too excited for this moment. The barista topped off my latte with a heart, and I was off to embrace my latte dreams. The dark roast espresso was a little too strong for my taste, and I did wish the lavender flavor notes were more apparent. I think it's safe to say I had super high expectations for this, however, I did still enjoy it. I probably wouldn't order it again, though. The strength in the espresso was what I was hoping the strength of the lavender flavor notes would be.

Final Review Vanessa: Vespr never disappoints as far as their craft coffee goes. The lavender is very subtle in the latte, but the drink itself is very sweet and delicious. The vanilla bean is another refreshing treat. It's made with real Madagascar vanilla, which is completely beyond any of my wildest dreams as far as coffee goes. I love the aesthetic appeal of Vespr, it makes a great study and hangout spot for adults and students alike. The baristas are always incredibly kind and always willing to help you pick out the perfect drink to pick up your day.

Taste: 7/10

Aesthetic: 10/10

Environment: 10/10

Price: 6.5/10

Proximity to Nonahood: 6/10

Order: Rose Lavender Boba

Place: Chibi's Boba



Final Review Nicole: This combination is my go-to flavor. It's so floral, and I'm obsessed. I'm having visions of frolicking through a lavender field with rose petals being thrown on me. This flavor combo will never disappoint me, and I'm ready for another. Honestly, shout-out to Chibi's for always making me happy and staying true to its concept.

Final Review Vanessa: I'm not usually a huge fan of things that taste like I'm eating a flower (@Nicole), but this drink is very sweet and fun for a Florida spring day! I really love not only the drinks at Chibi's, but also how incredibly kind and accommodating the staff is whenever Nicole and I go in there. They're always willing to talk to us about new flavors and concepts, and that not only makes their drinks all the more sweet but also highlights the customer service and interactive part of the experience.

Taste: 10/10

Aesthetic: 10/10

Environment: 10/10

Price: 8/10

Proximity to Nonahood: 8/10

Order: Earl Grey and Lavender Ice Cream

Place: The Wizarding World of Harry Potter in Universal



Final Review Vanessa: Hands down, this ice cream did not disappoint. For starters, I've always been a huge Earl Grey tea fan, and with lavender as a compliment to the flavor, I knew I was in for something great. The lavender flavor was definitely present in the ice cream, but I didn't have one moment where I found it to be overwhelming. Of course, being Universal, the quality of the ice cream was completely exceptional, however, a bit pricey. Nonetheless, the best part of all of this was making Nicole INCREDIBLY jealous that she was not present to enjoy the treat I know she would have loved (sorry, honey xoxo).

Taste: 1000000/10

Aesthetic: 10/10

Environment: 10/10

Price: 5/10

Proximity to Nonahood: 5/10

Order: Earl Grey Lavender Iced Tea and Aromatic Rose Iced Tea

Place: Krungthep Tea Time



Final Review Nicole: These teas are so deLIGHTful! The lavender notes are really apparent in the Earl Grey lavender tea, which I absolutely adore. Indulge in the rose tea and smell the roses! After all, there's a reason it's called Aromatic Rose. If you're a fan of unsweetened loose leaf teas, this is for you. The rose flavor is nowhere near as strong as the scent. These

are not sweet drinks, which is totally fine. They are perfect! Out of the two, I prefer the Earl Grey Lavender. I'd like to have another sometime soon. I really wish there was a Krungthep in Lake Nona, or a similar concept. It'd make a perfect fit in the Nonahood.

Taste: 10/10

Aesthetic: 10/10

Environment: 10/10

Price: 7/10

Proximity to Nonahood: 5/10

Order: Iced London Fog Tea Latte w/ Coconut Milk

Place: Starbucks

Final Review Nicole: I was intrigued to try this because of the described lavender notes, and I wasn't disappointed. It's nowhere near as sweet as most Starbucks drinks, which is nice, but for those of you who prefer sweet drinks, you might want to add an extra pump of vanilla syrup. My initial reaction was that it wasn't as sweet as I thought it would be. However, it's nice to enjoy a refreshing latte that isn't overwhelmingly sweet every once in awhile. The subtle citrus notes complement the lavender notes nicely, although once again, I wish the lavender was more apparent. I think my addition of the coconut milk makes everything taste lighter, so to speak. I can begin to understand why this is called London Fog. I feel like I can't really describe why, but it just makes sense. Haha! Maybe because it's got a delicate and dainty flavor? If you're craving a tea latte, but don't want a sweet one like Chai or Matcha, go with the London Fog.

Taste: 7/10

Aesthetic: 7/10

Environment: 6/10

Price: 6/10

Proximity to Nonahood: 10/10

Order: Lavender Lemonade (Adult Beverage)

Place: Vanbarry's Public House



Final Review Nicole: This drink is simple and refreshing! It's made with St. Augustine Vodka, fresh lemonade and lavender simple syrup. It comes out in a large mason jar and has a faint lavender hue to it. I won't lie, I squealed a bit when I saw this on the menu. It's something I've always wanted to enjoy. The drink is so fresh, and the lavender flavored syrup is transparent enough for those who don't like a super strong floral taste but perfect for those like me who would probably just shove the actual lavender plant in their mouth – a nice compromise for all. I probably finished mine a little too quickly, and, honestly, I just want to go frolic in a glorious lavender field now. Be right back...

Taste: 9/10

Aesthetic: 7/10

Environment: 7/10

Price: 8/10

Proximity to Nonahood: 6/10

Next month, we'll enter the UV world and experience the color of 2018: Ultra-Violet Purple.

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LIFESTYLE

Menswear: Looking Cool When Florida Is Hot

BY ZAC CHAMBERS,
@CHAMBERSZAC

If you've lived in Florida for any period of time, you know. If you're new here, you're likely learning. Florida heat is no joke, and it often makes having a style game a major challenge. What I quickly learned growing up in the Sunshine State was that "dressing up" sometimes felt synonymous with "sweating profusely." But what I also learned (out of necessity) was there are ways to combat the heat, wear pieces you like, and still manage to look and feel good!

My family has always been into denim. One of the coolest pieces of my dad's clothing is a 46-year-old pair of Levi denim overalls, which he often wore without a shirt! Naturally, I was born loving and appreciating denim culture. I guess you could say it's "in my jeans." Yet wearing quality denim when it's 90 degrees and humid outside doesn't always feel like the most appropriate option. Terrible puns aside, I'm going to give you a little secret. It's called chambray.

What is chambray? Glad I asked for you! Put simply, it's a plain, weave-structured fabric. A simple over-under pattern with the weft fiber being white and the warp fiber often dyed blue, making it look strikingly similar to denim but feel thinner. Basically, chambray fabric looks like denim and feels like linen – great news for Floridians.

Why is the chambray shirt important? It's cross-seasonal. Chambray shirts look too good for one season to have full exclusivity of them. It's versatile. You can wear it with a suit and tie. You can have that denim-on-denim look by wearing it with jeans. You can wear it with board shorts over a white tee when you head to the beach.



Photo by @chamberszac

It's lightweight. Because of its plain weave construction, it gives you the heavier rugged denim look without the weight and heat. Now, this doesn't mean there can't be lighter denim shirts, but typically stores sell light fabric chambray shirting more often. So if you enjoy living in Florida but would like to wear more than just tank-tops every day, invest in the chambray train. It won't weave you hot. I'm officially done with the puns...for now.

This won't be the last time I talk about combatting Florida's aggressive rays with your style game – frankly, because this won't be the only time of year that it's hot. So, keep coming back each month to check out what's new in our *Nonahood News* Menswear Column. If you have a question, concern, or would like us to address a specific topic, let us know by contacting us at nonahood.to/menswear.



Photo by Kirk Chambers



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Join Watercrest Lake Nona this April for our Educational Health Chat Series in conjunction with local Healthcare Experts for Health & Awareness Month.

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All events will be from 2:00pm-3:00pm

4/02/18: Minimizing The Impact Of Allergies with Dr. Aishah Ali, Allergist & Immunologist

4/09/18: Introducing the UCF Lake Nona Medical Center with Regional VP Jake Kirchner, DPM

4/13/18: Understanding The ABCDE's of Diabetes with Dr. Sowmya Surya, Endocrinologist

4/16/18: Avoiding Falls and Protecting your Health with Dr. Dangiolo, Geriatrician

4/20/18: Chronic Care Management with Dr. Gabriel Nuriel and Tammy Russell, ARNP

4/23/18: The Aging Eye with Dr. Chirag J. Patel, Ophthalmologist

4/27/18: The Benefits of Partial Knee Replacement with Dr. Obi Adigwme, Orthopedist

4/30/18: Treating Common Diseases as you Age with Dr. Vladimir Neychev, General Surgeon

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Take Charge of Your Health Today With These Seven Simple Steps

BY DR. JENNIFER WADDY



Dr. Jennifer Waddy

There is no doubt that healthcare is changing and, along with it, even the way we practice as providers. We all know that getting sick is no fun, and we often avoid going to the doctor for various reasons, including the inconvenience or expense. You might try and tough it out as long as possible, but there will come a point when it's time to see a doctor!

What if there were another way you could avoid these last-minute visits? While we can't always avoid getting sick, there is a lot we can do to keep ourselves and our families healthy. It starts by being proactive. As a physician focusing on wellness, I have the unique opportunity to help you help yourself. I know that you are the health expert on "you," and I am simply your healthcare advocate and participant. Here are seven things you can do today to take control of your health.

Listen to Your Body

We often spend time prioritizing work, school and family and don't take the needed time for self-reflection. So, the first step in your health transformation is taking a personal inventory of how you feel, how you function and perform, and how you are represented to the world. It is most important to listen to your body and be aware of what it is telling you.

Know Your Numbers

How do you know what your body is telling you? In addition to how you feel, there are a few simple numbers to know that will help your healthcare provider assess your risk for developing certain diseases 1. Body Mass Index (BMI); 2. Blood Pressure; 3. Lipid Profile (Cholesterol and Triglycerides); 4. Fasting Blood Glucose; and 5. Waist Circumference.

Have a Health Action Plan

Now that you have a frame of reference with parameters to monitor, what can you do about them? For starters, you need to develop a health action plan. A health action plan

identifies your health needs, how to improve them, who will assist, and when to follow up. The focuses of the plan are the key action points.

Create a Medical Home

Do you know where to turn if you have questions or need guidance? With a goal to maximize health outcomes, a medical home is a team-based healthcare delivery model that provides comprehensive and continuous medical care. Understand that you have an active role in the relationship with your healthcare team, and you might need to reconsider your team if necessary.

Schedule Your Yearly Check-up

You must maximize your medical team. I recommend a minimum of once yearly check-ups with your primary physician for routine preventative screening and exams. A huge part of disease prevention is being able to identify and treat some conditions in their earlier stages for better outcomes. At every age, your annual check-up is a must.

Improve Your Lifestyle Habits

Implement your health action plan. I can't emphasize enough how your lifestyle affects your overall health and well-being. By improving a few habits – such as nutrition, physical activity, stress management, and adequate sleep – you can improve your health and decrease your risk for chronic illnesses.

Practice Positivity

Finally, learn positive thinking skills. This means approaching difficult situations in a more positive and productive way. Start by eliminating negative self-talk. Do you find yourself personalizing many events and blaming yourself? Do you often focus on tasks uncompleted versus those accomplished? If so, you might need to refocus your self-talk and not overlook the power of a positive attitude.

There is no better time than now to take charge of your health and wellness. Having knowledge without taking action is just like not knowing. I challenge you to put your knowledge into action and take the time to improve your healthcare outcomes.

Dr. Jennifer Waddy shares a passion and vision for helping others lead healthier lifestyles and sees this as her niche to serve. She has been heavily involved in the fitness arena since participating in sports early on to her undergraduate degree in exercise physiology. Always wanting to be a physician, she earned her medical training from Duke University, where she conducted clinical research in cardiac rehabilitation and explored the benefits of a medically supervised comprehensive wellness program. While practicing as a hospitalist in Orlando, she has witnessed the gap in attention to weight management in the primary care setting but strongly believes that by focusing on nutrition and physical fitness, one can dramatically curtail the prevalence of preventable diseases.





Travel: Aspen/ Snowmass

BY DEBORAH BULLEN



At ski lift and top near top of Snowmass Mountain

My family and I have been very irregular skiers. Some years, we've had ski destination vacations for five years in a row; then we've gone three years or more and not ski at all. This year was an exception as we were invited to the Colorado home of our friends and neighbors, Michael and Lynn Seidman, two months after we skied in Italy. Bill and I had not been back to Aspen/Snowmass since we were 27 and 28, and although we had skied many areas in the West while our kids were growing up, we never made it back there until now. So, I'll take you through our day-to-day since I'm writing this while I'm still out here.

Day 1 - We arrived mid-day and took care of the business end: ski rental, lift tickets (gird your loins when buying because the prices are eyebrow raising - about \$150 per day), and settling in before going out to a very nice dinner at Toro in Snowmass.

Day 2 - Their house isn't strictly ski-in, ski out, but access to the mountain is nearby. I called it 200 yards of hell. It is narrow, maybe 4 feet wide with trees on either side, bumps, and short steep areas that make it hard to control your speed. Well, my speed anyway. We knew before going out there that Michael and Lynn were expert skiers, and they knew we were intermediate skiers. But Snowmass is a big mountain that can accommodate all levels of skier, so I wasn't worried. And they were pretty easy on us that first morning, partly to let us ease into it and partly due to a surprise Michael was planning for Lynn's birthday at the base camp of the mountain. (OK, I'll share the surprise. He flew their youngest son, Kevin, out and arranged to have him come out with a tray of drinks as our server - surprise!! She was surprised to say the least). As we found out the next day, Kevin is also an expert skier and snowboarder and, of course, why wouldn't he be with them as parents? We'd see him in action on Day 3. Birthday night, we went into Aspen to Cache Cache for another wonderful dinner, a bit sore but happy to have bones intact.

Day 3 - After blundering through the 200 yards from hell, we skied a "groomer," a groomed trail, the type that those of us who ski infrequently like to ski due to limited surprises. I was feeling pretty comfortable when we all decided to go up to High Alpine. I knew it was near the top, but I also saw a blue trail, so I was confident I could do it. Once there, I really didn't pay attention to where we were going. Big mistake! It was a black run (expert). I got down the trail with some coaching and no falls, but my

legs were burning, my heart was racing, and it made me more aware of my limitations. It was Academy Awards night, so we got takeout pizza and salads and did the hot tub, Apres-ski thing from the comfort of their gorgeous home.

Day 4 - More skiing, this time on heavenly, fresh powder, with Bill and I staying on the intermediate slopes and meeting our friends for lunch and last runs. Intermediate runs can take anywhere from 15-30 minutes from the top to mid-mountain depending if you're taking your time or racing. The runs are wide and long, which is why Snowmass is a favorite. That night, it was the Snowmass Club for dinner, another wonderful meal with elk as the main course.

Day 5 - We hit the slopes from 10-3 followed by hot tub and a superb dinner at Nobu Matsuhisa.

Day 6 - A much-needed day to recuperate and a shopping trip into Aspen,

followed by dinner at Il Poggio. Every night seemed like one dinner outshined the night before.

Day 7 - Hike with physically superior beings, Lynn and Michael, as they hiked up the mountain in record time. I turned back at some point; I was too tired to remember when. Later, we picked up girls coming in on various flights and dinner at Venga Venga in Snowmass Village. Michael leaves; girl trip commences.

Day 8 - Girl time! It's like living in a sorority house. It was a perfect, beautiful day skiing. Dinner was at L' Hosteria in Aspen for Lori's b-day. One amazing day.

Day 9 - The day began with a very light dusting of new snow. Colorado has not been overly blessed with much of the white stuff this year, but it's still breathtaking from high up top. I took a lesson to fine tune my skiing, and the other girls headed to Big Burn and High Alpine. Went to Toro again for dinner, but since most of us were tired, our evening was more subdued.

Day 10 - After a relaxing morning, we headed into Aspen, shopped, and had lunch at Schlomo's at the base of Ajax Mountain. It would be hard not to have fun in this crowd. After midday chocolate martini's, followed by a Prosecco toast, hilarity ensued. We were seated in the perfect spot with the mountain as a backdrop, the warm sun and blue sky overhead, music playing and a perfect lunch. More shopping - Aspen is dangerous, and we only encouraged each other. We stayed in and made paninis for dinner.

Day 11 - Final full day of skiing, take-out pizza, packing and closing up Lynn's house. Lynn has to say goodbye to Cheyenne the bull, her latest art project. We leave at 5 the next morning.



At the base of Ajax Mountain in Aspen



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Pet of the Month

Owner's Name: Andrew Beverly

Pet Name(s): Glock, Kimber and their four Puppies

Pet Age(s): Glock-2 years, Kimber-1 year, puppies-7 weeks at time of picture

What type of pet? Dog-Rottweilers

Pet Quirk/Story:

Glock and Kimber are first-time parents and welcomed four puppies, three boys and one girl, to the world on Jan. 18. In this photo, the pups are seven weeks old and have brought nothing but puppy breath and excitement to their mother and father. Look at these sweet bundles of joy, but don't fall into their puppy eye trance!





Nona Motors Ride of the Month: Brent Healy's 2013 Chevrolet Volt

BY BRENT HEALY

Make, Model and Year of Car -
2013 Chevrolet Volt (Premier Trim)

In late 2015, I was researching the car as I have a 26-mile, one-way commute to Winter Park. Since our homes in Laureate Park are prewired for a car charger, I was looking for an affordable, practical car that I could charge in my garage, reduce my impact on the environment, and maybe save money. The Chevrolet Volt became a front runner in my research due to the technology involved and how GM had warranted the battery and EV systems. A Tesla was out of my budget, but the Volt had the best of both worlds – an internal combustion engine (ICE) AND a battery powered electric vehicle (EV). However, I found a new Chevy Volt was much too expensive for our budget. I started talking with Volt owners on the r/volt Reddit page and GM-VOLT.com forums. I asked them a ton of questions about fair pricing, must-have features, and what they liked and didn't like about the car.

During these conversations on Reddit, I was introduced to a man named Lewey Marcucci, a 24-year-old with his PA car dealer license who happened to be a technician who worked on Volts and Priuses and wanted to start selling them on his own. He bought the Volt that eventually became mine at an auction in the Boston

area and sent me a ton of pictures. I went to our local CarMax to test drive a Volt, and I was hooked. The instant torque, quiet ride, technology, and handling got me.

Lewey's Volt had everything I wanted: under 35k miles, a 150k mile warranty on the EV system (except the adaptive cruise control), leather, Bose stereo, and heated seats.

Since the Volt doesn't run the ICE most of the time, the cabin air heat is very inefficient. It's like running a hair dryer – uses a lot of power to heat a coil that air is blown over. Most ICE cars just blow the air over the hot engine to heat it up. The Volt can't do this when in EV mode. Heated seats are significantly more efficient when it is cold in Orlando.

Lewey offered to personally deliver my Volt to me – he drove it himself down from his home in the Hershey, Pa., area in October, and I drove him back to the airport to fly home after an extended test drive. Like a "Carvana" experience, I never thought I'd buy a car without sitting in it first, at least. But to have it drive up to my garage and be mine right away was awesome, way better than any dealership experience I've had. And I knew it was a good car because I bought it from a guy who works on these cars!

My home electric costs are approximately 11 cents per KW, or \$1.15 for a full charge (40 miles). There is a charger across the street from where I work. There, I pay 15 cents per KW, or \$1.40 for a full charge (40 miles). At current gas prices, I'm saving more than \$3.50 per day on my commute. That's at least \$910 a year at today's \$2.30 for regular at Sam's. Free charging stations are pop-

ping up all over Central Florida. Even the Lake Nona Town Center, Laureate Park Pool, Gateway Building, and USTA have free chargers!

I've put about 21,000 miles on it myself now and love it. There's plenty of cargo room, power, and the sound system is awesome! My son calls it "ROCKET!" I plan on having the Red Rocket for at least 3 or 4 more years, when the Model 3 Tesla has been out long enough to come down in pricing off lease (just like my Volt was).

Mods:

- HID Projector Bulbs from Makoto (the stock headlights are terrible).
- LED light bulbs on the interior and license plate lamps.
- Vinyl wrap on the Chevy Emblems for the "Black Tie" look.
- GE Durastation J1772 40 Amp Car Charger installed in garage. This charger fully charges the Volt in about 3½ hours (limited by the onboard charger

to about 20 amps).

- VoltScreen – aftermarket front grille to protect the radiators – a common, preventable issue with the Volt, due to its low stance/open grille.
- VoltMat – aftermarket thick carpeting for the hatch area to reduce road noise.
- Michelin Premier All Season Tires – The OEM tires (special Goodyears made for the Volt) are lighter and thinner to increase range, but that also makes them louder and less durable. Since the Volt doesn't carry a spare, I wanted more durable and safer, quieter, albeit less-efficient tires.

*Do you want your ride featured?
Submit your Nona Motor Ride of the
Month requests to
brittany@nonahoodnews.com
for consideration.*



In the Garden: Spring Has Sprung!

BY AMBER HARMON

Now is the time to pollinate. After a very strange weather pattern during the month of March, with unseasonable cold the first half of the month, our plants were totally confused. They started to flower with the warmth at the end of February and then went into a temporary state of shock when we hit the 40's in the evenings most nights in the first two weeks of March. The plants are just now finally starting to figure out that spring is really here! The flowers are blooming, and this is the time of season when our pollinators are hard at work. As we continue to develop rapidly in the Lake Nona area, we are displacing our pollinators. Bees in particular are responsible for pollinating approximately one third of our food supply, and it is vitally important to do our part to counteract their displacement. Whether you have a flower garden or a vegetable garden, creating an environment that supports pollinators will provide a much-needed food supply to these important creatures, and it is a lot easier than you might think.

There are some simple steps to create an environment that is attractive for bees. We think of bees living in a hive, but many local species actually prefer to burrow and nest in debris and dead wood. Leaving hollow tree stems and bark can provide an inviting home for local bees. Look for native plants that flower throughout the year like impatiens, marigolds, nasturtiums and sunflowers. Herbs like basil, mint and thyme also attract pollinators. Adding a

water source like a bird bath or fountain is also inviting to the pollinators.

If butterflies are more your speed, there are simple steps to create a butterfly garden. There is a high concentration of butterfly diversity in Florida, so there are many options for plants such as milkweed to host the butterflies in your garden. A garden plan is important in providing an environment where the butterflies not only go to feed on and spread pollen but also to carry on the lifecycle and stay to lay eggs and hatch new butterflies in the area. To create this host environment, it is important to understand that each butterfly has host plants they are attracted to. The different-colored flowers also attract different types of butterflies, so include a nice variety in the garden.

When butterflies lay their eggs, the larvae also need particular plants available to feed on. If the right, mature, flowering plants and host plants for larvae are provided, then the butterfly can complete its life cycle all within the butterfly garden.

If we take care of our butterflies and other pollinators, they will take care of us. By pollinating our flowers and vegetables, these beneficial bugs provide us with the freshest, nutrient-rich foods right from our own gardens. These gardens will also attract other wildlife into the area and provide an opportunity to add more native plants to our Florida landscape. The garden also can be a home to beneficial insects that supply food to birds, lizards and other animals that help to control garden pests. When herbs are planted to attract pollinators, they can be used for medicinal purposes in cooking and teas to benefit the health of your family.

Please refer to edis.ifas.ufl.edu/uw057 from the University of Florida database to understand which plants attract certain bees and butterflies, as well as how to keep them happy so they can effectively pollinate our vegetables. Let's all do our part to provide a home



for these beautiful and beneficial insects and at the same time beautify our yards.



*Amber Harmon is the founder of My Nona's Garden, an organization with a mission to bring health, promote growth and provide education to local communities, one garden at a time. Visit MyNonasGarden.com for more information.
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Fashion: Wrapping Up Spring With Grandma's Old Silk Scarf

BY BRIELLE RUSHING

The season of spring has officially made its way into the Nonahood and so have the latest trends of the season. Warm weather is a norm in Lake Nona, but the trends that follow this season are ever-changing. This season, having a simple, airy, fresh look is back in style, making this time of the year effortlessly easy to dress for.

Now, this news is a game-changer. Dressing simply makes it possible to look well dressed without being overdressed. These new spring trends make it easy to style your look by leaving out excessive accessories. That's right, leave the chokers, electric blue heels, and very bulky jewelry at home this season! Loud and chunky accessories will surely make their way back into our daily style coming next fall, but this spring inspires natural beauty!

Introducing to you, the very effortless and simple tool that can spring up your style this season: the silk scarf. Yes, I am advising you to actually go grab those beautifully diverse old silk and linen scarves from your grandma's closet. This little style tool is not only cheap and easy to find, but it has so many purposes in accenting your simple beauty. From wrapping your hairdos to making a DIY necklace to accenting your trendy shoulder bag with a bow, these scarves will give your natural beauty a vibrant and artsy twist.

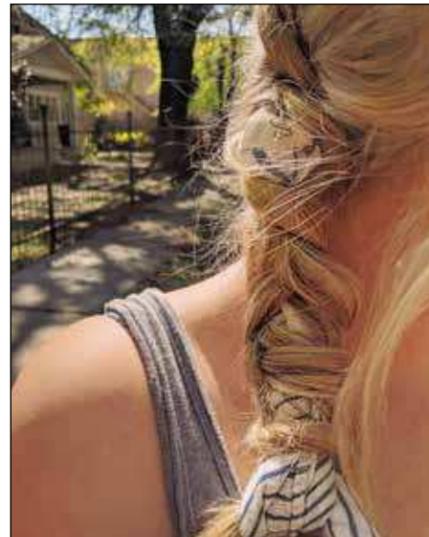
Like most classic fashion trends, style



leaves and returns like a revolving door. Silk scarves have been the antithesis of modern chic for some time now and often are associated with an older range of baby boomers. It looks as if 2018 is bringing a very popular revival of this age-old trend. The silk scarf is back in all of its diverse and colorful beauty! 2018 brings with it a sense of creative newness that is encouraging us to get artsy and fun with the way we style ourselves.

In an attempt to show you just how easy it can be to achieve this look, I have provided a few style examples you can use every day to spruce your pastels and ripped jeans. These scarves are put to great use as headbands, hair bows, braid wraps, and even subtle wrap necklaces and bracelets. Pictured are several different ways of styling your reclaimed silk or linen scarf.

Keep your eyes peeled for this new trend in local boutiques and apparel stores around the Nonahood. Owning one of these beauties can be pricey at times, but luckily there are tons of ways to get your hands on them without spending a fortune. I have found a very wide selection of used scarves at local consignment and thrift shops, and you can find new scarves for under \$20 on



the shelves of department stores. Before you begin your hunt for the perfect accent scarf, I highly encourage you to spend quality time with your grandma and see what goodies she has hidden for you to borrow or take! Not only does this make wearing it sentimental, but you are repur-

posing a family treasure to style a look that is classy, edgy and chic!



Fashion Dose: Vegan Diet for Fashion

BY ABIGALE LEWIS,
@AYSTRAWBERRY

Change your style and also feel good about it by starting with vegan-based materials for everyday needs like handbags, shoes and accessories. Just like your vegan diets, there are animals like cows, pigs, cats, dogs and alligators that are cruelly used for their skin. With today's technology, we can indulge in clothes that are reinvented and fashionable without harming a single animal.

According to PETA, there are a few things in your closet that are literally a killer look. Fun fact, various vegan leathers are from an organic molecular structure highly bonded by polymer resins called polyurethane. That's right, chemists are the new fashion designers. According to PETA.org, it takes lots of energy and a toxic combination of chemicals to turn animal skin into leather and this process is damaging to the earth. If you knew the process to make leather, you'd probably reconsider that *Grease* lightning leather jacket and go for the cruelty-free version. Animals are brutalized, and we can make a difference supporting cruelty-free designers and brands.

With the increase in awareness, well-known luxury brand names are making it accessible and liberating to fight for animal rights while never missing a beat in trends. While shopping, look for designers like Stella McCartney, Silence + Noise, H&M, Old Navy, Nine West and even Target that encourage the vegan diet with fashion – not to mention the significant difference in

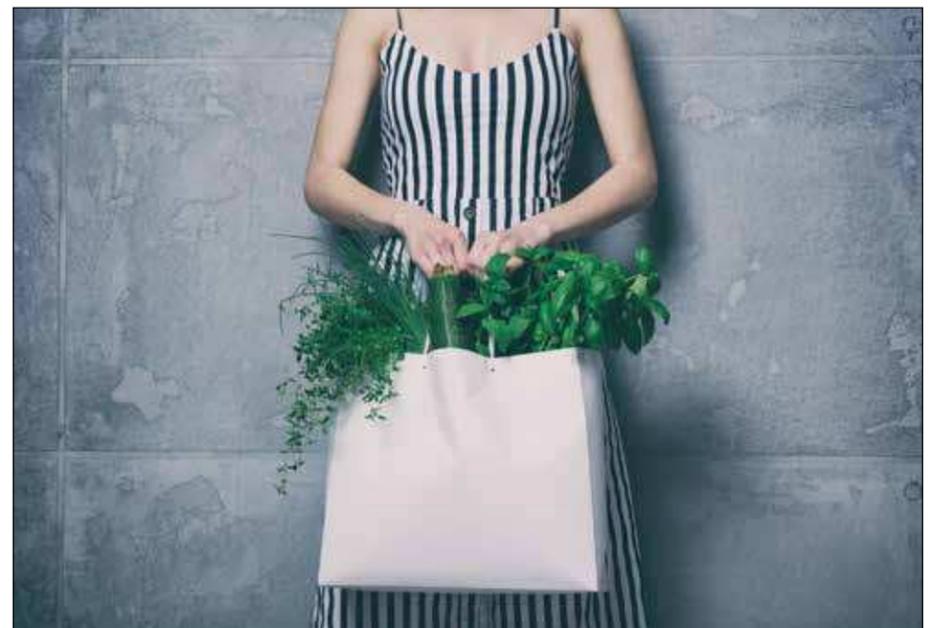
tag prices of genuine leather as compared to vegan leather.

On BestProducts.com, there's a detailed list of "19 Vegan-Friendly Handbags From Brands We Love". These ultra-durable handbags are also appealing to the eyes like the Angela Roi Morning Crossbody bag that is perfect for the silhouette of spring-summer trends. Pair it with your favorite navy blue slacks or even an all-white "Baby Spice" fit to bring a subtle touch of color. Amazingly, a percentage of sales from this bag style benefits the American Society for the Prevention of Cruelty to Animals (ASPCA). The intertwining of charity and fashion makes handbags an influential statement piece.

Another eye-catching handbag is the ruby-red Remy Trophy Faux Leather Crossbody Bag (nordstrom.com). Saddle-up the denim-on-denim look with this vintage equestrian style crossbody bag to complete that "my day is booked" look. Essentially, this mini Remy Trophy Crossbody Bag can be dressed up or dressed down with the shiny chain-like hardware and frontal ring.

Hopefully, this will encourage you to look not just at the ingredients in your food but also your style. Farm Sanctuary is an American organization advocating the education on farming animals. There is an easy access vegan shopping list describing each brand and their contribution to cruelty-free fabrics in store and online at FarmSanctuary.org.

From luxury to ethically contemporary, the Vegan diet is great for enhancing fashionable trends.





Nona Your Neighbor: Daniel Mancini

BY VANESSA POULSON



This month's Nona Your Neighbor subject is Mr. Daniel Mancini, more commonly known as Danny or Uncle Danny.

Danny was brought to our attention through an incredibly thoughtful Facebook post, detailing this compassionate Lake Nona resident's dedication toward keeping Laureate Park clean. You'll never see Danny without a trash bag in hand as he walks through Laureate Park, picking up trash and other debris. Danny was quintessential to Laureate Park's effort in cleaning up after Hurricane Irma, and after hearing about all of Danny's compassionate efforts, we knew he was the perfect subject for April's edition of Nona Your Neighbor.

NHN: What brought you to the Nonahood?

DM: My niece lives here. I sure do like it here!

NHN: Where are you from originally?

DM: Conshohocken, PA, which is near Philly.

NHN: What's your favorite hobby?

DM: Bowling! When I was young, my favorite was fishing.

NHN: What's your biggest dream?

DM: To have a job cutting people's grass or a job in Suzy Jo's donut shop.

NHN: What are you most excited about in Lake Nona?

DM: Taking walks by the lake, bike riding and meeting my neighbors.

NHN: Who's your biggest inspiration?

DM: Elvis Presley!

NHN: What's your favorite book?

DM: I don't read, but I love watching Westerns and TV shows from the '50s.

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

DM: I can't think of anything, but I'm proud to have taken good care of dogs in my family.

NHN: Describe one of your most memorable experiences.

DM: Going to SeaWorld and seeing Shamu kiss a girl on the cheek and say, "Hiya, sweetheart!"

Want to nominate YOUR neighbor (or yourself) to be featured? Follow this link: nonahood.to/nonaneighbor



Nona Alumni: Timothy Richardson

BY NICOLE LABOSCO
PHOTO CREDIT: ATTA JUNIOR

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



for others to follow. So, although I was only there for one year, I was fortunate to do some pretty memorable things. Becoming the first male track athlete to earn state medals will always be something I look back on."

Like most students about to graduate, Richardson had goals for after high school, and he was able to achieve them, but it also opened his heart to a new passion. "My goal was just to always go to college. I'm the first person in the family to attend a post-secondary institution and earn a degree. I didn't really have my eyes set on a specific college, but I was blessed to have first been accepted into Florida Tech University, and then, shortly after, I transferred to the University of Miami. I graduated from the University of Miami in 2016 with a Bachelor's of Science in Exercise Physiology. While in Miami, I started to cultivate my love and passion for acting, so I made the conscious decision to pursue that as well."

From being a high school track phenom to studying exercise physiology to acting and modeling, one might begin to wonder how Richardson ended up on that path. "I'm a strong believer that everything happens FOR us, not TO us in life. When I was seven years of age, my father passed, and I think that was the start of me transforming and maturing as a young man at an early age. I was always passionate and motivated. [I] didn't always know what I wanted to do, but I knew I wanted to do something significant. That led me to start my own non-profit called Ties for Change, a comprehensive mentoring program that focuses on guiding young black adolescents and teaching them valuable professional skills that can aid them so they can be successful in the business world. I currently reside in Atlanta, Ga., where I'm an actor and model full-time, this being my outlet and muse. I'm able to share my work as an artist, whether it's on the screen or [in] print and tell a story or an honest truth that has been hidden. My journey has been subject to a lot of ups and downs, but I embrace each chapter of hardship because it allows me to grow."

Through the hustle and bustle of acting, modeling and running his own non-profit, it could be easy to lose himself and be too busy to really enjoy the activities he's fond of aside from work. Richardson proves his desires aren't just fads. "Health and wellness has always been something that's near and dear to my heart, so working out isn't a hobby per se, but a way of life rather. I'm a huge movie buff, and I could spend all day doing scene analyses, especially anything with Denzel Washington in it. I recently created a visual group that's going to tell stories and capture the essence of black culture through photography and cinema. I'm also writing for the first time and have plans to publish a book this Christmas."

When asked where he sees himself in the

next five years, he pondered a bit. "This is always a difficult question for me to answer because I live in the now and try to stay so present because time is moving so rapidly, but I would have to say just being successful at what I'm passionate about. I'm a continuous learner, so I will always be a student of not only life but academics as well. I'll try to find my avenue and see how I can help educate others, whether it's from my social media platform or a classroom."

Some of Richardson's current goals are to continue doing what he loves and to grow in talent, influence and knowledge. "My biggest and most important goal at 24 years of age is just continuing to push myself to never be comfortable. I feel God has given all of us these extraordinary talents and visions, and I just want to make sure I'm showing how grateful I am by pursuing my dreams. I also want to continue to grow my platform so I can be more influential and touch a larger sector of people. I'm passionate about bringing the best out of others, so anything I do I want it to have substance and a meaning. So my goal is to continue doing movies or projects that teach. One production I have the honor of being cast in is *Deep Greenwood: The Hidden Truth of Black Wall Street*. This will be a traveling stage play that tells the story of Black Wall Street in Tulsa, Oklahoma, during 1921, a thriving economy that was burned down and hidden from America's history. I'm honored to be a character who was an actual resident of the town and tell their story."

While he's already accomplished so much in just 24 years, Timothy has also had many other major milestones in the last year alone. "I was blessed to have worked in my first feature film called *The House Invictus*, which will debut in June of this year. I became Mr. United States 2017, which was an extraordinary experience that allowed me to connect with a wide variety of people from all backgrounds and ethnicities. The journey started when I was Mr. Florida 2017; I went on a service tour and completed 500 hours of community service in conjunction with my nonprofit, Ties for Change, which made donations to other nonprofits during the tour."

Richardson is also trying to use his influence for some current and very serious unfortunate events that have been brought to light a lot more often nowadays. "I'm an activist for women's equality, and due to the current events taking place in the work field, whether it's entertainment or blue-collar office jobs, I feel we need to bring that more to the forefront of our

social/economic conversation. I don't feel the 19th Amendment was enough. We need to pay more attention and acknowledge the professional, technological and innovative strides women in this country are making. We also need to protect them and provide a safe space for them to also flourish and blossom, without having to worry about being sexually mistreated in their own work environment."

Timothy Richardson is proof that you can indeed make an impact in and out of high school and that, once you succeed, you can continue to grow and find success even more often. He is the epitome of dealing with life's battles that continue to knock you down, but all it takes is that bit of courage and strength to stand up again and open new doors.

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



has taken them so far!

Name: Timothy Richardson

Age: 24

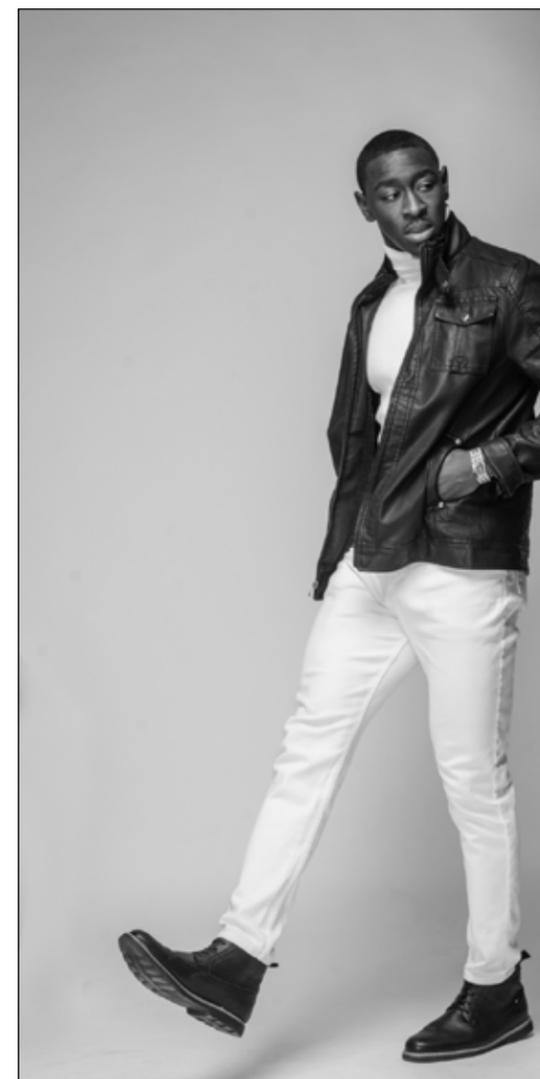
Year Graduated: 2011

Occupation: Professional Actor and Model

Current Location: Atlanta, GA

This month, I caught up with former classmate Timothy Richardson. Back in high school, he was known for being a track star, and his senior superlative was the same as mine – owning the nicest car. Pretty funny when we look back at that award and the picture of us posing with our cars. Richardson was new to Lake Nona High but wasn't new to the area.

"So, I've actually always lived in the Orlando area, but it wasn't until my senior year of high school, which was from 2010-2011, [that] I made the decision to transfer to Lake Nona High School. I just wanted a change, and I embraced the fresh start of a newly constructed school. I figured it would be a great footnote in my own life to be one of the first students to leave his-



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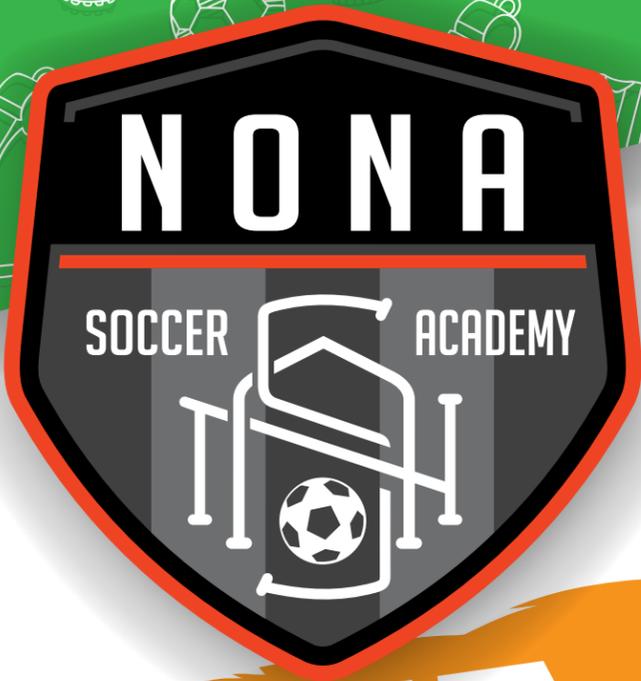
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ReThink Life: A Conversation About Life, Leadership and Relationships

How Would You Rate Your Marriage Relationship?

BY RODNEY GAGE, LEAD PASTOR



Pastor Rodney Gage

On a scale of 1-10 (1=bad 10=great), how would you rate your current marriage relationship?

Years ago, my wife and I had the opportunity to build a home in North Texas where we were living at the time. I'll never forget walking on the concrete slab with our builder. I noticed

several hairline cracks and one fairly large crack that ran from the living room area all the way to our back porch. When I brought those cracks to the attention of our builder, he said, "Oh, don't worry about those. They are common here in Texas. They are called stress cracks. They're caused by the shifting and settling of the soil."

As I have traveled as a speaker and served as a pastor for more than 25 years, I have noticed that there are four common "stress cracks" that can create major problems in the foundation of a marriage relationship.

1. Unexpected Differences
2. Unfulfilled Expectations
3. Unmet Needs
4. Unforgiven Mistakes

In the early stages of a relationship these four areas are usually overlooked or minimized, but over a period of time, if left unchecked, they can cause major issues within the marriage. Let me explain how the sequence below plays out in most marriages.

Romance - Reality - Rut - Regret - Resignation

It's easy to overlook any differences when a couple is in the romance stage of the relationship because the focus is on the companionship and friendship. As the relationship evolves and after the marriage and honeymoon are over, reality settles in. Suddenly, the demands of busy work schedules, financial pressures and expectations after children come into the picture can cause marriages to get stuck in a long and unhealthy rut.

At this point the couple is just trying to survive the demands during this season of the marriage. If left unchecked, regret can settle in due to the *unexpected differences, unfulfilled expectations, unmet needs and unforgiven mistakes* and can reach a point of resignation. As the old saying goes, "The grass is always greener on the other side of the fence."

If you or someone you know can relate to this sequences of events, and to the four common stress cracks identified above, let me encourage you to take some steps to restore and recapture what many couples

feel is impossible to do.

The number one emotion couples experience when facing any of these stress points is anger, which is caused by fear, frustration and hurt feelings. These emotions can create the feelings of insecurity in any marriage. The goal is to keep anger low and honor high so that both individuals in the marriage feel secure. Here is some practical advice:

Schedule a Date Night ASAP!

I know that sounds overly simple, especially if there are some deep-seated issues. I am always amazed at how many couples admit they can't even remember the last time they went on a legit one-on-one date.

The goal for this date is to focus on your togetherness. Start by asking the question that I started this article with: "On a scale of 1-10 (1=bad 10=great), how would rate our current relationship?" Qualify up front that there can be no accusations, judgments or criticism allowed. The goal is for complete honesty and transparency.

If one spouse scores the marriage at a "4," then the follow up question is, "What can I do and how can I help raise it to a 7 over the next 30 days?" Once an honest evaluation is given, make a commitment to work on your togetherness over the next 30 days. Take a journal and write down the "strengths" and "qualities" you admire and appreciate about your spouse. Work on magnifying and affirming those qualities and strengths you see in

your spouse with the things you say and do.

You will be amazed by what happens when honor becomes high and anger becomes low. Remember, yesterday ended last night, and today's pages are completely blank. It's never too late to start doing what is right for each other.

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.



2018 ReThink Life Marriage Conference at Canvas/Lakehouse event venue

Mama's Turn: 5 Things Growing Up In the '80s Taught Me

BY SHARON FUENTES



One Sunday morning not too long ago, my 14-year-old daughter and I lounged on the couch watching one of my favorite movies from when I was a kid, *Sixteen Candles*. My daughter loves all things '80s and was happy to keep me company. Besides, it was better then doing her homework. As the two of us watched the characters Samantha and Jake kiss as they sat atop a glass dining room table, we laughed and made side remarks about how her pink taffeta bridesmaid dress was going to catch on fire from the birthday candles on the cake placed between them. That is when it hit me. This movie, and the '80s in general, really taught me a lot – and not just about fire safety.

Here are 5 Things Growing Up in the '80s Taught Me:

1. **Patience:** Growing up in the '80s, we didn't have instant access to our favorite tv shows or music the way kids do today. There was no YouTube or Netflix to binge watch. Nope, we had to wait an entire week for the next episode of *The A Team*, *The Facts of Life* or *Family Ties*. And, if we wanted to hear our favorite song, we had to use our babysitting money to buy the record, then sit through 12 crappy songs until the one song we liked finally came on. And here my kids thought having to hear a 30-second ad on Spotify non-premium was bad!
2. **Determination:** Like many kids in the '80s, I think I spent more time trying to solve my Rubik's Cube than I did doing my homework. My determination to get all those sides the same color led to me popping off all the squares and putting them back on in the correct way. Some might say it was cheating, I prefer...crafty.
3. **Resourcefulness:** When I was a kid, if I were given a report on...say...World War 1, I couldn't just leisurely hang out in my pajamas and research on the web from the comfort of my own living room. I had to be much more resourceful. Some kids in the '80s were lucky enough to have their own set of Encyclopedia Britannicas. In our house, my parents had half a set of the imitation ones that you bought at the grocery store. So that meant I had to either beg to switch topics with a friend whose subject started with the letter A thru L, find someone who had the other set of encyclopedias, or haul myself to the local library, where I would need to use the card catalog and good ol' Dewey Decimal to find my information.
4. **Out-of-the-Box Thinking:** The mix cassette your boyfriend made you filled with love songs starts to make a funky



sound. You push eject on your Walkman and a foot of tape comes popping out. What do you do? If you grew up in the '80s, you know that you grab a pencil, stick it in the hole of the cassette, and wind it back up. Now that is creative problem solving! Note: When I read this part to my daughter, her response was, "What's a cassette tape?" I suddenly feel very, very old!

5. **Assertiveness:** The '80s taught us to stand up for ourselves with such amazing comebacks as, "I know you are, but what am I?" "No DUH!," and my all time favorite, "Gag Me With a Spoon!" Yes, the teens of today are doing a great job speaking out, but we did it without emoticons and text-speak – LOL. OMG!

Okay, I admit there are times I do wonder how many of us born during the '80s made it to adulthood. I mean, after all we didn't have seatbelts, we drank water straight from the garden hose and played on scorching, hot metal playgrounds located on asphalt that were guaranteed to give us a concussion, third-degree burns or Teta-

nus – sometimes all three. But still, I am proud to have grown up in the '80s. Maybe the decision to wear neon leg warmers and get a perm senior year was not the best one, but I learned many life lessons that shaped the woman I am today. And if I ever think about getting a perm again, can someone please show me this horrible picture? "Like, barf me out!"

Sharon Fuentes is an award-winning freelance writer, parenting advisor, author of the book, *The Don't Freak Out Guide to Parenting Kids with Asperger's*, and a mom who is just winging it! You can reach her at sharon@sharonfuentes.com.





NonaVentures: Blue Man Group

BY 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 found myself rushing through massive crowds with Andrew in Universal's CityWalk to get to the Blue Man Group concert. This was his first time attending the show and my second.

The event began as soon as you sat down. Text scrolled across several TV screens in the theater giving shoutouts to certain audience members saying goofy things like, "Hey Rhys, we hear it's your birthday. Everyone, let's speak, NOT SING, speak the happy birthday song to him. Ready? GO!" To my surprise, the audience was super engaged, and pretty much the entire room erupted into speaking happy birthday. This was a super easy and clever way of keeping the audience occupied before the show began.

The lights dimmed and sounds emerged. The theater was nearly sold out. The hype and excitement in the crowd was building with anticipation. The stage screen rose, and the famous trio known as the Blue Man Group came into focus. The performance had begun.

Disclaimer: The Blue Man Group does not speak. That is part of their schtick, and it works.

The show consisted of several different skits, including making music off of PVC pipes, engaging with the audience and even bringing two guests on stage to act in the skits alongside them, creating paintings using their mouths, and incorporating technology and music, to name a few. My personal favorite was when they played on the PVC pipes. If you've ever been to the Orlando Science Center, they have a section dedicated to making music on PVC pipes. It's very cool and a new-found hobby of mine (which I'll probably never take up, honestly). Who has the time to play PVC pipes when you're not the Blue Man Group?

One pretty significant downside to the show is that it's the same exact skit entirely. Having seen this performance once before about four years ago, I noticed nothing had changed. This makes it less likely that an audience member would see the show again.

Andrew's favorite skit had to be when the Blue Man Group began to toss what looked like ping pong balls to one another from across the stage, and they caught them in their mouths. The balls were filled with paint and they would spit the color onto a canvas and make a pretty cool painting, which they would give to an audience member. Every time I looked over at him, Andrew was in awe of how they were able to catch every single ping pong ball. They only made one mistake, and that was okay.

The show lasted about an hour and a half and ended with a bang. The grand finale included getting up and dancing, with streamers flowing, and giant, inflatable, glowing balls falling from the ceiling and bouncing around the studio from all sides of the audience. After the show ended, audience members could

hang back outside of the studio to meet and take photos with the Blue Man Group and their band.

Florida residents can now attend the Blue Man Group performance for \$49 plus tax per adult (ages 10+) and \$29 plus tax per child (ages 3-9) through April 8. Universal advertises the special as Florida residents saving up to \$45.

The special combination of music, art and technology, all while using no words, is unique and calls for a fun night out for the whole family. Although the performance has yet to change over the years, I still had a great time and would encourage everyone to check it out.

Have a suggestion? Send an email to nicole@nonahoodnews.com or fill out our NonaVentures column form at <http://nonahood.to/nonaventure>.

What do you want to see me review next?



NorthLake Park: A Place to Call Home, Where Neighbors Are Family

BY KEVIN KENDRICK



I love living in NorthLake Park! I still remember the day I turned down NorthLake Parkway for the first time and saw the tree canopy hovering over the Charleston Town Homes. Ironically, growing up in South Orlando, I never imagined living in Lake Nona. It was "too far" from the Belle Isle community where I was living and knew like the back of my hand. I couldn't imagine going 15-20 minutes farther south

near the county line.

NorthLake Park broke ground just after the new millennium and comprises four communities – Enclave, Morningside, Neoclassical and Waters Edge. Unlike other neighborhoods that separate themselves from others, NorthLake Park is one neighborhood with four communities. NorthLake Park has multiple green spaces, playgrounds, ponds, walking/biking trails and access to Lake Nona.

The wildlife you might see in NorthLake Park is second to none. It is very common to see the deer roaming the streets at all times of the day, but they are most active in the morning as they graze for food. The birds that nest in our trees range from blue jays and cardinals in the spring to the red-tailed hawk sitting atop the trees, waiting to find prey. With multiple ponds, NorthLake Park has a few alligators roaming the side of the ponds, sun bathing and enjoying their natural habitat.

NorthLake Park Community School and the Lake Nona YMCA facility is the epicenter of the community. It is one-of-a-kind, as the school and YMCA share a facility and partner together to enhance NorthLake Park and Lake Nona. With many teachers living in the neighborhood, Michelle Barber wrote, "My daughter loves that she gets to see her teachers from NorthLake Park in the neighborhood." Amanda Francis, who teaches at NorthLake Park, said, "I love the community feel that both [NLP and YMCA] create."

With a school and a YMCA in the neighborhood, it is very common to hear the sound of children playing and laughing. It is almost impossible to not hear children playing in NorthLake Park, regardless of where you live in the neighborhood. Jennifer Gillan sums it up best, "I love to listen to the kids running around outside playing." With multiple green spaces and playgrounds, there are plenty of places for children of all ages to engage outside. The best part is that you will frequently see adults

alongside children playing, exercising and bicycling with their children.

Ultimately, it is the people who make NorthLake Park a spectacular place to live. With monthly community events, it is difficult not to know your neighbors or create bonds and friendships that last for a lifetime, not just a season in time. Norma Coto said, "We can feel the love and caring – there is a connection among us." And Nancy Bigot piggy-backed on that comment and said, "The friends we have made have become more like family than just neighbors."

In times of grief and struggle, the community of NorthLake Park rallies like none other. We all recall when our community rallied around the Sheerer family, as their son Trevor bravely fought cancer for five years. Trevor's mom Jody wrote, "I will never forget the love and support my family received while my son battled cancer for 5 years. When Trevor lost his battle, they put 'We Love Trevor' signs in front of their homes, and a beautiful plaque has been put up on magnolia green and a tree in memory of him at NorthLake Park Community School." Neighbors rose up and supported the Sheerer family endlessly from making meals to doing fundraising events to help offset medical costs.

There are so many unique aspects that make NorthLake Park special and stand out. Unfortunately, I can give you only a snapshot of what life is like here. Words cannot do justice to seeing the sun setting over Lake Nona or Orlando International Airport, seeing kids playing tag on multiple green spaces, or seeing neighbors helping single moms and the elderly as Hurricane Irma was heading our way. NorthLake Park is more than just a neighborhood.

Ten years ago, that tree canopy changed my life, as I soon sold my home in Belle Isle and called NorthLake Park home.



My passion for Lake Nona and my love for NorthLake Park has grown daily ever since. NorthLake Park is more than just a neighborhood, it is a place to be, become and belong.





Nona Heroes: Fire Engineer Daniel Hart

BY 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's hero has been battling fires for 19 years. Meet Daniel Hart.

"I joined the reserves as a volunteer in 1996. I joined the Central Florida Fire Academy at 19 years old after getting my EMT certification at Valencia Community College. I was hired full-time as a firefighter/EMT at the age of 21."

Hart has lived in the Nonahood area since he was old enough to walk. "My parents built their house on Lake Mary Jane in the Isle of Pines in 1978. Back then, Lake Mary Jane Road was dirt. The first traffic signal was at Hoffner/Semorran; going north and going south there was not one unless you went to Saint Cloud. You could drive from here clear to Melbourne without a traffic light. We did not have cable TV, we did not get pizza delivery, we could not even have ice cream because it would melt before mom got home with it. Our closest grocery (besides our little country store in the Isle of Pines) was the Winn Dixie at Curry Ford/Goldenrod."

Having lived here his whole life, the firefighter attended Michael McCoy Elementary, Conway Middle and graduated from Oak Ridge High in 1996. Hart met his wife while they were in high school, as she was also a Conway native and graduated from Boone High in 1996. The couple married in 2001 and lived in Conway for a few years while they had children and began their lives together. "In 2009, her being a school teacher for Orange County and myself a fireman, we felt there was no better area to raise two boys than right back here in the Isle of Pines and in the Lake Nona area. My wife currently teaches at Moss Park Elementary."

Hart's father served as his biggest inspiration for becoming a firefighter and an everyday hero.

"My father, David, was a volunteer with the Conway Fire Department. Prior to 1981, unincorporated Orange County was protected by 14 fire control districts: Zellwood, Orlo Vista, Killarney, Lockhart, Pine Hills, Holden Heights, Bithlo, Christmas, Union Park, Lake Barton, Goldenrod, Taft, Pine Castle and Conway. When these control districts consolidated in 1981, Orange County Fire/Rescue was formed, and my father was hired as a career firefighter. I grew up in the firehouse, particularly the

one that is still in service at three points: the Hoffner/Narcoossee/Goldenrod intersection."

Even on his off days, this Nona Hero continues to help people. The only difference is Hart helps them on one of the most enjoyable days of their lives: buying and selling their home.

"I am a licensed realtor with Heroes Real Estate Group. We are a local, veteran-owned, dedicated group of current and

save, those are the ones that stick with you."

Hart has maintained his status as Engineer and for good reason. "To be honest, there is no better job in the world than driving a fire truck."

If you would like to nominate someone for our next Nona Heroes feature, please send an email to nicole@nonahoodnews.com or complete the form here:

nonahood.to/nonaheroes.



previous military, fire, police personnel that help people achieve their dreams of home ownership. Just like the fire service, it is very satisfying for me to help people. This area continues to amaze me with its diversity, vision and people that move here. It is only getting better, and I would not want to be anywhere else in this stage of my life."

Since our featured firefighter is someone who always chases fires, one might begin to wonder where he can be found. "I currently work at Station 77 on Moss Park Road. I have been there for four years. Prior to that, I spent six years from 1999 to 2005 at Station 66, which is located at 436/Highway 50. While assigned to Station 66, I achieved my qualification to become a part of the Special Operations Division, qualifying me to be a part of the Truck Company. I became a High Angle Rope Rescue Technician and also a Vehicle and Machinery Rescue Technician, which allowed me to be assigned to the ladder truck. I also obtained my paramedic license and rode as the paramedic on R-66. In 2005, I was promoted to Engineer/PM and moved to Station 80 Bonneville. While assigned to Station 80, I received certification to be able to ride up as Lieutenant. I was assigned to Station 80 from 2005 to 2007. In 2007, I got transferred back to Station 66 as the Engineer on the Truck Company. I remained Engineer on the Truck Company from 2007 to 2014. Due to some reorganizing, the ladder truck got moved to Station 81 Econ/Lake Underhill, and in 2009, the ladder truck was again moved, this time to its current location at Station 83 on Lake Underhill near Alafaya Trail."

When asked about his greatest memories while fighting fires, Hart mentions that it's the actions that take place after the heat subsides that impact him most. "I have a lot of great memories about the fire service. The few that are nearest are the great firefighters that have trained me, especially in the early days of my career. However, the great men and women that we have lost due to injury or illness hold the fondest of memories. I think about them often. Helping people on a daily basis created a lot of memories. The thank yous, the kids giving you a hug or a handshake in the store showing appreciation, the people that we have helped in their most desperate time of need and having them come back to the fire station and thanking you. The kids you have helped and then watching them grow and seeing them playing a sport they love, or simply seeing them around town. We have saved so many lives from all walks of the earth, it is hard to have one stand out. Unfortunately, it is the ones we couldn't

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SPORTS

VillageWalk FireStars Tennis Team

BY VANESSA POULSON

The VillageWalk FireStars tennis team finished 5-0 this past fall 2017 season and remained undefeated in 10U competition. The team won the Junior Team Tennis Championship, which was played at the USTA National Campus in Lake Nona, after months of hard work and training daily at the Estrada Tennis Academy, located in VillageWalk.

“These players train and compete with and against each other on a daily basis. This helped the team chemistry,” said coach Jeff Gomez in an email interview. This team is all the more remarkable simply because of their age. While the team played against many teams with players all 10 years old, the FireStars team was comprised of 8- and 9-year-old players.

“It was amazing to see these youngsters play at a high level,” Gomez continued.

“I believed our kids learned how to play ‘together’ as one unit. Throughout the season, they grew as tennis players physically and mentally. With each passing week, our kids played with confidence and learned to believe in themselves and in each other.”

The members of the team included #1 racquet Jorge Cely and #2 racquet Isabella Cuervo. Aaron Hernandez, Johnny Velasquez, twins Jordyn and Jaedyn Gomez, and Maria Kuzmanovic rounded out the FireStars. Two members of the team, Jordyn and Jaedyn, were recently selected to be a part of the Official USTA NetGeneration Ambassadors. They were hand picked by the USTA for the newly launched “Net Generation,” which is an initiative designed to motivate more young players to enter the sport.

Most of the players from the FireStars team are now playing in individual tennis tournaments, in singles competition, but there is talk about the team making another run at the Junior Team Tennis Championship.

“Lake Nona was well represented in youth tennis this past season!” said Gomez.



Fourth Annual Laureate Park Cornhole Tournament

BY NICOLE LABOSCO

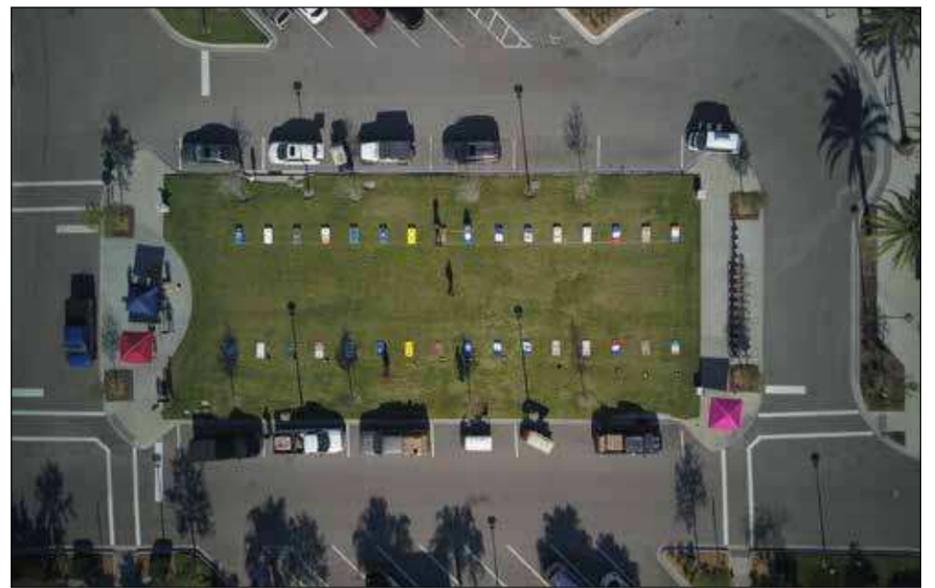


Photo by Robert Benito

money for a good cause. Proceeds totaled \$7,480 and were donated to the Nona Cycle Tour de Cure team, which benefits the American Diabetes Association. The teams competed for a trophy and a cash prize with first place winning \$200, second place winning \$100, and third place winning \$50. The Gator Boys team, Patrick Davidson and Chris Femmer, took home first place.

The tournament lasted about half a day and there was some stiff competition, but we all know a little trash talking and friendly rivalries are what make a sporting contest that much more enjoyable. What made this event far more fantastic is that the community came together to support a good cause and have fun – it was never about the money. As they say, the proof is in the pudding, and those teams that took home first, second and third places donated their prize winnings back to the Tour de Cure charity.

For those of you who are not familiar with Cornhole, the rules are simple:

- Set up boards directly facing each other with 27 feet between the front edge of each board.

- Can be played with two or four players.
- One teammate on each side, standing next to opponent.
- Four beanbags are tossed from each teammate, alternating from self to opponent.
- When tossing, your feet may not go past the front edge of the board.
- Bags that hit the ground and stay there or bounce and land on the board receive no points.
- First team to reach 21 wins with a lead of two or more points.
- Beanbags on the board = one point.
- Beanbags in the hole = three points.
- Points cancel one another out from each team.
 - Ex: Team A has a bag land on the board and Team B has 2 bags land on the board, Team B only gets one point for that round.
- Most importantly, have fun!

Nonahood News would like to give a huge shout out to Victory Tailgate for helping us produce high-quality boards and the Leading Edge Land Services surveyors for coming out and measuring the distance of the boards.

We would also like to thank all of our sponsors for making this event a great success!

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Thank you to every sponsor, participant and spectator who spent their weekend with us. It's events like this that make the Lake Nona area so special. See you all at next year's Cornhole Tournament!



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Lake Nona Youth Sports: Lake Nona Jr. Lions 14U Team Reflects On Championship Season

BY VALERIE SISCO

Even though the Lake Nona Jr. Lions (14U) team played their championship game in early December, they're still savoring the successful season that crowned them the 2017 Florida Youth Football and Cheer League (FYFCL) Youth Football Superbowl Champions. Reginald Warren, coach of the 14U Jr. Lions team, has plans next season to continue working on the elements that brought them exceptional success in 2017 and build on the already strong foundation the team has established. "The kids persisted in practice all season long, beginning during the preseason and persevering to the final game," he says. "Our coaches were diligent and hard-working, too, and that helped us during the run to the championship."

The team finished with a winning season record of 7-1 and were crowned runner-up in the AAU national title game. Reggie believes every game helped to develop the players' ability to overcome adversity. "We were having an undefeated season until the last game of the season," he says. "That loss helped us re-focus into the playoffs and all the way through winning the FYFCL Superbowl, earning the right to go to AAU Nationals."

Reggie brings 13 years of coaching experience to the Jr. Lions that started when he was in the Marine Corps coaching a semi-pro team. He later coached Pop Warner teams in San Diego and Illinois and then began coaching the Lake Nona Jr. Lions when he moved to Florida several years ago. "I love to coach the game of football because coaching is a little like sowing seeds into the lives of young men and women," Reggie said. "I get to have one-on-one conversations with them so I can share little gems of wisdom that can help sharpen their life skills outside of football. Every chance I get, I tell these young athletes that football is fun but education comes first."

Even though last season's championship run was a

thrilling experience for the team, the Lake Nona Jr. Lions are looking ahead and eager to start practicing for next season. "The Superbowl win shows that we have a strong, solid youth program with the Lake Nona Jr. Lions," Reggie said. "There's a lot of talent in the Lake Nona community, and the Jr. Lions are a force to be reckoned with as we move forward, building a high school state championship team."

Coach Anthony Paradiso Shares Expertise With Jr. Lions Program

For the first time this upcoming season, Anthony Paradiso, coach of the Lake Nona High School Lions, will be sharing his coaching insight with the Lake Nona Jr. Lions. He brings his expertise and successful approach of focusing on the fundamentals to help the Jr. Lions shape their rapidly growing program.

Coach Paradiso, who has been the head coach of the Lake Nona Lions since 2011, is looking forward to providing an overarching cohesiveness to the youth football programs. "We want to align our methodology, processes, and framework so as the kids move up into a new age group, the system is more familiar to them and easier to adjust to," he said. "I think it's going to give our kids a great advantage as we share insights and align our programs."

Coach Paradiso hopes that when the young athletes from the Jr. Lions teams reach Lake Nona High School, they'll find a familiar face. "I've had the privilege of coaching every player in Lake Nona High School's history since I've been here when the school opened, and I look forward to sharing our football philosophy with young athletes of the future."



Valerie Sisco lives in Lake Nona, where she writes the blog *Grace with Silk* gracewithsilk.com/. Follow her journeys via Twitter [@GraceWithSilk](https://twitter.com/GraceWithSilk), Facebook facebook.com/gracewithsilk, and Instagram instagram.com/valeriesisco/.



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Upcoming League News

Mark your calendars for these important dates:

- **3/26/2018** Fall Registration for Cheerleading and Football opens
- **4/24/2018** Beginning of first Football off-season conditioning session
- **6/5/2017** Beginning of second Football off-season conditioning session
- **6/23/2018** Jr. Lion Football Combine (player testing and evaluation day)
- **8/1/2018** First Day of Football and Cheerleading Practice
- **8/17/2018** Football Jamboree
- **8/24/18** First Football Game

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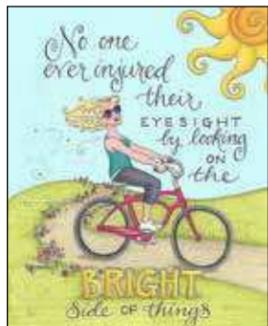


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Nona Cycle: It's All in Your Head

BY DEBRA LOWE, MEMBER OF
NONA CYCLE

"Whether you think you can, or think you can't, you're right" (Henry Ford).



When it comes to cycling, it's not all in your head, but a good deal of it is. There are countless books and quotes about the power of positive thinking,

and with good reason. More often than not, our thoughts, good or bad, become our reality. So, it should be a relief to know that you do have more control than you think over how enjoyable your time in the saddle, be it a spin class, training ride, race or endurance ride, turns out to be.

Whether it's surviving an overall bad day, tolerating pain, or battling a relentless headwind, a strong mind is your greatest asset. Cycling is, after all, a workout; we ride to challenge ourselves, to taste what we're made of, and to find a better version of ourselves. I've learned from experience that my mindset determines what kind of ride I will have. It took a long time for me to show up at one of Lake Nona Cycle's

Sunday Signature Rides – why? Because long before I rode up and introduced myself, I had it in my head that some disaster or embarrassment would befall me. But, lo and behold, by the end of my first 30-mile ride with the group, I was in a mild state of euphoria.

So, how do we overcome this mental tug of war?

Expect Great Things to Happen

It might seem easier said than done, but it's also the most obvious mindset to have – if you think you are going to have a great ride, you'll be able to "look on the bright side" regardless of what surprises might come your way.

Find Your Purpose

There's a reason why you took up cycling, and it certainly was a positive one. Remind yourself of that purpose: Was it to get fit, enjoy the outdoors, meet new friends, de-stress? Or were you seeking a way to support your philanthropic goals by riding for your favorite charity? Reminding yourself of the reason you are in the saddle will certainly put you in a positive mindset.

Fear Not!

Fear can get the best of you in many subtle and not-so-subtle ways. Fear of not being fast enough, of that slight ache in your back, or that never-before-heard sound when you shift – all of it will keep you from being in the moment, and that moment is more often than not a positive one.

Trust and Enjoy the Process

When I first began riding, I felt a 12-mph pace and 25-mile ride was quite an accomplishment. It was at a time when I had not been outside of a spin class in more than a decade and was riding a

20-pound hybrid bike. Four months later, I was riding a road bike and completed a century ride. I wasn't the last to cross that finish line, but I was close to it. Fast forward three years, and while I may not be as fast as I'd like, I am content in knowing how far I've come. This keeps me motivated every time I clip in. Every ride uncovers another layer of progress.

Relax and Focus

One would think pushing harder would yield better results, but sometimes letting go, finding your own rhythm and simply relaxing will bring about a surprising shift in your performance and riding enjoyment. I learned this during one of my first rides with Nona Cycle. With every rider who passed me, I was becoming more stressed and pushing harder trying to catch up, to no avail. Then one of my fellow riders came up next to me, showed me how fluid his cadence was, and as I adapted that approach, I was suddenly sailing right along with him.

Lighten Up!

I will be the first to admit I am a serious person in all aspects of my life. Occasionally, I will be reminded, either by a kind soul or my own self-realization, that life is short and meant to be enjoyed. Remind



yourself – on those days when your internal voice doesn't have a single good thing to say – that you ride foremost for the fun of it. When you think about it, a bicycle is a time machine. It's safe to say one of your happiest childhood memories is the day when you got your first bike. If you bring that thought to mind when self-doubt, defeatist thoughts, fear or a combination of all three want to go along for the ride, you'll find that you are stronger, faster and a better rider than you ever thought possible.

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



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ARTS & CULTURE

Book Review: *Ready Player One*

BY AARON VAIL

Author: Ernest Cline

Publisher: Crown Publishing



The year is 2045, and programmer James Halliday has created a virtual, online universe, OASIS, where everyone goes to experience a better world than the dystopia they currently live in. Halliday is also a major fanatic of the '80s in which he grew up. Upon his death, a video message is sent out to the world informing the masses that there is an Easter egg (hidden code in the program) within OASIS, and the first person to solve three puzzles and collect their keys wins not only half a billion dollars but the rights to OASIS itself.

Wade Watts is our teenage hero who spends his free time learning all he can about the '80s along with everyone else. Known in the OASIS as Parzival, Wade finds the first key hidden in an obscure Dungeons & Dragons module located in the very world where he attends virtual high school. Each key is used to open a door where a puzzle is pre-

sented. Upon solving the first puzzle by beating a rival at the arcade game Joust, he becomes a "gunter" (Easter egg hunter) and starts a frantic search to find the rest. Along the journey, Wade is confronted by a corporation determined to gain control of OASIS and make a fortune by changing the free virtual program into a paid service.

As a huge fan of the '80s myself, having spent the best of my teenage years in them, I loved this book. Author Ernest Cline's love of the time period is displayed in this story as he incorporates so much of the pop culture from music to movies to arcade games. And despite the heavy incorporation of the '80s references and scenes, I didn't feel the imbalance between the characters' time period and explanations of historical subjects that could have easily been an issue.

What I love most about this book is that the story is so unique. Yes, it's the typical "protagonist is the only one who can defeat the bad guys and does so by the skin of his/her teeth with the aid of newfound friends," but the setting is what really sets it apart. We're in a dystopian future but delve deeply and rely on the past at the same time. We're exploring a future time where technology is superior to today's, but we're relying on old arcade games like Joust as major action scenes.

There's a good reason why Steven Spielberg has produced the movie adaptation for release in Spring 2018. There's plenty of action and suspense to keep me on edge until the end, and flashbacks to my earlier days made this a wonderful sci-fi story I eagerly recommend to anyone.



The Lake Nona Book Maven Review: *A Gentleman in Moscow*

Author:

Amor Towles

Genre: Fiction

Hardback: 462 pages



Having read and enjoyed Amor Towles' first novel, *Rules of Civility*, I was ready for another interesting and well-written story, and I was well rewarded with *A Gentleman in Moscow*. This novel is different from anything else I have

read. As the novel opens in 1922, we meet the main character, 31-year-old Count Alexander Rostov, when he has fallen from grace, as most aristocrats did, just after the Russian revolution. He was tried by a tribunal and sentenced to life under house arrest in a former servant's quarters in a hotel in Moscow just across the street from the Kremlin. So begins the curious tale of our gentleman in Moscow.

This story takes us on a journey through the Count's eyes and his exploits during

the course of over 30 years inside the Hotel Metropol. He views the world as having lost manners and grace, and sees it as his mission in life to enjoy the pleasures that can be afforded to him while modeling insight and common courtesy wherever he can. Thus, he manages to charm and insightfully instruct all those with whom he comes in contact.

Along the way, he befriends a famous actress, the hotel chef, an American and many others, both the guests of the hotel and its employees. He meets a few old friends from his former life and at one point finds that a child is left in his care. Throughout, we see Count Rostov charming almost everyone who crosses his path.

Osip Ivanovich, the former Red Army Colonel and current officer of the Communist Party, is assigned to keep track of Count Rostov. The count offers to help Osip in his desire to learn about the upper classes to help him develop diplomatic skills. So together, over dinner on the third Saturday of every month, the Count helps Osip explore such things as French, the Enlightenment, Impressionist painting, British tea and cricket, and American film and film noir, etc. In the care of his young ward, Sofia, the Count employs the help of Marina, the hotel seamstress. He even uses his exemplary knowledge of social graces and the art of fine dining to succeed as a waiter in the hotel restaurant.

As a good number of people from different places and circumstances pass in and out of the Hotel Metropol, the Count's confined world becomes a microcosm for the outside world in Moscow over the 30 years after the revolution. It's hard to imagine that following one person's life and interactions inside one hotel for 30 years could make for such a compelling story. And, in truth, the story does slow just a bit in the middle. However, the writing throughout is wonderful, the character of the Count is a joy to get to know, and the background of Russian and world history gives the story an especially interesting context. And finally, until the end, I was certainly anxious to find out if the Count was ever released from his confinement. This novel is well worth the read. Of the novels I read in 2017, this was my favorite.



Meet the Press: Joe Henry, Editing/Proofreading

BY NICOLE LABOSCO

Joe Henry is an Editor/Proofreader here at *Nonahood News*. He's originally from Johnstown, Pennsylvania. Flood City, for those from up north.

Extrovert or Introvert?

Serious introvert.

Indoors or Outdoors?

Indoors (because I've lived in Florida, the Philippines and Thailand for the past 22 years, so AC is non-negotiable).

Sun or Snow? Sun. I grew up with snow in Pennsylvania and New Jersey and also lived in frigid Vermont for three years, so I'm good with tundra life.

Dogs or Cats? Dogs, for sure. I've had at least 10 dogs in my life and love their joyful attitudes

Vans or Converse? What? (That was a joke for my millennial children!) Boat shoes, actually.

Coffee or Tea? Neither. I'm the only person in the world who just drinks water.

Adventurous or Laid Back? Laid back, no doubt. I hate heights despite being 6'6"!

Canon, Nikon or Sony? Cell phone..

Books or TV? Both. I was always a book maniac, but my wife has led me to (mostly) British TV shows via Amazon and Acorn. American TV shows are lame.

What brought you to the Nonahood?

I live in Kissimmee but work at Pioneers on Narcoossee Road across from Walmart, so I land right in the heart of Nonahood every workday. I was in radio and newspapers for 17 years before becoming a missionary in the Philippines and Thailand. I returned in 2012 and have been coaching people who want to be missionaries.

What's your favorite hobby?

Reading and watching sports. Hockey is my favorite - go, Lightning!

What's your biggest dream?

To serve overseas again one day after my wife's health improves a lot.

Where do you see yourself in 10 years?

Probably serving as a ministry leader in Europe or another location that has adequate healthcare for my wife.

What are you most excited about in Lake Nona?

Friends who work at Pioneers! They enjoy the area, and I live vicariously through them (although I do live 10 miles from Disney, etc.).

Who's your biggest inspiration?

Jesus. I live to follow His will for my life and to be more like Him every day.

What's your favorite book?

The Bible is the easy and correct answer. However, I'll also say *Trafficking in Retribution*, which is a novel that I wrote and just released on amazon.com in February! (Cheesy plug, I know, but please do check it out!)

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

We were driving to visit a church partner in eastern Thailand once during rainy season. His village is 15 miles off any legit road in the mountains, so when we were returning, it had poured rain for two days and the "path" was mush. At one point, we (me and five passengers) skidded hard right and came within a few feet of falling off the edge of the mountain. There were a lot of trees, so we likely wouldn't have fallen too far, but I was glad we didn't have to test it out!

Describe one of your most memorable experiences.

My wife, Elaine, and I raising our four children in Thailand was a real joy. The people are incredibly kind, and our children have a tremendous vision of a fascinating world that they otherwise wouldn't have.

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





Inspiration Through Originality: It's In the Sterling Silver

BY NICOLE LABOSCO



With Mother's Day just around the corner, this month's featured artist might create just the gift you were looking for. Karen Ashe created Longview Jewelry in 2016 with her husband, Blake. The couple works hand-in-hand to strike a balance between growing the business, maintaining their Lake Nona home, spending time with friends and family, being active in the Central Florida community, and caring for their two cats.

Karen Ashe graduated with a Bachelor in Fine Arts with a focus in Printmaking from the University of Delaware in 2007. She also has a Master's of Business Administration degree from the University of Florida. "In order to make a living as an artist, I've needed various administrative skills, including professional speaking and writing, marketing, finance and accounting, and supply-chain management. I also cannot discount the importance of the retail and operations management skills I learned while at Disney in my learning journey to becoming a creative entrepreneur."

Nonahood News spoke with Karen to learn more about her journey through the creation of jewelry.

What drove you to become an artist? When did you realize jewelry making was your passion?

My desire to create art all started with a mouse. On one of our many Florida vacations, my parents took me to the animation studio at Disney's MGM Studios [now known as Hollywood Studios]. I vividly remember watching along with the Robin Williams/Walter Cronkite film called *Back to Neverland* as they rotated through different stations depicting the hand-drawn animation process with live artists working right in front of you! After that trip, I was hooked on drawing, and my parents enrolled me in various classes such as Japanese brush painting, watercolor, Egyptian hieroglyphics, stamping, calligraphy, comic book art, and so on to sate my appetite for art.

My passion for jewelry making as an art form came much later. Several years ago,

I started researching 3D printing and experimented with free CAD [computer-aided design] software to learn how to use it and see what I could make. I saw potential for small objects, like jewelry, that had previously been limited by what can be carved by hand into castable wax as well as the traditional casting process. Since I was used to working on a larger canvas, I wanted to create a design that would pack as much visual interest as possible into such a small space while also being customizable. Out of that desire came my two-piece charm design, where like-shaped top pieces can be combined with different colored bottoms to create unique combina-

tions. These are really at the center of my passion for jewelry making. When people enjoy the originality of the designs and wear them with their own personal style, it inspires me to keep creating!

How often do you find yourself creating jewelry?

One of the reasons I use the name Longview for my designs is because I am constantly looking forward. I am currently working on a new line for this fall, since it takes several months to bring a concept from design to store. When talking with customers, friends, and family, I observe their tastes and ask their opinions as inspiration for new pieces. Ideas for jewelry can come to me at any time from photos, illustrations, letterpress, interesting shapes or colors I observe in nature, printed patterns in fabric or wallpaper, works of art or sculpture. At any point in time, dozens of pieces are either developing conceptually, being modeled, prototyped and molded, or in production and being sold.

Which of your pieces would you consider your favorites? (Pick the top three.)

I love my Longview Signature Bangle. It's a two-millimeter solid sterling silver wire that is hand-wrapped to create a coiled bangle with two bands. On one end is a soldered, hand-enameled button that bears the Longview Leaf and the other end is a delicate tapered curve that charms can be threaded onto. The bangle is hand polished to a shiny, mirrored finish. I designed it to be elegant when worn alone or with the addition of many charms.

The shape of the curve in my Signature Bangle is echoed in my Longview Signature Ring. The ring, in sterling silver or 14K gold, is comprised of two crisscrossed bands whose ends form an open heart. Because of the versatile and comfortable design of the ring, it can be worn in many different ways. The wearer may choose to show either the heart or crisscross shape facing up depending on how they want to accessorize their look, either with soft

curves or with clean and modern angles. Even the heart shape, when worn facing up, can be put on with the point toward or away from the wearer. Just like an Irish Claddagh ring whose heart shape represents love, the position of the ring can symbolize the wearer's relationship status: pointed out toward fingertips means "looking for love," while pointed in towards wrist means "in love."

I am very proud of my Longview Leaf Two-Piece Charm design. My two-piece charms each have a top and bottom design that are both the same shape (circle, oval, heart), so they are perfectly aligned when one piece is on top of the other. The top piece of this particular two-piece charm is the Longview Leaf, which is also in my logo design. When I created the Leaf, I superimposed it over a yin yang so the design would benefit from the balance of positive and negative space inherent in that shape. I also wanted it to evoke various other symbols, including leaves, hearts, and fleur-de-lis. The bottom is a stylized yin yang design and can be hand enameled with any color, but I most often choose an emerald jewel tone, which holds several meanings as May's birthstone, a color that is commonly associated with nature, and one of the main colors I use with Longview Jewelry. We donate 10% of the proceeds from the sale of this charm to the Arbor Day Foundation.

Which of your projects was the most time-consuming/challenging and why?

Every design has forced me to learn how to use CAD software in a new way to achieve a desired shape or finish. For its simplistic and elegant look, the Longview Signature Ring was actually quite difficult to get just right. From the unique crossed double band to the tapered open-heart shape, everything was built from scratch and then had to be modeled five separate times for each of the sizes and band thicknesses.

What are some of your dream projects?

I look forward to the day when 3D printers and materials have advanced to the point where they are as accurate and affordable as the current casting method for production. I feel that customization is becoming increasingly important to today's consumers and will continue to be a driving force in the marketplace. I am excited for a time when I can produce unique, made-to-order jewelry pieces on demand with this technology.

What serves as your inspiration on a day-to-day basis?

I would like to think that I've always been a pretty optimistic person, and I feel that comes from being raised and surrounded by great people. First and foremost, I couldn't stay positive without emotional support from my husband; he always spurs me on to be my best self. I also look to my amazing family and friends for examples of how to live mindfully, have patience, be kind and accepting, and work diligently and with integrity. It's the constant reminder of these values coming from the important people in my life that keeps me focused on my goals as a creative entrepreneur day in and day out.

Which artists/designers would you say you share a vision with?

I have always felt that one of the most beautiful periods in art history was Art Nouveau. From Mucha to Privat-Livemont, Tiffany to Lalique, I am moved by the natural and feminine subjects, unique materi-

als, Japanese art influence, and soft lines and forms from that time. As far as artistic vision and forward thinking, I am one of the masses who has fallen for Walter Elias Disney. Every story I hear about him reaffirms my love for the brand and characters he created. One theme park Imagineering concept I think about when I create my jewelry is actually a filmmaking technique. When you experience a Disney park, you are completely immersed in a fantasy world. Imagineers design each element of the park to draw you into the story they are telling by utilizing camera angle concepts: the long shot, medium shot, and close up. In the same way, when I make my pieces, I think about how my jewelry will look on the wearer from afar (colors and shapes), how it will appear at a conversational distance (design), and finally that "ah ha!" discovery moment when you're looking at the jewelry up close and you see fine details and symbols you couldn't see before that give it new meaning.

What style/form of jewelry is your favorite to create?

I really have fun designing my Petite Pieces Charms. Each piece is molded completely in the round so that you can see the design from all sides. I enjoy making pieces that interact together like the Secret Key and Antique Lock charms – I designed the key-hole in the lock to be the exact size for the key charm to fit into. The Elegant Tiara, which was partly inspired by one of the Miss Universe crowns, is a complete miniature tiara, with each side being a unique shape based on its design.

Future goals/plans?

I would like to bring my designs to more people in Central Florida and beyond. I am looking for more places to showcase my pieces, including boutiques and stores, shows and festivals. I would also like to collaborate with other local organizations to help promote their brand in a way that's unique and wearable. Additionally, I hope to double our donation to the Arbor Day Foundation this year through sales of my Longview Leaf Two-Piece Charm.

For those interested, Longview Jewelry's designs are currently available through www.longviewjewelry.com. Art and jewelry enthusiasts alike can stay current on Longview's upcoming events and designs through social media: @longviewjewelry.

NOMINATE AN ARTIST

We are looking for interesting artists who live in the Nonahood to be featured. If you or someone you know should be nominated to be a Nonahood News Featured Artist, send your nomination to nonahood.to/artist.





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LNHS Wind Ensemble Selected to Perform at Carnegie Hall

BY NICOLE LABOSCO

The Lake Nona High School Wind Ensemble was selected to perform at Carnegie Hall in 2019. This honor came when band director Monica Leimer filled out an application listing the accolades the band had received. Leimer also had to submit three recordings of the band in concert. Leimer has been the band director for five years at Lake Nona High and 17 years total. The Wind Ensemble is comprised of about 50 of the high school's top student musicians.

A typical week for the Wind Ensemble consists of rehearsals on Wednesday afternoons for two hours in addition to rehearsing daily in class. Leimer mentioned that occasionally the school brings in guest conductors from universities.

The length and details of the performance at Carnegie Hall have yet to be determined, but the actual Wind Ensemble show is

part of the National Band and Orchestra Festival. There will be world-renowned judges providing feedback and a clinic on the school's performance. This means the seats will be jam packed. Students have been preparing for this moment for quite some time.

"The students are constantly working to achieve new heights in their music making. To perform on stage at Carnegie Hall is a once-in-a-lifetime opportunity," Leimer said. For those students and families involved, the ensemble will travel to New York City for a week in April 2019. There will be sightseeing in the city as well as attending cultural events for the group, in addition to the Carnegie Hall performance.

Leimer would like everyone to know about opportunities to see the ensemble perform before they head off to the Big Apple. "The week before the trip, we will present a send-off concert for the community free of charge. We also hope to live stream our performance for our supporters back home."

The Wind Ensemble will be seeking community support to help ensure that all of the students are able to go on the trip regardless of their financial situation. Anyone who is interested in making a tax-deductible scholarship donation should email Monica Leimer at monica.leimer@ocps.net.



APRIL

events

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

- 1 College MatchDay: Florida vs. Texas--Women (7:30-11 a.m.)
- 3 LNRCC First Tuesdays Business After Hours (5:30-7:30 p.m.)
- 11 LNRCC Breakfast Connections (8:00-9:30 a.m.)
- 11 EOCC Membership 101 (8:30-10 a.m.)
- 11 Lake Nona High School Speech and Debate Night (6:00-9:00 p.m.)
- 15 College MatchDay: Men's UCF vs. USF (5:30-8:00 p.m.)
- 21 Iron Pigs Against Pediatric Cancer Motorcycle Ride (10:00 a.m.)
- 23 EOCC Coffee Club Nona (8:30-9:30 a.m.)
- 27 LNRCC Business Luncheon (11:30 a.m.-1:00 p.m.)
- 28 8th Annual Wine Women & Shoes Orlando (2:00-6:00 p.m.)

THE MONDAY MARKET
at Lake Nona YMCA
Mondays 4:30-8 p.m.
YMCA of Central Florida (Lake Nona)
9055 Northlake Parkway
facebook.com/Lakenonaymcafarmersmarket/

YOGA NONA Sponsored by Lake Nona Life Project
Saturdays 10-11 a.m.
Crescent Park in Laureate Park
8374 Upper Perse Circle
facebook.com/learnlakenona/

LIVE + LOCAL
Thursdays 6:00-8:00 p.m.
Crescent Park in Laureate Park
facebook.com/pg/learnlakenona/events/

THE SATURDAY MARKET
at VALENCIA COMMUNITY COLLEGE LAKE NONA
Saturdays 9 a.m.
Valencia College Lake Nona Campus
12350 Narcoossee Rd.
facebook.com/LakeNonaFarmersFreshMarket/

ART AFTER DARK
Fridays 7-10 p.m.
Lake Nona Town Center
Food Trucks on first Friday of each month
facebook.com/artafterdarklakenona/

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

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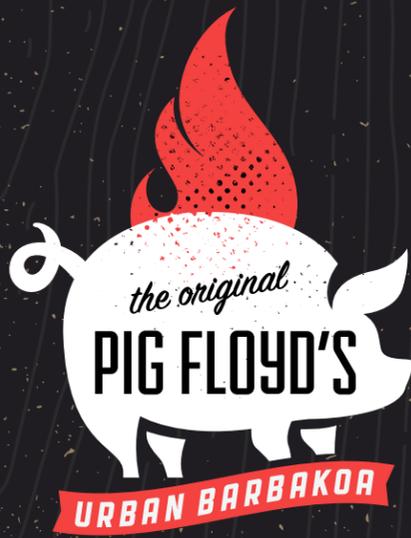
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