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SCHOOL'S OUT FOR SUMMER! CHECK OUT FAMILY FRIDAYS

ON PAGE E-2



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EDITOR'S DESK

Editor's Note: Everything Can Be Fixed

BY ELAINE SUSAN VAIL,
MANAGING EDITOR



Elaine Vail

I'm a perfectionist. I freely admit this and accept this aspect of my personality. I recognize it as a strength in my career and an asset my employers have appreciated, even if it is sometimes annoying. However, anyone in the print media industry knows that letting go of the imperfections is critical to your sanity! Our online articles and social media posts can be edited and corrected or deleted in a moment. Print, however, has an almost eternal weight because it can be preserved for hundreds of years. This can be a heavy burden for a managing editor, as every single edition will have at least one minor flaw, no matter how strong our editorial team and process is.

Sometimes, the misprints can't go unnoticed, so this month I write to share an oversight that must be publicly corrected. If I could find every copy of the 19,500 prints we made with a red pen or Sharpie in hand, I would do that. But I can't, so I hope this note will suffice.

Each month, we search the area for a local artist to feature on the cover of either our main or entertainment sections of the paper. It has been an intriguing, fun and inspiring adventure to find so many talented artists in our city! May 2018 was no exception as we interviewed Alejandra Tobon and

learned about this Colombian-born, biomedical science student at UCF and her view of art and music.

Ms. Tobon provided us with several high-quality images of samples of her artwork, but somehow a couple of pieces that were not hers got mixed up into the files. How this happened is still a mystery, but we have been doing some investigative work to figure out who to credit for the May cover artwork.

The artwork you see on page 16 of the May 2018 main section is in fact Alejandra's original artwork. However, the cover image is not hers. We've tracked the piece to a juice company called Sun365 based only in Estonia, Latvia and Lithuania. How strange is that? We reached out to the company and discovered the not-so-local artist's identity: Juste Urbonavičiūtė.

On behalf of the entire *Nonahood News* family, I want to tell you how sorry we are, Alejandra, that we misrepresented you and your art. This mistake was unintentional, and we're so sorry! We want you to know how grateful we are that you are part of this community and were so willing to share your inspiring story with the Nonahood! We wish you all the success in the world with your art, finishing your college education, and your websites set to launch this summer!

As far as the surprise cover artist from Lithuania, Juste Urbonavičiūtė's work and bio can be found at kissiuusuki.com. And if you happened to miss the feature on last month's artist, check her out here: nonahoodnews.com/artist-alejandra-tobon/.

Thank you, Alejandra, for reminding us that "Todo tiene arreglo" or "Everything can be fixed" is a phrase that we should all live by! Thank you for being you!

With the beginning of summer, we celebrate grads and dads. We congratulate and applaud the high school and college graduates this month! We look to you in awe and filled with hope as you are our future! And to all the fathers in the No-

nahood, we honor and thank you for the protection, security, strength and goodness you provide to our families and community. Happy Father's Day to you!

We hope you enjoy our June edition with all its inspiring stories, helpful information, lifestyle tips, entertainment and colorful lives and images! This is YOU, Lake Nona, and you should be proud!



Alejandra Tobon's Biggie Smalls 4 President



Artwork by Juste Urbonavičiūtė



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Serving As Physician Soldiers – Together

BY DR. DEBORAH GERMAN



Dr. Deborah German

Tears flowed as Melissa Smith received her new epaulets marking her military promotion to Army captain. She had just earned her UCF doctor of medicine degree. This moment was even more special because her husband, Arron, a fellow medical student and Army veteran, did the ceremonial pinning – with the spouses both in full dress Army uniform.

“It’s been such an honor that we’ve been able to go to school together and serve our country together,” she said. “To have him pin me up there, I was very overwhelmed with emotion and very happy.”

Smith will do her residency training in urology at the Madigan Army Medical Center in Washington. Her husband is set to graduate in 2019 and hopes to fol-



PHOTO COURTESY OF UCF COLLEGE OF MEDICINE

low her there to become an orthopedic surgeon. Melissa was one of three military officers who graduated May 18 and were promoted to captain after collecting their M.D.’s.

She and fellow students Lindsay Gilmore and Michael Povlow are recipients of the military’s Health Professions Scholarship, which covers tuition and living expenses for medical students who agree to serve their country for one year for each year of scholarship. While military officers are traditionally pinned during commencement by a faculty member, Melissa asked medical school leaders to allow her husband to do the pinning. We agreed.

“I really wanted Arron to pin me because we have been through so much personally and in the military and we’ve been by each other’s side at each step of our military career, and I couldn’t think of anyone I would rather share that moment with,” she said.

Melissa said Arron promised to tell her jokes during the pinning so she wouldn’t cry. But he didn’t. “He told me that I was his inspiration and that I was his hero. And he was honored to serve next to such a great doctor,” she said.

The Smiths met in 2005 while they went through combat medic school and nursing training in the U.S. Army. They married in 2008. Three days after the wedding, they were deployed to Iraq for a year.



PHOTO COURTESY OF UCF COLLEGE OF MEDICINE

After returning from deployment, both worked as nurses and then attended UCF to get their bachelor’s degrees in nursing. “After I finished my first semester, I just realized that I wanted to do more,” Melissa said. “After being a nurse for so long, I wanted to be able to make health-care decisions for my patients instead of just following instructions.”

Before she died, Melissa’s mother told her, “Never settle.” So, the couple began researching medical school admission requirements and realized they had met most of them. “So, I told him if I was going to go, he was going to go, too,” Melissa said.

Arron had more courses to complete and joined Melissa at the College of Medicine a year later. “It really helped having a spouse who has true and unique understanding of the stresses of medical school and why you need to study 14 hours a day,” Arron said.

The Smiths are looking forward to serv-

ing in the medical corps together as Army physicians. “There’s no honor greater than caring for my brothers and sisters,” Melissa said of caring for the nation’s heroes. “Our military paths have really shadowed each other for the last 10 or 12 years, and each step of the way we’ve hit several milestones together,” Melissa said. “We were deployed together, we moved through the ranks together. When we recommissioned, I was able to swear him in, so we have always been [able] to participate in each step of each other’s military career, and I don’t want to stop now.”

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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Rotary Update: Rotary Means Business

BY SONYA LABOSCO, PRESIDENT
OF ROTARY CLUB OF LAKE NONA
LUNCH



PHOTOS COURTESY OF JASON
PALINKAS

The Rotary Club of Lake Nona Lunch is excited to announce that our first District 6980 Rotary Means Business “Red Carpet” event held on April 10 at Canvas was a huge success. More than 90 business entrepreneurs were in attendance. Rotary Means Business Fellowship provides Rotarians unique opportunities to meet business owners, network, and socialize with business leaders in the community. Rotary

Means Business will host regular networking events, offer introductions with business owners, and share trends as well as patterns related to emerging markets. Businesses are always updating themselves...things change, times change, and Rotary Means Business was formed to help with this transformation. Business owners value their time. Rotary Means Business Fellowships provide smart, skilled and dedicated resources to maximize business connections.

Rotary Means Business encourages Rotarians to support the success of their fellow Rotarians by doing business with them and by referring other potential business leads. Rotarians embrace the foundations first established more than 100 years ago. Rotarians adhere to the Four-Way Test: Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?

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

Special thanks to Canvas and its amazing staff and our corporate sponsors – J.P Capital Realty Inc., *Nonahood News*, and N&A Commercial Cleaning – for your unwavering support to Rotary.

Meetings are monthly and held at a business or residence of Rotary Means Business members. There are always plenty of great food and beverages. For inquiries or to request information for future Rotary Means Business Fellowship meetings, visit the Rotary Club of Lake Nona Lunch

website at www.lakenonarotary.com or contact Lake Nona Rotary Means Business chairman Jason Palinkas at jasonpalinkas@gmail.com or call (407) 962-6888.



PHOTOS COURTESY OF JASON
PALINKAS



PHOTOS COURTESY OF JASON PALINKAS



BUSINESS & REAL ESTATE

The Predetermined Culture of Drive Shack

BY TRAVIS JACOB



PHOTO COURTESY OF DRIVE SHACK

Having a predetermined culture was a top priority for general managers Chuck Beyer and Jeremy Jones of Drive Shack in Lake Nona. Before the first regular employees were hired, these two guys were hashing out the core principles for starting off with a dynamic and winning culture. They were determined to build a foundation that would inspire every employee to be better and inspire people to do something special.

From their research on the company’s values and the marketing material stating what Drive Shack would offer the community, Beyer and Jones constructed a foundation built on five cultural pillars that every future employee would adopt as their own. These pillars make up the DNA of the Drive Shack culture every day in an easy, fun and memorable way. It was also extremely important that every one of the roughly 400 employees that

were hired to open Drive Shack in March would be a good fit from the beginning. During the interview process, employees were selected based on fit they were for the culture. Interviews focused mainly on attitude by looking for people who were positive, smiled a lot, and were looking for an opportunity to work for a company that would provide both personal and professional growth opportunities.

Since opening day, these five cultural pillars are the foundation of everyday business at Drive Shack:

- 1. Always.** Always on time. Always course ready. That is, be ready to impact the lives of guests and help them out with whatever they need that will ensure they have a great experience. “Always” starts every work day by preparing at home first. It’s having a neat and clean uniform and leaving the house in the right mindset to give your best all day.
- 2. Open.** Open to necessary change. Open to give every guest the right experience. Open also means operating in a judgment-free environment. Things can change throughout the day, and each employee must be open to rolling with a dynamic environment built on a great guest experience.
- 3. Bright.** An approachable look. Brighten up the way you dress by choosing bright colors to wear that go along with the uniform. Smile, smile, smile! It could make all the difference in someone’s day. You never know how you will impact someone with a simple, sincere smile.
- 4. Forward.** Think about tomorrow, not just today. Adapt and evolve based on what you are learning right now. What can we do to be better tomorrow? Forward also means every employee thinking about what they want to accomplish for their career, no matter what that career path is.
- 5. Fun.** Yes, have fun at work, but just as importantly, it’s being responsible. When everyone is responsible in their work, eve-




PHOTO COURTESY OF DRIVE SHACK

ryone will have fun in their work. Fun is also about being all inclusive, all the time. No one is left out. Everyone belongs.

These five pillars are instilled in every employee from day one at orientation. Every employee is encouraged to live these pillars daily. To help protect and maintain this dynamic culture, they have set up a constant stream of communication and follow-up. Every employee has one-on-one interaction with a floor manager before they can start their shift. This gives the floor managers the opportunity to communicate not only what is going on for the day but what is coming up, such as company meetings or special events. A reward system is also in place to identify and reward five exemplary employees each month who embody the five cultural pillars. The rewards don’t stop there. Each quarter, one of the 15 employees who were rewarded that quarter will be selected to have a special parking spot and a gift card of a sizable amount.

What made the Drive Shack culture strong and vibrant from the very beginning? Beyer and Jones were proactive and intentional. They were forward-thinking. They developed the plan, and they knew what kind of people they would hire before the first interview took place. I could tell this was the case with the first two employees I encountered when I entered the building for the first time. I saw that they definitely lived the pillars of always, fun, bright, forward, and open!

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.
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Business Spotlight: GEM Home Inspections

BY VANESSA POULSON



Juliet Goodman

Juliet Goodman, who prefers to be called by her first name or the nickname “Jewels,” is the owner and certified professional home inspector (CPI) of GEM Home Inspections and Construction Services LLC, which

went live in January 2017. GEM Home Inspections was spurred from a large desire and passion that Juliet harbored to help homeowners have a successful experience in understanding and operating their new homes.

“When you’re building a house, you’re growing a home from the ground up,” said Juliet. “You put all the parts together, and you get a home that someone gets to make lasting memories in. That’s what connects me to it.”

After working for some of the most prominent home builders in the area, including David Weekley, Juliet was inspired by the prospect of helping families learn about their own homes and how to use them, while also being a part of the building process. She recognized her ability to identify deficiencies or issues that needed to be addressed, explain them in a clear manner, and help with recommendations for repairs. “It was kind of like an ‘a-ha’ moment,” said Juliet.

Now, with GEM, Juliet feels that she can give each customer and their home the kind of quality attention that they deserve, which is something that she could not do before as a builder. Each house is thoroughly inspected, with comprehensive reports and active discussion with the homeowner being something Juliet

focuses on. She takes this time to discuss any problems she found during the inspection as well as to review basic home maintenance procedures and orienting the client with the home; she also is an active reference when homeowners have questions or need a support system. Juliet has also come across instances where she has been able to help newer builders in the process of inspecting a home.

GEM has a record of ensuring that each home is carefully inspected to maintain integrity and structural quality throughout the home before buyers move in and potentially have a 30-year contract without knowing the ins and outs of their home. Every inspection Juliet performs includes a detailed check of all the major systems & components of the home, inside and out, using the State of Florida Standards of Practice for Certified Home Inspectors as her guide. “I do my best to ‘live’ the home, to find issues before closing,” said Juliet. If there are any problems found, the report can be shared with the builder so that repairs can be made before the home closes, and in the event of a resale home, the seller might be willing to adjust the price depending on what items need to be fixed.

This full list of areas that GEM inspects comes directly from the GEM website:

- Roofing system (including gutters and downspouts)
- Structural components
- Foundation and crawl space
- Exterior (siding, doors, windows, soffits, fascias)
- Driveway
- Attached garage
- Deck and patio
- Interior (doors, windows, walls, floors, ceilings, stairs)
- Attic, ventilation, and insulation
- Plumbing system
- Electrical system
- Heating and cooling systems



• Built-in appliances

One of Juliet’s favorite parts of her job is not only inspecting the new homes but also the older homes that she inspects for resale. She gets to experience some of the older trends when it comes to home building and examine things that worked and did not work as the home has aged. “Seeing all the different architecture, all the different ways things can be done,” Juliet explained, “because there are a hundred different ways to do something, and each builder in each era did it a little differently.”

Juliet’s final words of advice remind home buyers and sellers to be conscious of their purchases and remember to ask questions and get in touch with those that have the right skills and education to help make their home into the best place it can be.

To get in touch with Juliet, you can visit the GEM website at gemorlandohomeinspections.com/ or email info@geminspect.com.



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Business Spotlight: Knockerball Lake Nona

BY NICOLE LABOSCO
PHOTOS COURTESY OF
KNOCKERBALL



Carola Martinez and Steven Sierra

Action-packed and bouncing around, this team sport brings out the friendly-competition in some and the laughter in all. Some have heard of Zorbing, others have heard of Bubble Soccer...well, this is Knockerball, and it can be found right here in our backyard!

Meet Steven Sierra and Carola Martinez. The two are a couple from Puerto Rico who decided to move to Lake Nona and service the Central Florida area after Hurricane Maria. They have been working with kids, teens and adults in activities and sports for

more than eight years. Together, the couple wanted to provide a premium entertainment option to people who want to do something different. Knockerball is just that. Sierra is basically the mind of the company and goes to all events, according to Martinez, who manages all the rentals and performs the customer service and administrative work.

Nonahood News spoke with Sierra and Martinez to learn more about this up-and-coming phenomenon.

NHN: What was the inspiration behind Knockerball?

"We started doing a little research, and we found Knockerball. We loved the concept, and nobody had it in Lake Nona. We saw an opportunity and moved our business from Puerto Rico to here. We are an independent, local company. Knockerball USA is the trademark name of the ball we employ in our business," stated Sierra.

The Knockerball business began in 2014 and was brought to Lake Nona in February 2018.

NHN: Why Lake Nona?

"Lake Nona is the new place to be. It's full of family and growth opportunity. It's an awesome community, so why not Lake Nona?" said Sierra. Martinez agreed.

For those of you who might be totally lost about what on earth Knockerball is, the couple explains that, depending on who



you ask, you'll receive different answers.

"It's wacky but incredibly fun, aggressive but safe, and one of the most engaging new sports to hit America in years. Knockerball or Bubble Soccer offers play value unmatched by other organized games. Whether playing indoors or outdoors, Knockerball affords those of any size or gender to play together, laugh together, and engage in untethered team and morale building. Players are not restricted to 'soccer play' as we have seen multiple new games form this year in utilization of the Knockerball. Play value is definitely increased with controlled field or size," described Sierra.

But beware, the couple warns that two or more Knockerballs in action will "make you laugh till you're sore."

NHN: What's your favorite part of Knockerball?

"Our favorite part is seeing people laugh. It's not only the players, but everyone who's outside watching the games will be laughing, too. We love creating unforgettable memories [for] everyone who plays. We love being part of all type of events and be responsible for people who want to have fun," exclaimed Sierra.

Sierra and Martinez explained

that Bubble Soccer was originally conceptualized in Europe, and Knockerball was just created as a way to create a brand within the generic term of bubble soccer. Knockerball separates itself from similar companies because the actual bubble is engineered with safety features and high-quality materials in the design and construction. The couple clarified the process by saying each Knockerball goes through a thorough 48-hour quality test before being shipped.

"The Knockerball itself is an improved version of past 'bubble balls,' as the company has put both the design and materials to the test. The Knockerball will weigh anywhere from 17 to 21 pounds, is made from virgin material PVC or TPU, and the construction process utilizes bolstered padding on shoulder straps, removable shoulder straps for easy cleaning, improved glue joints, and each unit is individually tested by an independent testing facility before it leaves," clarified Sierra.

All event coordinators are background-certified and must attend and monitor events for safety. The coordinators are fully insured, and each Knockerball has added safety features of soft handles, no-slip buckles and padded shoulder straps with extra head clearance.

What does Knockerball hope to bring to the Nonahood?

Unforgettable moments.

"Knockerball Lake Nona offers the most fun you will ever have! If you enjoy sports and playing games with your friends, then Knockerball is for you," said Sierra.

The mobile sport allows the couple to bring the fun to you and travel all over the Nonahood. Whether you are looking for corporate team building, wedding parties, school fairs/carnivals or birthday parties, Knockerball can guarantee great memories and lots of laughs.



Creator Mindset: The \$80 Phone Call

BY NIR BASHAN



Nir Bashan

Very early in my career, I was lucky enough to work at a great place and for a great boss. She was generous in every respect. And I learned a lot from her. She was generous with travel perks and bonuses, even lavish holiday parties and free catered lunches. When we would travel, we would stay at the finest hotels and eat at the best restaurants...all paid for by the boss. It seemed that there was money to spend, and she was going to spend it in style.

Then, on one business trip to Miami, my cell phone died and I forgot my charger. I was in my room and I had to get on a call, so I picked up the phone and dialed into a meeting. It must have been a 10- or 20-minute call or so.

I thought nothing more of it.

A few weeks after we got back, my boss stormed into a meeting and was very upset. Apparently my 20-minute phone call cost \$80, and it infuriated her. She went on and on about how irresponsible this was, and she made me promise to never, ever do it again. EVER. Out loud. I had to promise her out loud. In front of people. She made it THAT clear.

At first, I was livid. I had no idea why this would be such a big deal. It wasn't the lavish three-star meals or the five-star hotels. Sure, it was an expensive phone call, but we had spent so much more on other things. It took me years to

understand why.

You see, everyone has a trigger issue. Something that makes them tick. It's easy to dismiss her tick as "crazy" or unreasonable, but I wonder how many things we do that others see as "crazy" or unreasonable?



The thing is that we all have these ticks. To be upset about one person's tick is to not accept or admit that you have these ticks, too. They're just different.

We are quick to judge people on their flaws because it is so much easier than admitting our own. It's the husband that won't put the seat down. It's the roommate that never takes out the trash. It's the guy who cuts you off and speeds ahead. It's the business partner that thinks about what they're going to say instead of listening.

The lesson I learned was far greater than to never use the landline at a hotel. Sometimes, there is a reason that would make someone behave like this. And sometimes not. But tolerance will always go a long way in these situations because sometimes you just don't know what triggers a tick. However, you will always have a choice on how to react.

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.

nirbashan.com/lectures-workshops/

Get In-Powered!: Can You Really Change As a Person?

BY EDWARD A. RODRIGUEZ



Edward A. Rodriguez

It is very common in my seminars and coaching sessions to hear people asking me if they can really change.

In a way, we can see that we are not the same person we were years back, but in other ways, we think we are intrinsically the same because there is something about our behavior, our personality or our character that is holding us back. We try hard to change, experience some progress, but for some reason, we find ourselves coming back to our "old being."

Some people take this as a challenge and try harder. Others, sadly, arrive to the conclusion that "I can't change." This does not surprise me as much as the ability we have developed to have a frozen image of ourselves like if we were objects.

We are human beings!

You are in a constant state of "becoming," of "being," of "transforming."

Your body is changing:

The lining in your stomach and intestines regenerates every two to nine days. The outer layer of your skin regenerates itself every two to four weeks. More than 40 million blood cells have been born in your body since you started reading this article!

Your values are changing:

Have some of your values changed over time? Do you have things that you used to "die for" and now wonder why on earth that was ever so valuable to you?

Your beliefs are changing:

Think about some of the beliefs you used to have when you were a child. Have they changed? How about when you were a teenager? (Unless you still are.) And now, what are your beliefs about relationships, the economy, about you and your potential? Have they changed over time?

Things have changed, haven't they? Then the question is not if you CAN change, the question would be in which direction you are changing! You can change in the direction of reaching your goals or in the direction of living below your potential.

If you think you cannot change, it's because through your thoughts, your feelings and old habits, you might be keeping the illusion that you cannot.

"Okay, got it. But change is hard, Edward."

Well, it depends on what you want to change and why. Having worked with thousands of people in many countries and different cultures, I have seen fast change and I have seen slow change, but unconsciously we make it harder in many ways. Here you have a few examples:

- We don't look beyond our present circumstances when considering to change.
- We associate more pain to changing than the pleasure and benefits of having changed.

- We don't have a consistent strategy of integrating the change into our daily lives.
- We confuse deeply ingrained habits with "the way we are."

Is there anything you would like to change? Consider the following:

1. Why would you like to change that?
2. What would changing give you that otherwise you would not have?
3. What is the worst thing that could happen if you don't change?
4. What is the best thing that will happen when you change?
5. Why should you start taking action right now?
6. What specific small actions are you going to take daily to integrate this change in your life?

I hope your answers will give you new perspective about proactive change and how to incorporate it in your life.

Remember, you are not your values, you are not your beliefs, you are not your habits. You adopted them through life. That presupposes you can create new ones that empower you, that motivate you, that propel you to new heights of achievement in your personal and professional lives.

I once heard that if you want to do something you have never done, you have to become someone you have never been. You do that by conscious, proactive change in the direction of your goals and dreams. There is no worthy goal that is reached



without becoming someone you were not when you started.

John Maxwell said, "Change is inevitable, but growth is optional." Proactive change produces growth, and the only constant in life is change. You are the ultimate expression of life!

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.



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Get Traction: It's Okay to Argue in Front Of the Kids

BY CHRIS WHITE, ENTREPRENEUR, AUTHOR AND CERTIFIED EOS IMPLEMENTER



Chris White

Does it frustrate you when your colleagues are all nodding in agreement in a team meeting with the boss and you know some of them don't agree? Just yesterday, they dumped all kinds of drama and issues on you but swore you to secrecy. And yet,

when the opportunity arises for them to be open and honest with the team, they're quiet, they look away, or, worse yet, nod their head in agreement. Why are they not saying anything?

Adam Grant is a professor and organizational psychologist at the Wharton School of Business and has (for six years running) the most popular class on campus. He's being promoted on the *Today Show* in a week-long series called *Unconventional Wisdom*, where he shares his points of view.

As I listened to him, a couple things really resonated with me:

1. "Kids who grew up with parents who never argued in front of them missed out big time!"

They never witnessed two points of view and they only saw one outcome, while children who did witness their parents arguing made the connection that they better "think" about what they're trying to say.

2. "Get heated without getting mad."

It's okay to bring passion to your argument, but getting upset actually lowers your ability to communicate effectively.



Grant's messages are constant reminders that our success is very much dependent on how well we interact with others, at home or at work.

Now, back to the team meeting of silent head-nodding and plug-in Grant's wisdom...

Speak up! Think about what you need to say and how you need to say it and be prepared to bring passion to your argument because you believe strongly in what you're saying. Share your point of view, and, through a constructive debate, you might reach something even greater than either party could see on their own.

Without open and effective communication, you are hindering your success and the success of those around you.

Chris is a successful entrepreneur, author and head coach at Traction in Florida. He's passionate about helping entrepreneurs get what they want front their business (www.tractioninflorida.com).



Tough Things To Talk About: The Rising Cost Of College

BY VANESSA POULSON



PHOTO BY VANESSA POULSON

When I was younger, I remember my biggest dream being to grow up and attend a good college, hoping to make myself and my parents proud. I thought that by getting into a school with a reputable name and good program, I could set myself up for the rest of my life with ease.

College has been somewhat of an unconventional process for all the individuals in my family. It took my mother nine years to finish her bachelor's degree as she took night classes and balanced three jobs while working to earn her degree; she paid for it all by herself since her family was in no financial position to afford her schooling. My father went to a technical school and earned a trade degree but not a typical four-year bachelor's. My grandfather didn't continue with school past the eighth grade, and my other grandparents only held high school diplomas.

This meant that I was going to be the first in my family to attend a university and earn my bachelor's in the conventional,

four-year, standard approach. Or, at least, that's what I thought when my search for college began – until after enrolling in one school, leaving, enrolling in another school and then leaving, and then enrolling in another school and leaving. All that led me to the place where I am now: the Penn State World Campus, where I can earn a Penn State education from anywhere in the United States online. This long process has helped me to understand why it is that young people are more anxious about college now than ever before:

Cost.

Cost is what deterred me from continuing my enrollment in some of the schools that I thought would be a good fit for me. Even now, in my sophomore year, I do have loans out to pay for my education, just because even with 17 years of saving and countless applications for scholarships, or even finding ways to lower my costs (such as doing online education through a public school), it just isn't enough to cover the cost.

Now, don't get me wrong, online education is probably one of the best things that I could have done for myself. I travel and work quite often, and a traditional classroom setting is perhaps not the best thing for a student like me. Penn State offers one of the best journalism programs in the United States, and the chance to obtain that kind of degree online without having to pay the hefty out-of-state tuition, rather just the online one, is a blessing, but that doesn't mean that all the pressure is off as far as making sure I can pay for tuition, books, and any other college-based expenses. That just isn't the position that so many middle-class families in the United States are in. Often, it does mean taking out loans, working multiple jobs, and finding ways to pay for the most expensive piece of paper you'll ever collect.

Looking at the statistics from [College Financial Group](#), it's hard for a lot of young people these days to imagine themselves at what would've once been considered their dream schools as a kid. Tuition is rapidly increasing for both public, private, and elite private schools. The average cost of attending a four-year private college is now over \$59,000 per year, or \$254,000 over four years, based on projections that have the cost rising 4.5% each year, according to the College Financial Group. To contrast, the average public college now costs over \$28,000 per year, but this is projected to rise 6.5% each year, to about

\$151,000 total for a student starting college in 2018.

College wasn't once the "expected" path for high school students to follow. It was often considered a luxury that could only be afforded by those in wealthy families or those with enough connections to get in to schools. Many in the Baby Boomer and Generation Z generations remark on the ease of getting into colleges or how they themselves were able to work and pay off every dime their education cost by themselves.

College wasn't always as difficult to get in to as it is today. The number of students applying for schools was exponentially lower from the 1970s to the late 1980s, and this made the application process much easier for those looking to get into public, private, and even elite private schools.

The reality is, for example, that college costs are approximately 593.36% higher in 2018 than they were in the year 1985, according to U.S Bureau of Labor Statistics. That means that the purchasing power of \$20,000 in the year 1985 has the same purchasing power as \$138,671.06, making it a possibility for those in 1985 to have paid for college on their own but nearly impossible for an 18- or 19-year old to do the same on their own today.

There is also an alarmingly large amount of pressure being placed on college-aged students to attend school, even if a college education isn't necessarily the best fit. Many honors students are making the choice to attend a trade school or start a career rather than continue on into higher education simply because the cost is not worth the potential benefits. "The average return on going to college is falling," Goldman Sachs researchers wrote in an article on CNN. "The bank is known for ruthlessly focusing on the bottom line and explains that many students are better off not going to mediocre colleges, ones that rank in the



bottom 25% of all universities," Goldman says in a new report. They earn less, on average, than high school graduates.

So what's the answer in all of this? Practical planning and coming to terms with your financial situation, applying for scholarships, or even considering other options like trade school or entering a career. We can't continue to put added pressure on students simply because they do not want to go into a four-year degree program. We also cannot expect all students to be able to justify the kind of debt that can come with earning a "typical" four-year degree.

The truth is, college is worth it for some students and not for others. Parents have to be open to having those kinds of conversations with their students, and not simply push one thing over the other when it comes to helping these young adults make one of the most important decisions of their lives. The cost of college is not expected to go down at any point soon. Do your research and have open ears for dialogue with your student when it comes to what they want to do with their lives. Help put dreams into perspective when it comes to schools or what they'd like to do.

I can say, honestly, I did not ever peg Penn State as the school I'd end up with, let alone doing it online while I work and take internships. Sometimes, what's best does not start as a dream, maybe more of a Plan B or a second course of action.

That does not make it any less of a success.



Orange County Property Appraiser Rick Singh Hosts 2018 State of Lake Nona Real Estate

ARTICLE AND PHOTOS BY BRITTANY BHULAI

On May 9, Orange County Property Appraiser Rick Singh gave a presentation at Lake Nona High School called 2018 State of Lake Nona Real Estate: Forward Thinking Meets Future Living. The event touched base on the value of Lake Nona and how it is Orlando's fastest-developing community.

With a population of 25,866 people and an average age of 34, Lake Nona is in healthy shape. Its market value jumped from \$351,000 in 2006 to \$358 million in 2016. Since the Orlando International Airport is in proximity and the theme parks are in reasonable distance, those also cause the community to rise in value.

More highlighted statistics from Singh's

presentation: "\$378 million in new construction in 2017, commercial property valued at \$5.8 billion, 884 homes built in Lake Nona in 2017, 1,617 homes sold [in] Lake Nona in 2017, the average home sold for more than \$387,000, the number of homes priced at \$1 million and up rose from 20 in 2016 to 38 in 2017."

According to Singh, he saw the boom of Lake Nona in the forecast years ago. Back in 2010, he was a resident here in the community and picked up on the subtle hints that the area would snowball into what it is today. "It blossomed, it blossomed tremendously because of economic prosperity," states Singh.

There were also five others who joined in for a panel discussion with Singh after he presented the stats of Lake Nona. Giving their feedback were Kathleen Plinske, president of Valencia College's Osceola, Lake Nona and Poinciana campuses; Bill Flemming, managing director at KPMG; Rasesh Thakkar, senior managing director of the Tavistock Group; Kurt Kamperman, chief executive of community tennis at the USTA National Campus for the United States Tennis Association; and Lou Nimkoff, 2018 president of the Orlando Regional Realtor Association.

Lake Nona will continue to evolve as more projects are well underway, such as: the Lake Nona Wellness Center, Johnson & Johnson Headquarters, KPMG Training Campus, Lake Nona Town Center Hotel, Amazon Distribution Center, and Tavistock Lake Nona Resort. There will also be small, apartment-like buildings in the

heart of the area called "micro units." The goal of the units is to provide living space at a reasonable price while being centered in proximity to the action going on in town.

To find out more about Orange County's real estate and projects, visit ocpafi.org.



Camp Thunderbird Makes Summer Brighter for Adults and Children With Disabilities

BY JEANNETTE RIVERA-LYLES

As the summer season draws near, parents everywhere become consumed with the annual ritual of finding suitable activities to keep their children busy. This can be a grueling endeavor that involves carefully sifting through programs to make sure they offer enrichment and not just glorified babysitting. There are budgetary considerations as well as schedule coordination for the whole family. Add a child or adult with disabilities to this equation and the process can make heads spin.

Fortunately, there is an excellent alternative for Central Florida families with children and adults with physical and behavioral challenges associated with Down syndrome, autism, cerebral palsy and other developmental conditions. For almost 50 years, Camp Thunderbird, located in Apopka, has offered these individuals opportunities to relax and learn through immersion in the arts, music, drama, sports and nature walks, among other activities. Above all, the camp provides the ideal environment to make lasting, happy memories in a safe and nurturing environment.

Camp Thunderbird is part of the Quest, Inc. family, a nonprofit supporting Central Floridians with developmental disabilities by offering choices and opportunities to live, learn, work and play. "Because of the challenges individuals with disabilities face, it is hard to find services for them in the community," said John Gill, president of Quest, Inc. "We seek to fill that void hat with a camp focused 100 percent on them, in which they are the stars. For some of our

guests, it is their most favorite week of the year. It is something they look forward to all year long."

Since its opening in 1969, Camp Thunderbird gets plenty of repeat guests. Tammy Boucher is one of them. Born visually impaired and with cerebral palsy, Tammy looks forward to Camp Thunderbird all year long to reconnect with friends, enjoy nature and have fun. To help pay for camp, she became an entrepreneur by launching her own business selling bracelets and necklaces that she makes.

"Camp is where I thrive," Tammy said. "I like going swimming, I like doing art, I like drawing. I can do all these things and many others in camp because even though I have CP [cerebral palsy], it doesn't have me."

The summer camp, which benefits more than 500 campers every year, is divided into various six- and 12-day overnight sessions for adults 18 and over. Inclusion week, on July 15-20, places together typical children ages 7-17 with children with disabilities in the same age range. Many siblings attend together for an opportunity to



develop a stronger bond. Additionally, this affords parents and guardians a break from the demands of 24-hour caregiving.

"Some of our parents take the opportunity to go on a vacation, knowing that their children are in a safe, caring environment," Gill said. "For many of them, it is the only chance to go away for a few days and re-

charge batteries."

Quest, Inc., which is the largest nonprofit service provider to individuals with developmental disabilities in Central Florida, recently opened Quest Village, an independent living complex in east Orlando for adults with disabilities. There are units available.

For a complete calendar of Camp Thunderbird sessions, information on costs and how to apply, visit www.questinc.org/play. Scholarships are available for those who qualify.



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USTA National Campus Partners Provide Health Insights

BY DANIEL PYSER

The USTA National Campus is home to a plethora of medical and health experts, supplied in partnership with Nemours Children's Health System and the Andrews Institute for Orthopedics & Sports Medicine, who work with the elite athletes who train with USTA Player Development at the USTA National Campus.

The doctors and trainers provided via Nemours and the Andrews Institute provide world class athletic medicine and athletic training for the USTA Player Development athletes, including the American professionals who train at the USTA National Campus, as well as top juniors. Beyond the medical and athletic training services, Nemours also provides nutrition consulting to ensure the elite athletes are performing at peak levels.

In addition to their work with USTA Player Development, the medical staff ensures highly trained athletic trainers are available for each of the more than 100 events and daily programming held at the USTA National Campus, providing medical treatment and insight when needed.

June marks the beginning of summer, and for residents of Lake Nona, that means bouts of extreme heat and humidity. Two of the USTA National Campus' experts, Director of Athletic Medicine Ed Ryan and nutrition consultant Tara Collingwood, who are employees of the Andrews Institute and Nemours, respectively, weighed in on how athletes can best deal with the summer weather in Central Florida.

Q: What are some tips you would give to someone who's outside being active in the Florida summer months?

Ed Ryan: With regard to fluids, there's an easy way to keep track of fluid loss and that's to weigh yourself. Weigh yourself before you work out, and then weigh yourself after. Any difference between the pre-activity and post-activity weight would be attributed to fluid loss.

Most people would say that you should replace that fluid before you work out again, but because you lose so much fluid in the way that our body works, just replacing one-for-one isn't adequate. We typically say that you have to replace one-and-a-half times as much fluid. For example, if you lose one pound, that's equivalent to about a 16-ounce bottle, so in order to replace that pound of weight loss, you'd have to replace it with 24 ounces of fluid.

Q: Are there any specific foods or food groups that particularly help maintain healthy hydration levels?

Tara Collingwood: Along with fluids, we also have electrolytes. Electrolytes are going to be the thing you lose most along with fluids, the primary one being sodium. The American diet is pretty high in sodium, so I wouldn't say load up on sodium as a recreational athlete. Two other electrolytes you lose in your sweat are potassium and magnesium.

So with that being said, you should definitely be eating fruits and vegetables. When you're talking about potassium and magnesium, fruits, vegetables, nuts and seeds, and whole grains are going to be your best sources.

I would say focus on the sodium. Don't go crazy on it, but if you're going to be out there for a long time, sodium is important during exercise. And then try to eat a diet high in fruits and vegetables, which you should do all year round but especially during the summer months.

Q: What are some symptoms of heat exhaustion that you should be on the lookout for?

Ed Ryan: Heat exhaustion is really when someone starts to feel fatigued, they are sweating profusely, they may start to cramp, feel weakness, really just total body fatigue, and people can sometimes faint or pass out.

In the management of all types of heat illness, it's important to get someone into a cool environment. Try to get indoors, or if you can't get indoors, try and cool your body as quickly as possible. Often times we put ice on someone's neck or under their arms. All of those types of heat exhaustion are typically linked to the state of hydration.

When dehydration gets too severe, that's when we move into heat stroke, and that's when people stop sweating. Their temperature starts to skyrocket, and rather than looking pale as they do with heat exhaustion, they look red. And that's a medical emergency.

It used to always be that we would say to go to the hospital as soon as you can, but now the best practices are to try to cool somebody and lower their body temperature because their core temperature has skyrocketed, and that can be very dangerous and potentially fatal.

Q: What would you recommend for someone suffering from dehydration?

Tara Collingwood: Definitely sports drinks. Whether someone is suffering from dehydration, low electrolytes or low blood sugar, sports drinks hit all three of those. I'm a huge fan of sports drinks, especially during the summer months.

And knowing that you're going out in the heat, whether you're playing tennis or golf, running, soccer, etc., hydrating the day before, the morning of, is important. You can hydrate your body and try to get those water stores as high as possible even before you're outside.



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Listen Up, Guys! June Is Men's Health Month

BY FLORIDA HOSPITAL MEDICAL GROUP



Dr. Zamip Patel

It's true that life these days is busier, with more obligations and more unhealthy distractions than ever before. For men's health month, spare a little time in your

schedule and knock out some self-care you might have been putting off. "Even men who are physically fit need an extra push to stay on top of the exams that indicate their overall wellness," says Florida Hospital Medical Group's Zamip Patel, MD, a board-certified urologist.

Let's look at a few basic screenings your primary care physician can perform in one appointment.

By the Numbers

An annual physical is essential to monitor your three most vital statistics: cholesterol, blood sugar and blood pressure. A complete cholesterol test measures the amount of cholesterol and triglycerides in your blood to determine your risk of building up artery-blocking plaque. Blocked arteries can result in heart attacks and strokes. Meanwhile, blood sugar that is persistently



higher than normal can lead to Type 2 diabetes, a major risk factor for heart disease. And finally, about 75 million Americans have high blood pressure, and only half of them have it under control. High blood pressure puts you at risk for heart disease and stroke and can damage just about every other organ in your body as well.

Treatable, Beatable

Prostate cancer is the second-most common type of cancer found in American men, right behind skin cancer. Each year, more than 230,000 U.S. men will be diagnosed with this mostly preventable, treatable cancer. The prostate is a gland below the man's bladder that produces the fluid that carries sperm. "While prostate cancer is rare among men younger than 40, it is much more common in older men," Dr. Patel says. "When caught early, however,

this cancer is beatable, which is why regular physical exams and lab work that look for warning signs of prostate cancer are imperative for men over 50."

Symptoms and Signs of Prostate Cancer

We push screening for prostate cancer because, often, by the time there are symptoms, it might be too late. Men can have urinary symptoms from a variety of conditions or medical problems (always consult your physician for a diagnosis):

- Weak or interrupted flow of urine
- Urinating often (especially at night)
- Difficulty urinating or holding back urine
- Pain or burning when urinating
- Blood in the urine or semen

- Nagging pain in the back, hips or pelvis
- Painful ejaculation

About Dr. Patel

Dr. Zamip Patel is an experienced urologist with fellowship training in andrology, which is the study of the male reproductive system, including male infertility. He sees patients in East Orlando and Oviedo and performs both inpatient and outpatient procedures at Florida Hospital East Orlando. To make an appointment, call (407) 303-6865 or visit FHMedicalGroup.com.



WHIT House Showcases the Newest in Home Technology

BY LINDA CARVIN



PHOTO BY LINDA CARVIN

home designed to activate health solutions and technologies and to research their ability to measurably improve health and well-being.

When you visit, you will find wellness all around you. WHIT helps turn your best intentions into positive actions. With amenities like circadian lighting, air and water purification systems, and an interactive digital cooktop, you can sleep, breathe and eat your way to a healthier life. As a living laboratory, the home features multiple technologies from prototype stage to commercially available solutions. There are cork floors that help resist bacteria and are easier on joints and bones and kitchen garden plants in pots on a grillwork on the wall. The kitchen showpiece is the GE-interactive induction cooktop. But it's not just a cooktop, it's a giant video screen on the kitchen island that syncs to the pantry and fridge, suggests meals based on your preferences and allergies, and also syncs to your calendar.

To help create healthier environments and protect people from harmful bacteria, the home also features technology from Violet Defense, including a prototype of an under-the-cabinet antibacterial light and a bathroom fan cover. Both units are installed solutions that will automatically disinfect rooms anytime the space is unoccupied, making disinfecting easy. Most recently, Violet Defense has added its latest unit, "Micro." This small, portable light can move throughout the home to wherever you want to kill bacteria and viruses. You can also take it on the road to disinfect your hotel or any other room when you

travel. As a participant in the WHIT living laboratory, Violet Defense has been able to get consumer feedback on its prototypes, run longevity testing on the technology, and most recently conduct a focus group with Lake Nona residents to gather additional feedback on product features and messaging for the technology.

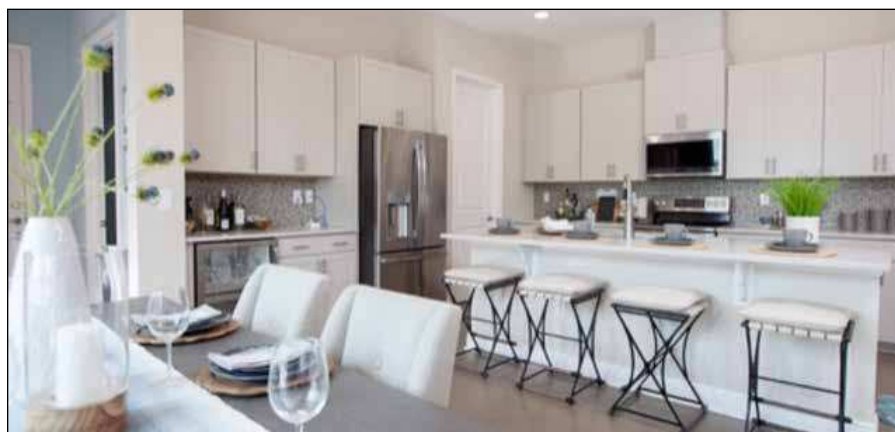
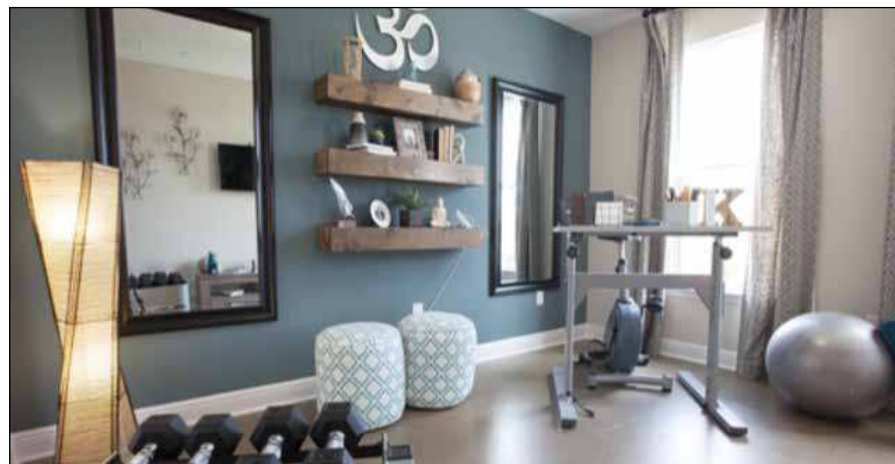
So, right here in Lake Nona, WHIT is a built-in health coach, educator and an innovator, bringing forward-looking health technologies that empower you to be at your best. WHIT also brings traditional healthcare delivery into the community and ultimately into your own home. And because we learn best when we learn together, WHIT stays connected, learning and improving to bet-

ter your health and others. Both a livable space and a living laboratory, WHIT harnesses how you engage your home to develop smarter solutions and reimagine the future of home health.

For more information about WHIT, visit www.MeetWHIT.com and complete the tour request form at the bottom of the home page. For information about Violet Defense's germ-killing technology, visit www.violetdefense.com or contact Jessica Jones, vice president of marketing, Violet Defense LLC (jjones@violetdefense.com, 407-433-1104 ext. 1002).



PHOTOS BY WHIT



Camp Gladiator Trainer Talk: Benefits Of Meal Preparation

BY VERNICE SALVERON-GASPER

"If you fail to prepare, be prepared to fail."
- Unknown



Vernice Salveron-Gasper

Exercise and nutrition go hand-in-hand when trying to achieve health and fitness goals. In my opinion, meal preparation is key to achieving sustainable weight-loss goals, maintaining results and developing positive lifelong habits. Meal "prepping" can sometimes be negatively associated with eating boring food with little variety, however I am compelled that the benefits of meal prepping by far outweigh the negatives, and here are just a few reasons why:

4. Saves you from trying to guess what is in your food – There are a lot of hidden nasties in food these days. Have you seen all the numbers and long chemical names on the back of food labels? By preparing your own food, this becomes completely avoidable as you know exactly what is in your meal or snack. For those trying to achieve body composition changes, this is crucial as hidden salts and sugars can really stunt your progress.

Here are some tips for effective meal preparation:

1. Identify at least two days in the week that you can meal prep. This may be one weekday and one weekend. For example, Sunday and Wednesday.
2. Shop once a week and ensure you buy all the ingredients you need for the week. This will further save time by not having to make multiple trips to the store. Make a list!
3. Make two dishes with multiple servings to take to lunch the next day and have again for dinner. Making two dishes will give you some variety.
4. Cook things you enjoy eating and keep it simple. Flavor your food with spices, herbs, garlic, onion and moderate amounts of your favorite sauces.
5. Ensure that meals are wholesome and encompass lots of vegetables and a balance of all three macronutrients. These are proteins (i.e., meat, beans, legumes and tofu), carbohydrates (i.e., rice, potato, bread and pasta) and fats (i.e., cooking oil, oily fish and avocado).



PHOTO BY RYAN CANTWELL

1. Saves you money – By having meals prepared, you are less likely to purchase overly-priced lunch/dinner meals from restaurants or convenience stores. When cooking in bulk, you generally pay less for the cost of each meal. According to the book *365 Ways to Live Cheap* by Trent Hamm (2014), the average meal outside the home costs a person \$12.75. That means if one meal is purchased every day, this would equate to \$89.25 per week, and this does not include daily coffees or additional grocery shopping. You can see how it all adds up.

2. Saves you time – A lot of people say that they don't have time to cook for a couple of hours each week. However, if you consider the time taken to order food, eat out and then drive home each night, you might find that more time is spent eating out nightly in comparison with preparing meals a couple of days a week. Also, having healthy meals and snacks readily available to you at work saves time by eliminating trips to the store AND prevents unwanted office snacking. This leads me to my next point.

3. Saves you from binging – Knowing what your next meal and/or snack is allows you to avoid the "hunger binge." Everybody knows that when you are hungry, your ability to remain disciplined rapidly decreases. It is at these times that we become most vulnerable to craving "bad" food. This is a biological reaction whereby glucose in the blood runs low due to extended periods without food. Therefore, your body is literally craving sustenance to function. You MUST AVOID this at all costs if you are trying to stick to some sort of healthy eating plan. Keeping your blood sugar levels consistent with frequent/healthy meals is key.

6. Prepare healthy snacks and always have them at hand (yogurt, one small handful of raw nuts, a protein bar, piece of fruit or veggie sticks and dip).

Meal preparation is a daily exercise that gets easier the more you do it. I encourage you to experiment with flavors, try new recipes and develop your own repertoire of recipes and "go-to" snacks. Developing these healthy habits will change your life as it has mine.

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.

Spring of Life United Methodist Church – Tuesday, Thursday 5:45 p.m.

Moss Park Elementary School – Monday, Wednesday 6:30 p.m.



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Nemours Children's Hospital Chief Of Neurology Receives 2018 Sidney Carter Award In Child Neurology

BY BRITTANY BHULAI



Richard Finkel, M.D.

Children's Hospital, was awarded with the American Academy of Neurology's 2018 Sidney Carter Award in Child Neurology.

He has been working in Pediatric Neurology since 2012 and has been breaking new ground in helping children who suffer from muscular dystrophy and spinal muscular atrophy (SMA) since. Finkel is also praised for the studies he has published on a new drug called Nusinersen in the *New England Journal of Medicine*. The drug is supposed to treat kids

with SMA and restore muscular motor patterns.

with SMA and restore muscular motor patterns.

In the press release, Finkel states, "I'm honored to be receiving this prestigious recognition. It's both rewarding and humbling to work so closely with my families. My inspiration comes from the patients I get to see develop and flourish through the years."

Before Finkel's development of Nusinersen, there was nothing like it to treat infants. The babies were "destined to have a short lifespan and limited motor function," he says.

The FDA has officially approved Nusinersen, and it is currently selling under the name Spinraza. The drug can be used for patients of any age with SMA. "The new therapy demonstrates the life-saving possibilities of 'precision medicine' for patients with devastating chronic diseases," states the hospital's news release.



Nemours Children's Hospital Receives Accreditation For Pediatric Residency Program to Begin July 2019

BY VANESSA POULSON

Lake Nona's own Nemours Children's Hospital has officially received the much sought-after credentials from the Accreditation Council for Graduate Medical Education (ACGME) and will launch its first Pediatric Residency Program in July 2019. This program is not only a step forward for Nemours but also for the state of Florida as a whole, being that Florida currently ranks 41 out of 50 in terms of sponsoring Gradual Medical Education (GME) residents and fellows for those aspiring to be in the medical field. This is in part due to Florida's late entry in the medical training field which didn't begin until the mid-20th century, while other states have housed residency programs spanning decades prior.

The state is also facing a severe physician crisis, with an anticipated shortage of 7,000 medical specialists by the year 2025, while the number of ill children in the state is expected to increase according to current statistics. The population of children in the state is expected to increase by 7% by 2022. Osceola County has reportedly been most affected by this shortage, with just over 36% of residents reporting difficulty or delay in obtaining medical services for their children this past year.

Just 1% of all hospitals in the United States train half of the nation's pediatricians and pediatric spe-

cialists. According to sources, there is a shortage in pediatric specialists nationwide, leaving children without a doctor able to treat their condition.

Nemours hopes that, by training a new generation of medical professionals, families will have access to specialized care in the local area and will not have to travel to receive the care that they need. "At Nemours, we have a rapidly growing population of children with medical complexity and those with high acuity needs," said Dr. Amber Hoffman, program director for Nemours Children's Hospital Pediatric Residency Program. "This paired with an expert faculty that has assembled from across the country is a combination that provides a perfect training ground to teach pediatric residents and subspecialists evidence-based, cutting-edge medicine."

For the inaugural class in July 2019, Nemours is accredited for 36 pedi-

atric residents, which will be recruited by the faculty physicians starting this fall. "Academic medicine is defined by a threefold mission. As a faculty physician, you are expected to be an excellent clinician championing quality and safe care, a researcher to advance the field, and a medical educator to ensure high-caliber training," said Dr. Heather Fagan, vice chair of education at Nemours' Department of Pediatrics. "Our doctors have been recruited from academic medical centers across the country and are ready to help families in Florida by training the next generation of pediatricians and pediatric specialists."

Nemours Children's Health System



Nemours Children's Hospital Announces New Pediatric Residency Program - Photo Courtesy of Nemours



Brendan Labbadia hands out Seeds of Promise planters - Photo Courtesy of Nemours

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Five Signs You Might Have Cataract

BY MEHUL PATEL, MD, M.SC.



Dr. Mehul Patel, MD

A common issue faced during the aging process is a gradual decline of vision, which is often due to clouding of the lens inside the eye, known as a cataract. This lens is the same one that starts

to stiffen in your 40s, requiring reading glasses or bifocals due to worsening near vision. Although symptoms of cataract might be minimal at first, as time passes, it can greatly impact your vision if not addressed.

Since the change is gradual and mostly affects older adults, these symptoms are usually dismissed by many patients as just another symptom of growing older. However, cataract is the leading cause of blindness in the world, so even the mildest of symptoms should be checked out. Numerous studies have also shown that patients who undergo cataract surgery live longer on average due to increased physical activity and engagement with their surroundings since they can see better. Cataract surgery usually takes less than 15 minutes in an outpatient setting, and the outcomes are excellent. Cataracts generally occur in both eyes, but sometimes one eye seems to be more affected than the other. Here are some things to look for that might indicate you have cataract:

1. Light Sensitivity

If you find yourself struggling to drive in the day or at night because of blinding glares from oncoming headlights, you likely have cataract. Other types of cataract can actually make daytime driving more challenging as well. Sensitivity to light is one of the earliest signs of cataract and can hinder your lifestyle by making it difficult to see at night or in settings with harsh lighting.

2. Cloudy or Decreased Vision

Cloudiness in your vision might go unnoticed at first, especially if it's not directly over the pupil. However, as the cataract grows, the cloudiness can spread over the entire lens of the eye, greatly impacting the ability for you to see clearly. Have you ever put on a pair of foggy glasses? This is what vision can become with cataract if not treated.

Severe cloudiness can be very dangerous when walking or driving and detrimental to your eyesight, so you should visit your ophthalmologist as soon as you notice any fogginess or cloudiness in your vision.

3. Double Vision

Seeing double? Although double vision can indicate other health problems, such as diabetes, it can also be a sign of cataract.

Double vision, also known as diplopia, can present as a repeated image of something within one eye, even when the other eye is closed. If you are experiencing this, you should make an appointment to get to the bottom of it before your vision worsens.

4. Discoloration

Cataract can cause colors to appear faded. If you notice a decrease in the saturation of your surroundings, you are likely developing cataract. After cataract surgery, many patients state that their color perception is tremendously improved when the yellow/brown cataract is removed and a new, clear lens is implanted.

5. Frequently Changing Glasses

Frequently changing the prescription of your glasses can indicate that you have cataract. Many think that strengthening prescriptions with age is normal, but if it is happening rapidly, there's a good chance that the cataract is evolving.

If you are experiencing any of these symptoms, it's wise to schedule an appointment with your eye doctor to address vision

changes. Cataract can be treated, often in less than 15 minutes. You should not miss out on life's precious moments because of blurry vision, nor do you want to hurt yourself from a fall or accident because your vision is not as good as before.

Dr. Mehul Patel is a comprehensive ophthalmologist who evaluates and manages eye diseases both medically and surgically. He treats patients like family and takes pride in explaining things in a simple fashion to make sure patients not only receive a diagnosis but also understand it. He specializes in refractive cataract surgery and minimally invasive glaucoma surgery. Learn more at UCFHealth.com.



Vision with healthy lens

Vision with cataract



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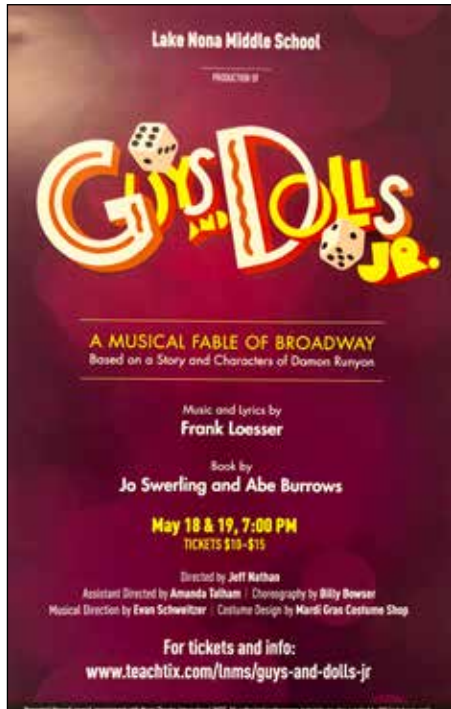
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LAKE NONA MIDDLE SCHOOL'S DRAMA STUDENTS HOLD PRODUCTION OF *GUYS AND DOLLS, JR.*

BY CHERYL WOOD,
ASSISTANT PRINCIPAL



Lake Nona Middle School's drama students prepared hard to put on their production of *Guys and Dolls, Jr.* This was the second performance directed by the school's drama teacher, Mr. Jeffrey Nathan. Performances were held May 18 and 19 at Lake Nona High School. One of Broadway's most hilarious shows, *Guys and Dolls* has been described as the perfect musical comedy. Set in mythical New York City, *Guys and Dolls, Jr.* introduced us to colorful characters Sarah Brown, the upright but uptight "mission doll," and Sky Masterson, the slick, high-rolling gambler who woos her on a bet and ends up falling in love. This was a great show for all ages.

Mr. Nathan started managing and directing the school's drama productions last year with the smash hit, *You're a Good Man, Charlie Brown*, which is currently celebrating its 50th anniversary. With charm, wit, and heart from the cast, the play explored life through the eyes of Charlie Brown and his friends in the *Peanuts* gang. This was the ideal first show for LNMS and Mr. Nathan.

While Mr. Nathan will always be an actor, he also has a huge love for the academic world. He has toured the country teaching workshops dealing with TV/film, auditioning, improvisation and many more. His film/TV credits include *Good Luck Charlie*, *Dexter*, *Tosh.O*, *The Big C*, *ABC's What Would You Do?*, *30 Rock*, *Rescue Me*, and *The Sopranos*. His New York stage credits consist of: *Fantasy Football the Musical?* (original cast), *Henry and Mudge* (original cast), *Wanda's World*, and *The Playwright*. His regional/touring stage credits consist of: *Beauty and the Beast*, *Annie Get Your Gun*, *Boys Next Door*, *Merry Wives of Windsor*, and *Eight Is Never Enough*. Mr. Nathan is a proud member of Actors Equity and SAG-AFTRA.

Lake Nona Middle School had a smash hit with Mr. Nathan and *Guys and Dolls, Jr.*



MR. JEFFREY NATHAN

SCHOOL UPDATE: EAGLE CREEK ELEMENTARY SCHOOL

BY JESSICA SCULLY, MTSS COACH



On Tuesday, May 8, we hosted our annual kindergarten orientation, where we were able to welcome in about 50 future kindergarten Panthers! We are so excited to welcome each of our new Panthers in the fall. Please remember that you may stop by our front office at any time during normal operating hours to register your child for next year.

On the morning of Wednesday, May 9, our kindergarten team, under the guidance of our music teacher, Mrs. Grande, hosted *Fish in the Ocean*, a kindergarten musical. Our cafeteria was transformed into an ocean as our kindergarteners made the ocean come to life for their families.



We hosted our annual field day event on Friday, May 11. Students were able to participate in potato-sack races, bug hunts, tug-o-war, and much more! Thank you to everyone who helped volunteer to bring this fun-filled day to life for our students!



Saturday, May 12, we hosted our third annual ECE Green Day! Families and staff worked on beautification projects throughout ECE, including: painting paws on our basketball court, painting rocks, a Panther chorus performance and much more. Again, thank you to each family who took time out of their weekend to help keep Eagle Creek a wonderful place for our Panthers.



On behalf of Eagle Creek, I would like to say a HUGE thank you to Mr. Alan Veith and Publix for supporting Eagle Creek with our Mother's Day cake decorating. Our Panthers had a special time decorating cakes for their families to celebrate Mother's Day. I would like to wish a very Happy Mother's Day to each of our Panther moms. Eagle Creek a wonderful place for our Panthers.



In honor of Teacher Appreciation week, Orange County Public Schools asked graduating high school seniors to submit thank you letters to teachers who have made a difference in their educational journey. ECE music teacher Ms. Grande was recognized from one of her former students! Thank you, Ms. Grande, for making an impact on the students you teach!!!



We LOVE our volunteers! We were happy to thank our ECE volunteers by serving them a yummy breakfast and giving them small gifts as tokens of our appreciation! It's the least we can do for THE BEST volunteers in OCPS!!!



Recently our PTA was recognized for their outstanding work. They received awards for Health and Safety, Diversity and Inclusion, and Building a Better Community. Thank you, PTA, for all of your hard work and dedication!

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SCHOOL UPDATES

SUN BLAZE ELEMENTARY SCHOOL

BY TODD PERKINS, PARTNERS IN EDUCATION COORDINATOR AT SUN BLAZE ELEMENTARY

Administrator of the Year



TAMI TURNER

We are very proud of our award-winning principal, Ms. Tami Turner was recognized by the Orange County Council of PTA (OC-CPTA) and was given the award for Administrator of the Year. She was nominated by our PTA Executive Board and selected by a group of judges appointed by the OCCPTA. Our PTA president had this to say about Ms. Turner: "Her love of the school, students, and community is evident in all that she does. Having the trust and support of a principal makes the PTA and the school become an outstanding team focused on improving the school and helping all students. I am so proud to be a member of this team working alongside such a strong leader." Congratulations, Ms. Turner!

Fine Arts Night

May 9 was Fine Arts Night, which showcased our students' STEAM-based artwork. Families enjoyed special performances by the Drama Club, Orff and String Ensemble. The night also offered hands-on activities at the Art Creation Stations and demonstrations by community art groups. Thank you to all of the staff who made our evening a huge success!



Partners in Education

We are so thankful for our Partners in Education this year: Kendrick Team at Keller Williams, John Madison Landscape Inc., Christopher Baker Team at Keller Williams, Domino's Pizza of Lake Nona, M&M Premiere Servicing, Pig Floyd's, Benjamin Mihalik of Nations Lending, Five Guys Burgers

and Fries, Carlyle Orthodontics, Buffalo Wild Wings, Dunkin' Donuts (Tagore Pl), and Mathnasium of Lake Nona.

Summer Reading

Readers are leaders! For the Sunshine State Young Readers list for K-2 and 3-5, please go to the Sun Blaze website: www.SunBlazeES.ocps.net.

Have a safe summer!



LAUREATE PARK ELEMENTARY SCHOOL

BY SUZANNE WORKUM, PRINCIPAL



Fourth-grader Gi-Rang "Leah" Park represented Laureate Park Elementary at the OCPS Spirit of Excellence ceremony held at Freedom High School. As an English Language Learner (ELL) student, she was recognized with the Spirit of Excellence Award for her academic and social achievements. Congratulations, Leah!

Mrs. Elizabeth Gaze was recognized as the LPE ADDitions Volunteer of the Year at OCPS ADDitions & Partners in Education Community Outreach Recognition Event. Tavistock was also recognized as our Partner in Education for the 2017-18 school year. Thank you for investing in the future of our students! We appreciate all that



you do, Mrs. Gaze and Tavistock!

The superb LPE Battle of the Books team competed at Oak Ridge High School to show their understanding of this year's Sunshine State Young Readers Award (SSYRA) books. Battle of the Books is when students read books and come together in groups to demonstrate their abilities and to test their knowledge of the books they have read. Congratulations to the team on a job well done!

In honor of Earth Day, LPE's kindergarten families created "recycle robots." Families worked together to

create a robot completely out of materials that would be thrown away, including cans, cartons and boxes. The kids had a lot of fun sharing their creative creations.

Laureate Park Elementary's first ever K-Kids' Student of the Year is Robert Cabello. K-Kids is a service leadership program that is part of Kiwanis. Robert was chosen for his dedication to our community service projects as well as his academic success and his leadership qualities. We are very proud of Robert and wish him much success as he moves on to middle school next year!

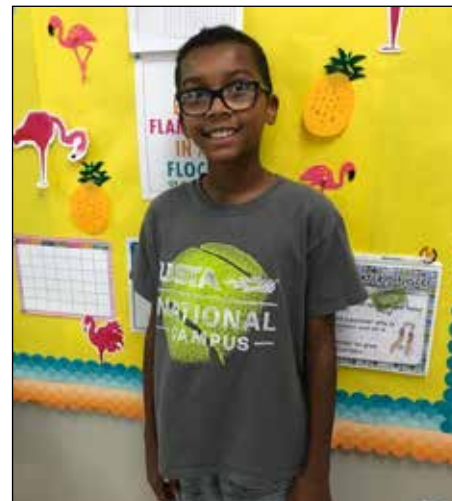
During the first week of May, the fantastic Laureate Park Elementary PTA showered our teachers with appreciation. Heartfelt gratitude goes to our parents, volunteers, sponsors and PTA for a fabulous week filled with so much appreciation for our teachers. Our staff loved the daily breakfasts and lunches that were provided. Our teachers had the opportunity to



participate in a *Survivor*-themed team building activity. It has truly been a fun week! Thank you Laureate Park Elementary families for your support!



Elizabeth Gaze and Principal Suzanne Workum



Robert Cabello

SCHOOL UPDATES

LAKE NONA'S *AIDA* NOMINATED FOR 49 DR. PHILLIPS CENTER FOR THE PERFORMING ARTS APPLAUSE AWARDS

BY GAIL CHASE

Lake Nona High School's theatre department has had an exciting spring! The school's production of Elton John and Tim Rice's *AIDA*, with almost 100 students involved, was met with many accolades from the community at large. The timeless love story fused ancient locales with modern music and thrilled audiences over its two-week run.

The school participated in the Dr. Phillips Center for the Performing Arts Applause Awards program for the fourth year in a row, since the program began. This program adjudicates musical theatre productions in a 50-mile radius spanning across five counties. Participating schools have judges come to watch their show and provide specific feedback to the cast, crew and orchestra pit. These judges are professionals from the theatre industry. This year, *AIDA* was nominated for an astounding 49 Applause Awards! Lake Nona received nominations in every single category that the program offered, a first in the school's history. After the Applause committee met to decide upon its winners, Lake Nona High School's *AIDA* walked away with 18 Applause Awards, including Outstanding Musical for both casts and Outstanding Technical Achievement, a first in the school's history!

This show won more awards than any other of the more than 50 shows adjudicated this season! Cast members have been invited to perform in the ceremony on June 2 at the Dr. Phillips Center in the Walt Disney Theatre.

The theatre department also showcased their award-winning one-act play, *When the Hurly Burly's Done*, at the Orlando International Fringe Festival on May 27. The show fused Shakespeare's *Macbeth* with themes from *Jumanji* and *Stranger Things*. It won first place at the District V Thespian Festival and went on to represent at the Florida State Thespian Festival. They were delighted to bring it back to life for Fringe!

Next year, Lake Nona High School turns 10, and the theatre department will be celebrating that through song to kick off its 2018-2019 season. Be sure to check them out on Facebook at Lake Nona HS Theatre.



PHOTO BY RENEE FRIEDEL

Lake Nona High School Vocalists Named 'Choirs of Distinction' by Florida Vocal Association

BY JUSTIN CHASE

On April 24 and 25, the choirs from Lake Nona High School participated in the State Music Performance Assessment (MPA) held in Lakeland. This event was open to any choir that received a superior rating at their district chorus assessment. This year, all five choirs from Lake Nona High School, under the direction of Justin Chase and Isiah Maxey, received straight superior ratings at their district assessments, so the five choirs had the opportunity to sing at State MPA.

There were a total of 234 choirs that sang at State MPA this year from across Florida. Choirs that sang at the competition had to perform three contrasting songs for an audience of student singers and a panel of judges made up of college choral professors from across the United States.

All five of the choirs from Lake Nona High School received the highest rating of superior. In addition, choirs at State MPA can receive an additional accolade as a "Choir of Distinction." This designation is reserved for choirs who not only receive straight superior ratings but also perform at a level that the judges feel is above and beyond what high schools normally achieve. Choirs of Distinction are featured on a recording released by the Florida Vocal Association and are recognized at the summer convention of the Florida Vocal Association.

This year, out of 234 choirs statewide, 28 choirs were awarded the coveted "Choir of Distinction." Three of these choirs were from Lake Nona High School: Lake Nona Singers, Combined Treble Choir and Advanced Women's Choir. In addition, the Freshmen Women's Choir received an overall superior rating and the Combined Men's Choir received a straight superior rating and a perfect score.

The Lake Nona High School choral program continues to be a program of excellence not only in Orlando but throughout the state of Florida. With more than 320 students in the choral program at Lake Nona, it is also one of the largest student organizations on campus. Although the choir will take a break for summer vacation soon, be sure to look for them again in August when the 2018-2019 school year begins!



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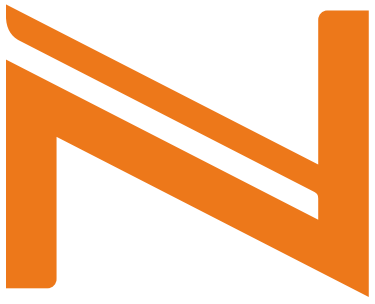


Dr. Mehul Patel is a comprehensive ophthalmologist who evaluates and manages eye diseases both medically and surgically. He treats patients like family and takes pride in explaining things in a simple fashion to make sure patients not only receive a diagnosis, but also understand it. He specializes in refractive cataract surgery and minimally invasive glaucoma surgery.

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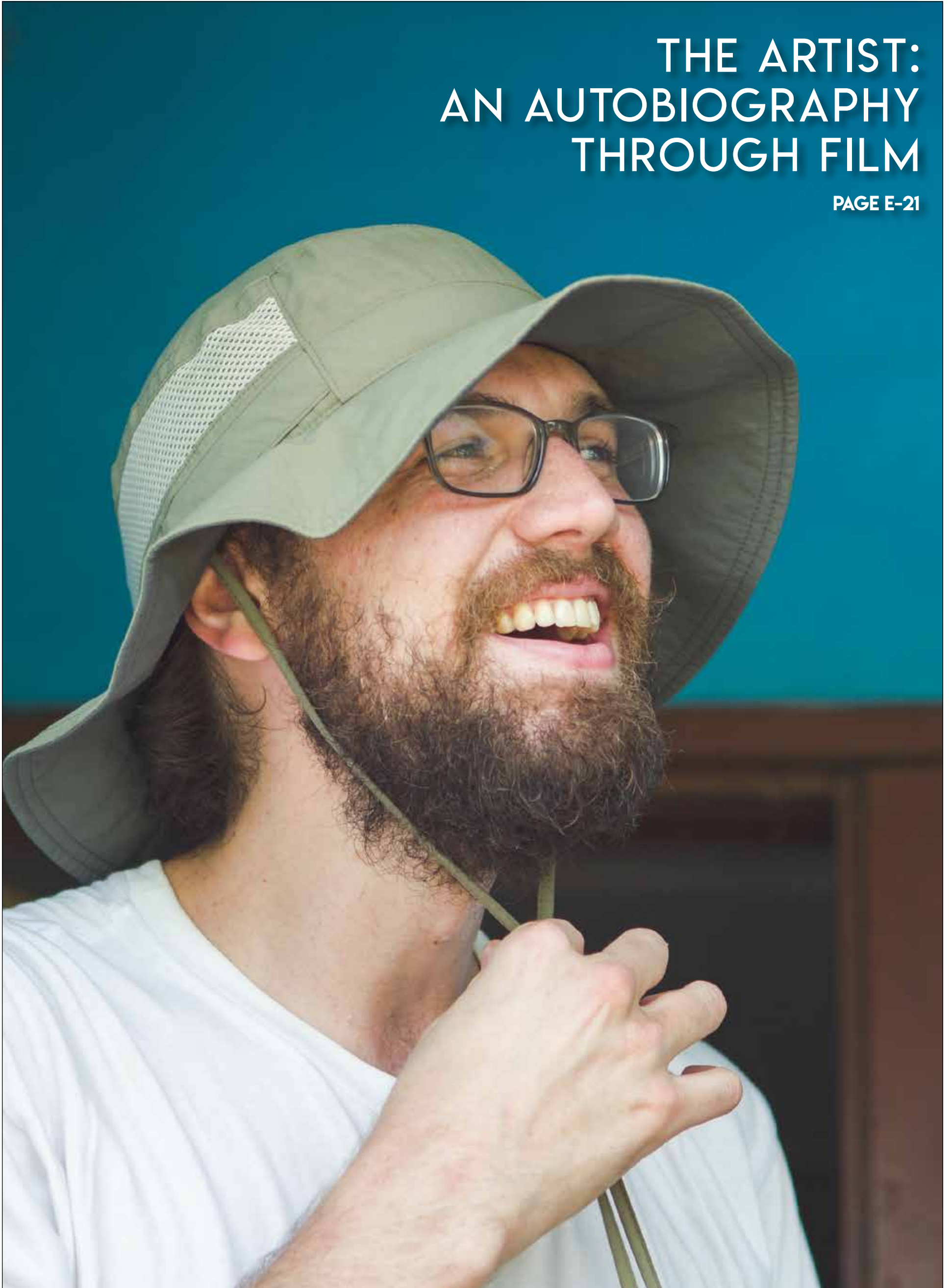
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entertainment

THE ARTIST:
AN AUTOBIOGRAPHY
THROUGH FILM

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Family Fridays: Volcano Bay

ARTICLE & PHOTOS
BY VANESSA POULSON

Welcome to Family Fridays! This month's adventure of Van and her man of few words includes a trip to Universal's Volcano Bay Water Park! From the tropical island feel and the relaxing lazy river to the thrilling water slides, Volcano Bay provides just the right amount of thrill and excitement for adrenaline junkies and vacation enthusiasts everywhere.

Our day started early, arriving to Universal promptly at 8 a.m., just two hours before Volcano Bay opens. We were well-prepared to be the first ones in the park for the day, and I can assure you that we took our first-place spot in line with pride.

The process of getting to Volcano Bay can be a little tricky at first, as it is not like the other two Universal parks where you have to enter through CityWalk. Instead, your journey begins through the Volcano Bay parking lot and on to the special Volcano Bay buses that take you over to the park. Though, because we arrived so early, the security checkpoint was a breeze, and we sat and waited for the bus to come pick us up.

Once we got on the bus, we headed over to the park itself, and upon our immediate arrival you could see the amount of intense detailing and specialized design work that Universal instilled in the layout and overall feel of the park. The island vibe that encompasses the overall aesthetic structure of Volcano Bay is made very apparent upon visiting the park, much more so captured by the naked eye than through photographs you can see online. From the tropical designs, style of the plants and the general layout, including the centerpiece of the volcano itself, it is hard not to feel

like you're actually in a tropical paradise.

When you enter Volcano Bay, you are given something called a TapuTapu. The TapuTapu is a wristband that allows you to get in line for the waterslides, without actually having to stand in the line. If the line is short enough, an employee will direct you to get in line because the wait time is so short. If the wait time is long enough, you will get in a virtual line by scanning your TapuTapu against the machine and it will give you a time to return, say in 45 minutes or so. Once the wait is up, you will return to the line and get ready to ride. Think of it like a Disney Magic Band and Fastpass intermingled into one device. It definitely made the process of waiting for rides a lot easier, as you can hang out in the lazy river or go get food while your wait time for an attraction gradually decreases.

We were lucky enough to get reserved seating in the park, which meant we had two reserved seats and a locker for us to place our valuables in. Our seats bordered the Kopiko Wai Winding River, a lazy river, and were right next to two of the raft slides in the park: Honu and Ika Moana. After spreading out our towels and lathering up our sunscreen, we were ready to venture on to the waterslides!

Our initial stop was Honu and Ika Moana. With those two raft slides being the closest to our seating, we ventured there first. These two slides were among my favorites, being named after the whale and the sea turtle. These two raft rides can seat up to five and six people, send you racing down from the top of a tower, around steep turns and down rumbling drops. Out of the two, I would have to say Honu was my favorite. This is the blue slide and features much more intense drops and faster speeds than Ika Moana. Honu also sweeps riders up a massive wall after its fastest and steepest drop, which is definitely one for those who like a more intense water rafting experience.

Speaking of thrills, two of Volcano Bay's other thrilling attractions include some of

the plunging body slides, where the floor drops out from underneath the rider before they go racing down a 125-foot drop, making the three drop slides the tallest in the world. These slides, the Ko'okiri Body Plunge – a near vertical (70-degree drop) speed slide with a trap-door start that passes through the Krakatau Volcano – and the Kala and Tai Nui Serpentine body slides were two things I could not muster up the courage to ride, but Andrew leaves this review for the thrill rides if you're on the more adventurous side:

"The ultimate thrill, an absolute must."

Though I did not take on the massive body slides, I did enjoy TeAwa: The Fearless River, which is a much more intense version of the classic lazy river. This attraction requires guests to put on a life jacket before swimming down a fast-paced tumbling water path that takes you through the bottom of the Krakatau Volcano and around racing turns throughout the park. I enjoyed being able to swim through the water while also being carried by the flow of the current.

Other areas that stood out to me were the Waturi Beach Wave Pool and The Reef. Waturi Beach features the park's classic wave pool that sits at the base of the volcano, while The Reef is a more relaxed, deeper section of swimming pool that allows guests to watch those brave souls coming down from the Ko'okiri Body Plunge through a clear tube that originates from the top of Krakatau. Both of these areas provide space to relax and wait for your turn to arrive for attractions that might be harder to get on.

If I were to leave any recommendations for first-time visitors, definitely check out the

Krakatau Aqua Coaster. This water coaster sends riders inside the heart of the Krakatau Volcano before plunging through a shimmering waterfall. It features linear induction motors to propel riders uphill while inside of a four-seat, canoe-style raft. This was probably my favorite ride of the day.

So, if you're looking for a fun day trip for your family this upcoming summer that combines all the right elements of a thrilling water park while also being kid-friendly and relaxing for adults, look no further than Volcano Bay. I thoroughly enjoyed the time I spent in the Florida sun, while also getting just the right adrenaline rush from state-of-the-art waterslides and coasters. I will definitely be returning.



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Hundreds of Volunteers Gather to Clean The Ocean Coastline, One Pound at a Time

BY ELAINE SUSAN VAIL



PHOTO COURTESY OF 4OCEAN



PHOTO BY ELAINE VAIL

Not too long ago, I discovered a company called 4Ocean that sells simple, adjustable bracelets made from recycled materials. They boast that the purchase of one of these bracelets equates to the removal of one pound of trash from the ocean. That's my kind of jewelry, so I began my collection (and some for my daughters) and wear my bracelets with pride, showing off how many pounds of trash I've contributed to the cleanup efforts. But, I wanted

to do more.

4Ocean began when two young men named Alex and Andrew set out on a surfing trip to Bali, Indonesia, and were shocked and devastated by the amount of plastic in the ocean. Upon investigation, they discovered that fishermen nets were perfect for collecting this abundance of plastic, but fishermen weren't paid to collect trash. Alex and Andrew set out to find a way to motivate and fund cleanup efforts, and the 4Ocean bracelet was born.

Since it began just two years ago, the company has employed 150 people worldwide, cleaned oceans and coastlines in 27 different countries, set up headquarters in Boca Raton and Bali, and through the purchase of bracelets and their cleanup events, they've pulled 629,942 pounds of trash from the oceans and coastlines to date! With their core values of ocean sustainability, recycling awareness, creating global economies and earth preservation, their mission is to put a stop to the shocking eight million TONS of plastic that enter the oceans every year.

In addition to employing boat captains and cleanup crews from Florida to Bali seven days a week, Alex and Andrew organize and host beach cleanup events all over Florida's coasts and worldwide. I'd started paying attention to their Facebook events and watching for a Saturday event within a 1.5-hour drive. Finally, one was scheduled for May 12 at Alan Shepard Park in Cocoa Beach, just under a mile away from the historic Cocoa Beach Pier (one of my favorite date-night spots), and I was excited to finally have a chance to do more within my reach. This was the first official community beach cleanup effort in Brevard County!

More than 300 volunteers attended the event and combed the beach about a mile in both directions, and, in less than two hours, collected hundreds of pounds of trash from the coastline. I was surprised by our final pile because, at first glance, the beach looked fairly clean. But, when you're looking for trash instead of seashells, you'll be surprised what people have left behind after their surfing and sunbathing.

Each event attendee received a complimentary 4Ocean t-shirt and the special edition bracelet for May, which focused on their partner charity, Whale and Dolphin Conservation (WDC). Each month,

4Ocean chooses a cause to focus their educational and awareness efforts on, picking a limited-edition color for that month's special bracelet. April was Earth Day Network's "Canopy Project," and March was the Coral Restoration Foundation. You can purchase a monthly subscription to automatically receive the bracelet of the month and show off your support of a different earth-loving cause while pulling your pound of trash.

If you have interest in contributing to these ocean and coastline cleanup efforts, there are four ways you can make a difference. First, you can purchase a bracelet from their website (4ocean.com/collections/all-products) or a local surf shop like Ron Jon. Second, follow 4Ocean on Facebook or read their blog to educate yourself on the staggering statistics and what needs to be done. Third, you can attend a beach cleanup event in your area (and since there is nowhere in Florida more than 60 miles from a beach, they're in your area!) – the



PHOTO COURTESY OF 4OCEAN

events are listed on their Facebook Page or 4ocean.com/pages/clean-ups and are only a two-hour commitment of your time. Fourth and easiest, take a reusable bag with you every time you go to the beach and pick up any trash you see, clean up after yourself, and dispose of your findings appropriately, recycling when possible. Join the movement; pull your pound!



PHOTO COURTESY OF 4OCEAN

Wild Florida Paint Night Out: Gator Week

ARTICLE AND PHOTOS BY NICOLE LABOSCO



Painting a snowflake and a blizzard is definitely NOT what it seems...in this case, although extremely rare, they are things we actually CAN see in Florida. Snowflake and Blizzard are albino alligators and can be found at Wild Florida animal park in Kenansville.

Elaine and I found ourselves back for round two of Wild Paint Night Out, and this time, we were painting the white beasts. We were lucky enough (although some might disagree about it being lucky) to find ourselves face-to-face with the albino creatures. We snapped a few pictures and made our way back to enjoy the barbecue buffet that was prepared for us, where we tried gator...but shhhh, don't tell Snowflake or Blizzard! For those of

you who have yet to try gator, it honestly tastes just like chicken. I know, everything tastes like chicken, but seriously, if nobody had said it was gator, I'm pretty positive Elaine and I would have thought it was a chicken nugget.

After we ate, we made our way to the paint room, where we found our paint brushes and blank canvases. It was time to get painting yet again!

For obvious reasons, our models were not in the room with us, but we had a painting to go off of. Elaine and I found ourselves at a table with kids and knew it would be an eventful couple of hours. The same artist from last month's event was leading the group, and I asked her where painting a gator landed on the difficulty scale. She laughed and said that this painting would be much more difficult than our sloth painting experience. I was petrified but up for the challenge.

The little girls at our table were complimenting our paintings as we progressed and, in a few cases, tried to tell us how to paint. We got a kick out of that. Even better was when the 8-year-old girl sitting next to me questioned my age because I was drinking wine and I "look 16!" Elaine and I laughed way too hard yet again. We looked up and noticed that, just like last time, we were some of the last people painting. I eventually gave up on my painting, realizing I'd have to step away at some point.

By the end of the event, I had turned it into

a competition with Elaine... again...and was fairly proud of how my painting had turned out, especially with a significant increase in the level of difficulty from the sloth paint night. Like last month's event, it included raffles for prizes and was entertaining for the whole family.

Wild Florida has plans for another paint night, but details have yet to be determined – we'll keep you posted! Since Elaine won the Instagram poll with her sloth painting and I won the second Instagram poll with my gator painting, this third event will be the nail-biting tie-breaker, so stay tuned!



Nona Cars4Kids Raises Over 10K for Nemours Children's Hospital

ARTICLE AND PHOTOS
BY BRITTANY BHULAI



Nemours Children's Hospital partnered with Central Florida Cars & Coffee to create a fundraising event called Nona Cars4Kids. The event launched on May 20. Every \$5 donated toward a participant counted as a vote toward winning the title of 2018's "Best Ride" award. With 40 participants, \$10,238 was raised. "It all goes to the children to support the children at the hospital, 100 percent of it goes to them," said Ankush Shah, executive director for Dream Cars 4 Kids and manager for Central Florida Cars & Coffee.

All car enthusiasts who registered to partake in the event showed up at Nemours at 9 a.m. They checked in, showed their cars, and indulged in a breakfast. Food was pro-

vided by Panera Bread, which also happened to be a sponsor for the event.

By 10 a.m., everyone rallied to Tesla, where they received the chance to be driven in a Model X 100D. Afterwards, everyone made their way to Orlando Kart Center (also a sponsor for Nona Cars4Kids). Everyone raced against each other in the go karts for the "Fastest Lap" award. At the end, those who won "Best Ride" and the fastest lap time won tickets to Festivals of Speed, four Disney tickets and perks from Panera Bread. First place for "Best Ride" went to Carmine Silano. Not only did he raise the most money, but he also sponsored the rally through his business called Cheer Sounds. Rafael Mora-Rivera was recognized for second place, and Christopher Crespi took third place. The top two for "Fastest Lap" were Joseph Hall and Milla Bimmer.

According to Jonathan Springer, who aids Shah in sponsoring Cars & Coffee through Driven Real Estate Team, the two partnered up to create Dream Cars 4 Kids. The objective is to bring exotic cars to children who are too ill to travel out and see them for themselves.

"This is for the kids who can't make it out to Cars & Coffee...we're bringing the car show to them," said Springer (hence the event's initial meetup in front of Nemours). Dream Cars 4 Kids will be hosting another rally later this year on Sept. 6. The funds generated from this four-day trip through Florida will go to St. Jude Children's Research Hospital.

Taking it back to the local picture, Central Florida Cars & Coffee donates all of their proceeds to Nemours each month. Nemours development coordinator, Matthew Morak, says the automotive group raises about \$2,000-\$3,000 a month for the hospital. For him, the children at Nemours are inspiring and motivating because even



though they might suffer from sickness, they make the best out of what they are given.

"They're happy to have an opportunity to get better and get healthy," stated Morak. At the end of the day, he is happy to partner with Cars & Coffee to help the kids and give them experiences they will never forget.



FOOD & DRINKS

Say Cheese!

ARTICLE AND PHOTOS
BY NICOLE LABOSCO

The Spanish say queso.

The French say fromage.

I say cheese and more of it, please!

This special feature follows a cheese-driven girl on her journey to try all of the sweet, creamy, sharp, stinky and spicy cheeses the world is lucky to devour. I'm the friend who is constantly tagged in those cheese memes on Facebook about drowning in grated cheese when the waiter/waitress asks you to "say when." In queso emergency, just say cheese!



This month, I delved into the world of Irish Cheddar. After spending about 30 minutes grazing the cheese aisle (and probably drooling over all of the delicious cheese selections) in our local Sam's Club, I finally narrowed it down to Cahill's Ireland Original Irish Whiskey. It's described as a "mature Irish Cheddar cheese with Kilbeggan Irish Whiskey."

I decided upon this cheese because I'm a cheddar fan, and I love the combination of alcohol and cheese. Whoever came up with that beautiful pairing deserves the world and a huge hug from me. There are my favorites of fondue and beer cheese, and now I get to experience whiskey cheese.

Upon my first bite, I noticed how rich it was, coating my taste buds with creamy cheddar notes and a slight whiskey aftertaste. After that initial taste, I decided to try this month's selection out as a dip, and

after melting it down to the right consistency and adding garlic, onions, tomatoes and cilantro, I realized a basic tortilla chip just wasn't going to cut it. It was interesting, but I felt that those who weren't as adventurous with cheese as I am wouldn't like it. I had an epiphany as I noticed a similarity to fondue, with the slight poignancy of the whiskey as an aftertaste. I found myself almost unconsciously opening the fridge and searching for carrots and grapes to test out my cheesy creation and, boy, did I find a match! The carrots were a perfect counterpart for this Irish Cheddar fondue that I had, in a sense, mistakenly created. The green grapes tasted great, too, but my favorite pairing had to be the carrots. Now, all I needed was some French or Italian bread!

I could see myself curled up on a couch, bundled up in a warm, soft blanket with

this melted cheesy goodness on a cold, winter's day or, rather, a rainy day or hurricane "party" for us Floridians.

Just remember that happiness comes in many forms: grated, sliced, diced and melted.

Stay cheesy, my friends!

xoxo,

Nicole

Is this article too cheesy? DEFINITELY. Send me your favorite cheese meme or joke to nicole@nonahoodnews.com and let me know your thoughts on your favorite cheese-filled meals! Is anybody else hungry all of a sudden?



Food Challenge: Top-Secret Food

BY AARON FERG
AND MATT TROY JONES
PHOTOGRAPHY
BY VICTORIA PUTZEYS

So you think you've hit up every food spot in Lake Nona? Think again. This month, we tasked ourselves with finding lesser known, or completely hidden in plain view, sources of dining. We were very surprised at how many hidden locations we actually have in our area and their level of quality. It may seem a bit odd or extreme to have to go through security gates, or visit hospitals for food, but that's exactly what we did, and we loved it! Hopefully, our readers will finish this article with one of these local hidden gems on their food agenda.

So, we had very low expectations when heading into our first stop. The word "cafeteria" doesn't exactly bring out a Pavlovian response in many people. A two-minute drive to Nemours Children's Hospital and a quick stop at the security desk, and we had arrived. This was vastly different than any cafeteria we've ever been to. There was a huge variety of food to choose from. Sushi, pizza, Latin, pasta, sweets and lots more. If you can't find something here, then you're too picky. The prices were great as well. We had enough food to easily feed four people for around \$30.

The cafeteria has variety and price, but how about the real test...taste and quality? Admittedly, we were expecting to need to grade this stop on a curve, being in a hospital cafeteria. We expected wrong. The food was fresh, and several selections were made a la minute. While this stop might not be a great spot for a dinner date, it's perfect for a quick lunch close to home. Rumor has it that the VA hospital also has some pretty good food, but everything was shut down by the time we arrived. Maybe next time...

Just across the street from Lake Nona lies the gated golf community of Eagle Creek. A quick stop at the guard shack, and you can head right in for dinner at this country club restaurant. We sat at the bar and ordered one item for three people. The



The Chairman's Ultimate Burger at Eagle Creek country club restaurant

Chairman's Ultimate Burger: two patties, cheddar blue cheese, mushrooms, caramelized onions, jalapenos, BBQ sauce, lettuce, tomato and onion. This thing was daunting. We felt it better to throw in the towel after half the burger as there were more stops to make. If you're not feeling up to this challenge, head in on Monday's for \$6 burger night.

Next stop, Lake Nona Deli and Market. As we head into the gated VillageWalk community, we once again found the need to produce an ID to get by security. We've had delivery pizza (which is arguably one of the best pizzas in town) from Lake Nona Deli and Market several times but haven't actually been to the store itself. We kind of just assumed that when we ordered food, the sleeping pizza builder got awoken from slumber to make and send out our delicious pie. We were wrong. The menu here is fairly simple, but the food is quality and the staff is very friendly. Pizzas, pastas, and deli sandwiches are accompanied by a fairly good beer selection and several flavors of ice cream. You can also get gas outside, and some food, snacks and supplies in the market shop.

Ever had a craving for 3 p.m. froyo accompanied by all the toppings? Our next stop is the answer. Swirl World. Located in the RaceTrac on Narcoossee, you can find a hidden froyo shop. This gas station has everything you could need, several flavors of frosty goodness and an accompanying buffet of toppings. All for purchase by the ounce. This was a perfect afternoon respite on our journey.

Our last stop was the highlight of the excursion. We've known that Hemisphere is



Hemisphere's Grass-Fed Bone Marrow

located in the MCO Hyatt but always figured it wouldn't be worth going through the airport security and congestion for a bite to eat. We were wrong. It was less than 10 minutes from Laureate Park, and valet parking was free at the hotel. A far shorter and easier trip than was expected, no security, no hassle. The space inside the restaurant was beautiful, highlighted by two-story windows looking over the MCO runways from high above. It would be the perfect start to any date night. The commotion of the airport all but faded away. The dinner menu is built for sharing. The offerings were focused and featured a diverse selection of local, seasonal ingredients. The first dish we sampled was easily

the best: crawfish chowder. It has been a part of the menu for 20-plus years and for a good reason. Creamy, bright and with just enough spice to wake the palate. Don't miss this.

Grass-fed bone marrow, avocado toast (we know, it's a cliché at this point, but it's still darn tasty), tempura veggies and burrata mozzarella hit the table next. One would have to nitpick to find flaws with the food. The only real complaint was that the burrata needed salt to finish. Everything else was spot on. The last plate

to land was a palmetto creek pork chop with creamy polenta and cherries. Great char and cooked to a perfect medium, another winner. My only regret from Hemisphere was that we were short on time and skipped dessert. We highly recommend making this part of your next evening out. Whether it be a stop on the way to downtown Orlando or you are just looking for a great restaurant for a fancy dinner, this should be on your list.

There you have it, all of James Bond's favorite restaurants in the Lake Nona area that have been secretly serving up great food and drinks all along. These aren't quite speakeasies, but there's something to love about any lesser-known spot. We challenge you to try them all; just don't forget to bring your ID.



Hemisphere's Burrata Mozzarella



Hemisphere's Crawfish Chowder



Hemisphere's Palmetto Creek Pork Chop with creamy polenta and cherries



Hemisphere's Avocado Toast

Grilled Chili Chicken Skewers With Cilantro Lime Pesto

ARTICLE, PHOTOS AND RECIPE
BY KATIE JASIEWICZ,
KATIESCUCINA.COM

Hello, summer! I can't believe it's already June. Not only do we celebrate the first official day of summer this month, but also our dads! We always enjoy a barbecue by the pool on Father's Day, and I wanted to share an easy-to-make recipe that everyone can make and spoil their father with or just to commemorate the first day of summer! Whether you're looking to make these skewers as a main dish (I have on multiple occasions) or maybe even as an appetizer – these chicken skewers are perfect!

I love skewering just about anything I can throw on the grill. Not sure what it is, but I love it, and I love to grill. Like, every day, I grill dinner (or just about) during the summer months. I traditionally only make basil pesto, but I never thought to use cilantro in pesto. The cilantro and lime are bright and full of flavor. In a way, the pesto is similar to a chimichurri sauce.

Not only can we make our dad's stomach happy...let's talk about what you should get him. A car wash pass to our

new neighborhood car wash: Top Dawg Express Car Wash & Detail! I'm officially hooked on the monthly car wash pass. It's my new go-to gift for everyone I know! I mean, who doesn't love to have a clean car? For \$20, you can go every single day of the month if you would like. I try to go every few days and spend a few minutes once a week vacuuming out my car. So, if you're looking to give your dad something this Father's Day, this might be exactly what he is looking for! Make him my recipe for Grilled Chili Chicken Skewers with Cilantro Lime Pesto, enjoy some time poolside, and grab him a car wash pass!



GRILLED CHILI CHICKEN SKEWERS WITH CILANTRO LIME PESTO

Yield: 4

Prep time: 10 min. | Cook time: 10 min. | Total time: 20 min.

Ingredients:

For the Grilled Chili Chicken Skewers:

- 1 lb. boneless, skinless chicken strips
- 1 tablespoon brown sugar
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil

For the Cilantro Lime Pesto:

- 2 cups cilantro
- 1 cup parsley
- 1/4 cup honey-roasted peanuts
- 2 tablespoons lime juice
- 2 small garlic cloves
- 1/3 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

For the Grilled Chili Chicken Skewers:

1. Preheat grill to medium heat.
2. In a bowl, mix together brown sugar, chili powder, salt and pepper. Rinse and pat dry chicken. Skewer chicken, drizzle olive oil over the chicken and sprinkle rub over chicken. Massage the rub into the chicken.
3. Place chicken skewers on grill. Cook 10 minutes (flipping once) on medium-low flame until internal temperature reaches 165 degrees Fahrenheit. Once done cooking, remove from heat and set to the side.

For the Cilantro Lime Pesto:

4. While the chicken is cooking, place the cilantro, parsley, honey-roasted peanuts, lime juice, garlic cloves, olive oil, salt and pepper in a food processor. Purée for 20-30 seconds until all the ingredients are well incorporated and broken down. Refrigerate the Cilantro Lime Pesto until ready to serve.
5. Serve Cilantro Lime Pesto on top of the Grilled Chili Chicken Skewers.

Notes:

*Soak wooden skewers for 30 minutes or longer to avoid skewers from burning.

Back to Basics: Boba Bonanza!

ARTICLE BY NICOLE LABOSCO
AND VANESSA POULSON
PHOTOS BY 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.

This month, we're featuring all things BOBA! If you don't know what boba is, otherwise referred to as bubble tea, it's a Taiwanese tea-based drink invented in Tainan and Taichung in the 1980s. Most bubble tea recipes contain a tea base mixed with fruit or milk, to which chewy tapioca balls and fruit jelly are often added.

We stopped in at local boba shop, **Chibi's Boba**, and taste-tested some of their flavors, and we'll be sharing our thoughts with you below!

Order: Raspberry-Strawberry

Final Review Nicole: Although I'm a fan of both raspberry and strawberry, this boba is way too sweet for my liking. It definitely tastes like the melted snow cone syrup. The benefit is the aftertaste, where the tapioca of the boba cuts into the sweetness and almost leaves a floral-like taste in your mouth. That random floral hint made me happy for a brief moment.

Final Review Vanessa: Melted snow cone is the first thought that came to mind. It's incredibly sweet, which is a little bit overpowering. I really liked this one and would say it was my favorite of the fruit flavored bunch that we tried. It reminded me of childhood growing up in Florida summer. How romantic. The color of this drink was an added bonus: a beautiful fluorescent red that caught the sunlight just right.

Order: Orange Peach

Final Review Nicole: This flavor combination was by far the best of the juice ones we tried in my opinion. The peach overpowered the orange, which is nice because I'm not a huge orange fan. However, it did remind me of the orange aroma that filled the room as you rode Soarin' at Disney's Epcot, before the ride was updated.

Final Review Vanessa: According to my boyfriend, who does not deserve another line of quotes, he believes that it tastes "just like Florida." I wouldn't say that he's wrong in this statement. I liked this one enough, kind of like a melted orange popsicle. This was another flavor that reminded me of the Florida summertime. The color on the fruit-based drinks makes them incredibly photogenic compared to their milk- or tea-based counterparts.

Order: Mango Pineapple

Final Review Nicole: I went into trying this flavor a bit hesitantly. I'm not a huge fan of mango, and the first time I tried boba tea (it was a friend's and wasn't at Chibi's), it was mango-flavored and I hated it (which thankfully didn't deter me from my now VERY strong love for some boba tea!), but luckily the pineapple overpowered it. It was super tropical and definitely refreshing in the Florida heat! This would be a good flavor to have while soaking up some rays.

Final Review Vanessa: I really liked this one! It's kind of like drinking what you'd imagine the state of Hawaii smells like. I really loved the subtle mango taste here, but pineapple definitely is the power player of the two flavors. I'm still not a huge fan of the fruit-flavored bobas, but this one was pretty good. I would have preferred to taste more mango, as this was the first boba flavor I ever tried, and it makes me nostalgic to bring it back.



Order: Green Apple

Final Review Nicole: I mean this in the nicest way, but I will never understand those who enjoy green apple-flavored drinks and sweets. They are always WAY too sweet and never taste like a legitimate apple in my opinion. This boba flavor is a melted green Jolly Rancher HANDS DOWN, and I'm not a fan. Can we get to the good stuff, please?

Final Review Vanessa: Melted Jolly Rancher, a little bit too sweet for me, and I didn't love it. The color was pretty and that was great for the photographic and basic element. I enjoyed drinking this for the nice photos but not as much for the taste. I didn't like it.

Order: Blueberry Lavender

Final Review Nicole: Yes, this is where I get happy! My flavors are up, and I can't wait to drown my taste buds in the goodness that is blueberry lavender boba tea! To my pleasure (of course), this flavor is super floral tasting, and I'm happy. The lavender definitely didn't even let the blueberry shine, but that's quite alright with me! I could honestly drink lavender boba EVERY. SINGLE. DAY. This was a flavor combination we hadn't yet tried, and I may have been a tad selfish adding the lavender in, knowing all too well that I wouldn't be a fan of any of the above flavors. Sorry, Van and Andrew.

Final Review Vanessa: Really florally, almost so much so that you don't taste the blueberry. Oopsie, we did it again, buying the floral flavors! But, what can I say, Nicole loves to garden! How many times will we end up buying things that are floral related? I don't know, that's a question for Nicole. Hopefully, not too much more. I don't know how many flower-related things that I can handle.

Final Review Andrew: Like drinking a garden. Like taking flowers and putting them into a blender.

Order: Thai Tea

Final Review Nicole: I LOVE Thai tea, and everytime I eat Thai food, I order Thai tea and the boba version is just as good! This was one of my original flavors when I first experienced Chibi's, and there was no looking back. I was shocked that Van hadn't tried this flavor yet. It's sweet and creamy, just as if it came straight from a Thai restaurant. Thank you to whoever created this wonderful deliciousness, by the way. I owe you one.

Final Review Vanessa: My new favorite flavor. Absolutely the right combo of sweet milk tea and wonderful boba that leaves you feeling satisfied. I will 100% be ordering this flavor again. It's a total classic for boba and Thai tea fans alike. I also really like the soft orange color of this drink; it definitely makes for a beautiful aesthetic and picture-worthy vibe.

Order: Coconut Lychee

Final Review Nicole: For the record, I had to look up what a lychee was and what it tasted like. I've heard of it and seen it around, but I never knew that a lychee is a berry! At first taste, I was immediately turned off, but instantly changed my mind as I kept drinking. THIS IS SO GOOD! Lots of perfume-y flavors, and we all know how that goes when it comes to me...my first sample of lychee gets two thumbs up! This flavor combo was creamy and kind of resembled a piña colada, and I can totally picture myself spending the summer with coconut lychee boba in my hand.

Final Review Vanessa: Nope. If you like flowers overwhelming your palate, see Nicole's review for more details on this drink. I was not a fan of the overly flowery taste.

Check us out next month when we feature the sweetest lemonades and teas you can find here in O-Town for a quick cool down in Florida's hot summers! Stay refreshed, our basic friends!



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Meson Sandwiches Opens Its Third Location In Lee Vista Promenade



Sorullos

The chain restaurant first opened in Puerto Rico during 1972 and has quickly become the most rapidly growing chain restaurant on the island. This is the third location to open in Central Florida, and more locations are in works of being opened. The first location to open was at the Florida Mall back in 2015. The second location opened its doors in 2016 near Osceola Parkway. "We are delighted to have Meson Sandwiches in Orlando and know that the restaurant helps our growing Puerto Rican community feel closer to home," stated Mayor Dyer.

According to a press release sent out by Meson Sandwiches, the opening of its sandwich shops aids in breaking the divide between culture in Central Florida and Puerto Rico. Dyer says the Hispanic community is the fastest-growing group in the area as 400,000 Puerto Ricans live in Central Florida. According to Meson's online website, mesonsandwiches.com, the company plans to open more stores throughout the country based on the positive results so far.

"I was born there, I've been eating sandwiches since I was seven years old. I still love sandwiches. Right now, my favorite sandwich [you'll try today] is called the All Pro," said Perez. He went on to say that "Caribbean flare" is added to all of their sandwiches.

One-hundred four employees are currently working for Meson Sandwiches, and the number continues to grow. The next

Meson Sandwiches location slated to open is in 2019 at Gardens on Millenia.

"It offers all-day breakfast, 100 percent Arabica coffee, and an array of signature and specialty sandwiches for breakfast, lunch and dinner," stated the Meson Sandwiches press release. Vegetarian items such as baked potatoes, salads and sandwiches are also offered on the menu. All coffee is served as espresso, and the beans are grown in Puerto Rico.

I was lucky enough to indulge in the legendary food served up by the well-known sandwich shop. During their media night, I tried four of their premium sandwiches: the Caribe, Pepper Steak, All Pro, and the Medianoche. A veg-



Governor Scott awarding Meson's President, Felipe Perez, the Business Ambassador Award

ARTICLE BY BRITTANY BHULAI
PHOTOS BY NICOLE LABOSCO AND VANESSA POULSON

Meson Sandwiches is labeled as a fast-casual chain and designated as one of the world's top fast-casual chains by *Travel + Leisure* and featured on the cover of the prestigious *Food & Drink International Magazine*.

On May 18, instead of cutting a ribbon, Governor Rick Scott cut a sandwich to celebrate the grand opening of El Meson Sandwiches in the newer Lee Vista Promenade. The president of the restaurant, Felipe Perez, was also awarded a medal known as the Governor's Business Ambassador Award. Mayor Buddy Dyer and Commissioner Tony Ortiz also declared May 18 as Orlando's "Meson Sandwich Day."



Sandwich Cutting with Meson's President Perez, Governor Scott and Mayor Dyer

etarian sandwich was also brought out for tasting. All five were no disappointment at all. My favorite was the All Pro. The savory pastrami and the sweet Virginia ham complimented each other. The meats balanced well with the Swiss cheese. Overall, my favorite side menu item was the sorullos, which are corn sticks. When dipped in the mayo and ketchup sauce, there was nothing else quite like it. My taste buds were

satisfied by the stick's slightly crunchy shell on the outside and a warm soft bite on its inside. As for the espresso, one could tailor it to their liking, whether it be with cream and sugar or straight up black. I drank two shots black, and it packed a solid punch.

Nonahood Nosh: Meatless Mondays

BY RICKY LY
OF TASTYCHOMPS.COM

Orlando was recently ranked the third best city in the U.S. (behind New York and Portland) for vegan and vegetarians by WalletHub. As an omnivore, I never gave much thought about going vegan until recently chowing down on a juicy jackfruit sandwich at Dixie Dharma at Market on South in Orlando's Milk District. Recent studies have shown a plant-based diet helps fight risks for diabetes, heart disease, and even colon cancer, while another study found that vegan Seventh-Day Adventists lived, on average, 10 years longer than the typical American. Some recent calculations have shown that if Americans just replaced beef with beans, we would meet our 2020 greenhouse gas emission goals as a result of the reduction of carbon and methane gases. There are plenty of great local vegan restaurants and vegan dishes to try locally, even if you can't go entirely meatless. Some people even try going meatless once a week with Meatless Mondays.

Whether it is to better your health or the environment, here is our list of the top six vegetarian/vegan dishes to try in Lake Nona:

1. Vegan Roasted Vegetables Grilled Cheese at Toasted – Most people don't know this, but Toasted has quite the extensive "secret" vegan menu. Just ask for it. Confit portobello

mushroom, tomato chutney, garlic spinach, roasted red pepper on wheat bread. They've also got vegan burgers, like a vegan banh mi burger with Vietnamese pickled carrot and daikon radish with an impossible "bleeding" burger patty made from plant proteins. (Toasted, 10783 Narcoossee Rd., Orlando, FL 32832; igettoast.com)



Vegan Grilled Cheese from Get Toasted

2. Appetizers with Lavas Bread at Bosphorous Turkish Cuisine – From hummus to freshly mashed babaganoush, sautéed eggplant, chopped tomato and



Lavas Bread and Hummus from Bosphorous

veggie combo, stuffed grape leaves, falafel, and more – it's a feast fit for a vegetarian sultan. Order this with a side of the Lavas "balloon" bread, and your taste buds will thank you. (Bosphorous Turkish Cuisine, 6900 Tavistock Lakes Blvd., Orlando, FL 32827; bosphorousrestaurant.com)

3. Grilled Veggie Taco at Rubio's Coastal Grill – A refreshing taco of grilled veggies served on a warm, stone-ground corn tortilla with toasted cheese and topped with buttery Hass avocado slices, roasted chipotle salsa, creamy chipotle sauce and cilantro/onion mix. (Rubio's Coastal Grill, 9971 Tagore Place, Ste. 9, Orlando, FL 32832; rubios.com)

4. Grilled Mexican Street Corn at Canvas Restaurant and Market – This whole corn on the cob might not be a great first date dish to try unless you are both very comfortable with the potential of corn stuck in your teeth, but it is a great dish nonetheless. Served with a tomatillo aioli and topped with cotija cheese and lime. (Canvas Restaurant and Market, 13615 Sachs Ave., Orlando, FL 32827; canvaslakenona.com)

5. Thai Pineapple Fried Rice with Tofu at Durian Durian Fusion Thai Cuisine – Served in a pineapple, the sweet fruit gives the fried rice a nice contrast to the savory flavors from the tofu. (Durian Durian Fusion Thai Cuisine, 10743 Narcoossee Rd., A20, Orlando, FL 32832;



Grilled Gourmet Taco with Veggies from Rubio's

duriandurian.com)

6. Chopped Heirloom Salad at Chroma Modern Bar + Kitchen – A lovely spring medley of blue cheese, chopped romaine lettuce, juicy red and yellow beets, beefsteak tomato, cucumber, and rainbow carrots topped with brioche croutons and drizzled with a honey-almond vinaigrette. (Chroma Modern Bar + Kitchen, 6967 Lake Nona Blvd., Orlando, FL 32827; chromalakenona.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 over 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.

Fashion Dose: Summer Boldness

BY ABIGALE LEWIS

Are you ready for summer 2018? The heat wave is upon us, and the reckoning of rain has poured down on our parade. However,



stay trendy in vivacious colors that will keep your spirits high, even if the clouds are low. Step out of your comfort zone and sizzle up your weekend with runway to streetwear styles that will leave you fresh, fashionable and fabulous.

In the beginning of this year, New York Fashion Week displayed plenty of '90s nostalgic trends with deep-sorbet colors as well as other saturated hues. Leader of color, the Pantone chart on the runway had hints of crystal blues, emerald greens, sapphire pinks and amber reds. The idea of fun and optimism were the goals of the spring 2018 palette, which rolled into the summer trends, encouraging women to show off colors that vibrated their soul rather than the blues of corporate conformity. With all the negative propaganda in politics, style releases tension by exploring the intensity of bold colors and styles advocating self-identity. While shopping, find puffed-up sleeves to turn up the volume on lunch dates and shock your date with the deconstructed sleeves on a form-fitting Alexander McQueen dress. What are deconstructed sleeves? It's an update to

the off-the-shoulder trend that gives more cleavage to the collarbone, while gripping the attention of others when the dress is cherry tomato, pink lavender, or even lime punch. Dare to color – you'll learn black and grey aren't your only two options.

According to instyle.com, Burberry, Versace, Saint Laurent, Chloe and Nina Ricci all revisited their famous blouson jackets and archived prints to inspire the '90s this summer. In addition to shell suits, low-cut necklines and puff-sleeved jackets, the '90s sunglasses shapes are a huge hit with fashion-forward teens and adults. The cat-eyed narrow wild child sunglasses are known for either a black or white frame and color shades (i.e., blue, yellow, or orange). Shop online to find authentic red frame vintage cat-eyed sunglasses if you're willing to bring the fire.

Calvin Klein, Tom Ford and Marc Jacobs displayed vibrant oranges in their SS18 collection that gave monochromatic outfits the easiest way to rock the trend without worrying about matching. An orange trench

coat over an orange slip-dress, with an orange hands-free bag worn diagonally with orange fuzzy- or feather-like sandals to complete a runway monochromatic style. The great thing about monochromatic is it can be worn day and night, with minor changes within accessories to be sporty or '90s chic.

Let's pump up the jam in our intense colorful style that will have fall begging to turn down the volume.



Stay Well Rooms Working To Keep the Nonahood and Guests Healthy

BY VANESSA POULSON

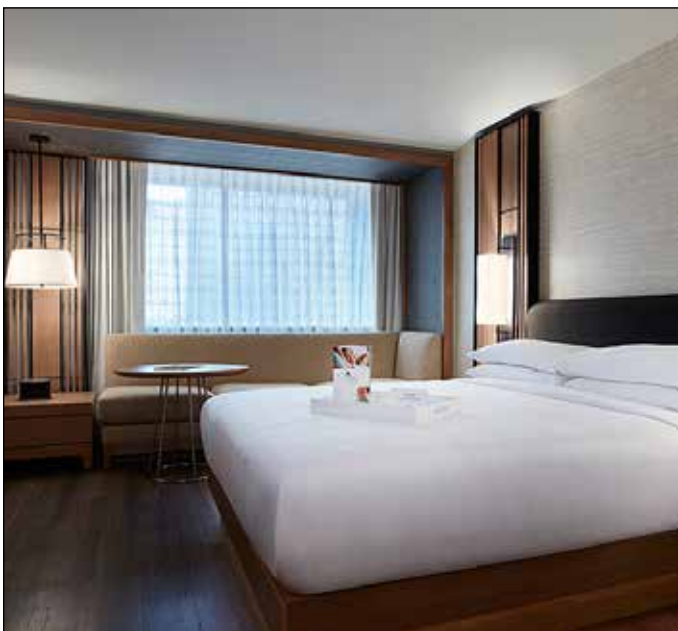


PHOTO COURTESY OF STAYWELLROOMS.COM

The Courtyard Marriot right here in Lake Nona harbors some of the most unique technology in hotel rooms across the country, called Stay Well. Introduced by DELOS, this technology includes a variety of health and wellness features for guests: specialized Stay Well mattresses and soft night lighting to improve sleep, air purification technology to remove toxins like smoke, dust, and allergens from the air, as well as aromatherapy that can use specific scents to help guests relax after a long day of travel or work.

Perhaps one of the most interesting features of the Stay Well rooms at the Courtyard Marriott is the use of technology that simulates dawn and circadian mood lighting. According to the National Sleep Foundation, your body's circadian rhythm is a 24-hour internal clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. It's also known as your sleep and wake cycle.

A part of your hypothalamus, a portion of your brain, controls your circadian rhythm. That said, outside factors like lightness and darkness can also impact it. When it's dark at night, your eyes send a signal to the hypothalamus that it's time to feel tired. Your brain, in turn, sends a signal to your body to release melatonin, which makes your body tired. That's why your circadian rhythm tends to coincide with the cycle of daytime and nighttime.

Having the circadian mood lighting in the Stay Well rooms allows for guests to wake up with light that is more similar to that of a sunrise, filling the room with natural light that stimulates the body in a more natural manner than that of a blaring alarm clock. This light is also able to emit sounds similar to those in nature, gradually increasing in volume to wake the body from sleep. The light and sound is completely adjustable to users to accommodate varying levels of sensitivity.

Another feature unique to the Stay Well rooms is the Stay Well shower infuser. This device reduces the chlorine in your shower water, which can lessen its drying effects. The shower water is infused with

vitamin C, which is also used to help promote healthy hair and skin.

These rooms were in part researched by Dr. Deepak Chopra, a DELOS advisory board member and wellness expert, who explained that when traveling for work or business, it is easy for people to feel run down by the often bland and typical hotel room and how it can often prove to be a difficult task to maintain personal health and wellness while away from home. He explains that each feature included in a Stay Well room is grounded in medical research and helps to promote balance between mind, body and environment.

The Stay Well rooms are a particularly interesting feature of the Lake Nona area, not only for their health and wellness benefits but also because of how unique they are nationwide. Very few other hotels in the Unit-

ed States have these Stay Well rooms, even though the response to the room's benefits have been overwhelmingly positive, with guests praising the lighting settings on the mirror in the bathroom for their assistance in waking up or helping to relax the body at the end of the day. The aromatherapy aspect of the rooms has received mixed reviews, mainly because some guests have not enjoyed having the scent in the room while they are trying to sleep.

These rooms are a spectacular edition to Lake Nona's growing reputation as a medically advanced city and remain part of the innovative relationship between personal health and wellness.



PHOTO COURTESY OF FORBES

Planes, Trains and Mindfulness

BY ODETTE VACCARO



Your next vacation destination is something you dream of. But, let's be real, the journey to get there might present some less-than-ideal experiences or situations. Long lines, angry customers, unexpected changes and tons of waiting do not make a recipe for relaxation. The good news is we can actually choose to use our next travel experience as the perfect chance to use the mindfulness tools under our belt. This is an opportunity to put them to use when it really counts: out in the real world when faced with stressful situations. Practicing mindfulness in our everyday lives can be tricky in and of itself. After all, it's easy to remember to be mindful when things are smooth and under control. The fact is, situations that bring us face-to-face with things that are outside our control or chaotic are actually outstanding opportunities to strengthen our mindfulness muscles. With the challenges and stress that travel can present, this summer can be a great time to practice mindfulness and hone your skills.

Are you up to trying these during your next travel experience?

1. Breathe: The importance and grounding nature of your breath should never be forgotten or minimized. Just choosing to become mindful of your breath might be the single most calming thing you do. When we get tense, nervous or overwhelmed, our breath naturally becomes shallow. Luckily, the opposite is also true. By achieving deeper, full breaths, we can help calm our nervous system. First, try to focus your attention on the feeling of your breath without doing anything to change it. Notice how the breath feels coming in and out of your nostrils. Next, notice the sensation of your belly and chest expanding and contracting with each in and out breath. Then, achieve a steady, grounding breath by making your inhale as long as your exhale. Breathe in for a slow count of four, then exhale for a count of four. Devote a few minutes to your breath, and you'll soon feel its calming effects.

2. Practice Patience: Without a doubt, traveling continuously places us in situations when we have to wait. And let's face it, if you're like the majority of people, waiting just isn't fun. However, waiting in one of the numerous lines you are faced with at security, while boarding an aircraft or at the airport counter is just one more chance to practice patience. Take this moment to notice where your body is and where your thoughts are racing to. Feel your feet on the ground, the weight of your body and recognize any tension you are feeling in your muscles. Just paying attention to these sensations instead of wishing them away or trying to ignore them can ease some discomfort or tension. Instead of bolting out of your seat once you land, purposely choose to sit and wait. Exercise your ability to be patient, be still and take a moment before your next step.

3. Choose Kindness: Stressful situations are often the best time to remember to be kind. It can be easy to focus on getting through a security line faster, getting off a plane first, or hailing the next taxi that comes by. We can just as easily be mindful of taking each opportunity to make the kinder choice. Maybe let someone else go before you in line, hold the door for the person with the multiple bags, offer to lift someone's baggage out of the carousel. And ALWAYS, remember to give away a smile. You'd be surprised how much this simple action can shift someone's mood.

4. Attitude of Gratitude: It's easy to forget the big picture when we allow ourselves to become annoyed over little inconveniences. Most of us tend to invest so much energy in paying attention to the one thing that was off, the one thing that didn't go as planned. In the grand scheme of things, though, if you are lucky enough to be traveling for a vacation, you have more than most people in the world. So, after you give yourself a split second to complain that you have to take your shoes off at security, make sure to remember that you get to walk those bare feet right into an opportunity that many do not.



Nona Your Neighbor: Tina Fusser

BY VANESSA POULSON



Tina Fusser

In this month's edition of Nona Your Neighbor, we're speaking with Tina Fusser.

Fusser has an impressive list of accomplishments, including being the director of fitness at Lake Nona Golf & Country Club, co-owner at Kai Fitness for Golf, a do-Terra Wellness advocate, and the co-owner of Nona Adventure Park coming soon! She's also an Olympic weightlifter and has been competing for three years as a Master's athlete. She recently qualified at Nationals, getting third place, and will be moving on

to the World Championship in Barcelona in August!

Check out our conversation with Fusser below!

NHN: What brought you to Lake Nona?

TF: We built Orlando Watersports Complex and were attracted to live in Lake Nona, Isle of Pines, as we like nature and the water. [We] built an environmentally friendly log home.

NHN: How long have you lived here?

TF: 20 years.

NHN: Where are you from originally?

TF: Germany.

NHN: What do you do for work?

TF: I'm an essential oil lover, educator, personal trainer and yoga teacher at Lake Nona Golf and Country Club, passionate about helping families live the healthiest lives possible and empowering women to own their own biz. I'm a leader and educator.

NHN: What are you most excited to have in the Nonahood?

TF: Sports District and passion for health and fitness in Lake Nona.

NHN: What do you think the future is for Lake Nona?

TF: Can't wait [for] what more exciting gyms, med spas, sports, fitness, health venue will come.

NHN: If you could tell one thing to someone considering moving here, what would that be?

TF: Move here because it is a fun, fit and healthy community



PHOTO BY TINA FUSSER



WEIGHT MANAGEMENT

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



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NonaVentures: iFly Orlando

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!



PHOTO BY ANDREW BEVERLY

Something I've done before that I've wanted to revisit was indoor skydiving. I was lucky enough to try it for the first time for my 16th birthday, went skydiving for real at 18,000 feet when I was 18 at Skydive Space Center in Titusville, and now here I am once again at iFly Orlando at age 24. Located on International Drive, iFly looks like a pretty normal building, until the wall of doors is opened and you see an all-glass tunnel and potentially a floating person within one.

I was excited to have this experience a second time, but I was mostly interested to see how my thoughts would change, from having done this once before actually jumping out of a perfectly good airplane and, now, having made that jump. Would it even compare?

It did.

Obviously, indoor skydiving is nowhere near the real deal, but this is a perfect opportunity for those who might have a fear they cannot overcome, health conditions that prevent them from actually being able to jump out of a plane, or are just sane enough to keep their feet planted safely on the ground. (At least some would argue/question my and every other skydiver's sanity.)

The experience begins with entering a small classroom to learn the basics when it comes time to enter the wind tunnel. My instructor, Darin, went over the appropriate stance on how to enter the tunnel (feet shoulder-width apart and arms raised above your head, with your hands by your ears). He directed my attention to a wall in the classroom to explain the four hand signals I may see as I'm flying: Relax/Breathe (the classic hang-loose sign with only the thumb and pinky extended); Legs Straight (a horizontal peace sign); Legs Bent (same as the Legs Straight signal, but with your middle and pointer fingers bent at the middle knuckle); and Chin Up (pointer finger extended upwards only). After reviewing the hand signals, an instructional safety video was played. The instructors at iFly Orlando are skydivers as well, so they definitely know what they are doing, whether it's in a wind tunnel or in the open sky. It was now time to suit up!

I exited the classroom to grab my gear. As I slipped into the provided bodysuit, I got a helmet fitted along with some earplugs and goggles. Side note: There is absolutely no looking cool in this outfit, and longer hair must be secured.

I entered the tunnel area and, out of a group of three, I agreed to go first. Once they turn the fan on, everything gets pretty loud, making it difficult to hear anything or anyone over the monstrosity of the wind. (This is the whole reason for the



PHOTO BY NICOLE LABOSCO

hand signals.) I assumed the flight position, and with Darin's help, I leaned forward into the wind and off I went; floating around the wind tunnel like a leaf in the wind, although I like to think it was a lot more graceful than that. Darin guided me where need be, occasionally letting go when my body form was correct and just letting me fly. I began to laugh, which was a small mistake, as the wind hit my mouth just right and I kid you not, spit flew out of my mouth and onto my goggles, and I COULDN'T WIPE IT OFF WITHOUT MESSING UP MY FORM AND SPINNING OUT OF CONTROL. I was so embarrassed and was laughing even harder now. Word of advice, try to not open your mouth completely while in a wind tunnel with 120+ mph winds. Oh, also...photos and videos are being taken during your flight, so chin up and have fun! Memories are being made!

The 60 seconds went by quickly, as you can imagine, and I was guided back to the opening to return to my feet. Each flight is one minute long, which seems really short, but for some perspective, it's about the same time of freefall when you're actually skydiving before you throw your chute. I jumped from 18,000 feet and had a minute-and-a-half of freefall time.

The rest of the group went, and then it was time for my second flight. This was the final one, and Darin would take me on a "high-fly." It's where he grabs one of your arms and legs and helps fly you up high and low, all while slowly rotating throughout the tunnel. He was a lot more lenient in this flight, allowing me to fly solo a bit more than the first round. I ended up bumping into the glass a few times, laughing along with the family outside whom I was facing. With one slight push off the glass, I was centered once again.

With my final flight closing out, I tried to soak it all in, but then quickly noticed how I felt the skin on my neck jiggling in the wind. Quite the feeling, actually...I did not like that at all. I exited the tunnel once again. After everyone in the group finishes their final flight, you are offered the option to fly again for an additional \$20. Once any additional flights end, the instructor hops into the wind tunnel to show off his/her skills, and this is super cool to watch. It made me want to learn how to do all of those moves, twists, turns and flips (which I learned you can actually take classes to learn how right here at iFly!). That's something I might need to revisit. The best part was yet to come in my indoor skydiving journey.

I was stoked to try out iFly's new Virtual Reality Experience. I ended up being one of the first to test out the experience, as the VR was just released to the public that very day! Darin swapped out my normal helmet for the VR one and gave me my options of locations to fly over: Dubai, the Swiss Alps, California, or Hawaii. I immediately and without any hesitation chose the Swiss Alps. Me and my undying love for the mountains...

The video was loaded onto the phone, placed into the headset, and I entered the VR world for the next min-



PHOTO BY NICOLE LABOSCO



PHOTO COURTESY OF iFLY ORLANDO

ute or so. It was time to fly over the Swiss Alps, and I was so ready! Darin had to help guide me to the entrance to the tunnel as my vision was pretty distorted. My video began to play, and I was watching two other skydivers alongside me, standing on the outside of a helicopter, hovering over the natural snow-capped beauties at 13,000 feet. They began to count down on their fingers...three, two, one, and we jumped. This is where I leaped into the wind tunnel, or at least it felt like I did. Darin was guiding me throughout the entire experience, allowing my flying to match up with the video I was viewing. All I had to worry about was looking around and taking in the views. No concerns about the parachute not opening up here! I watched on as I fell with the two other skydivers, who were play fighting in the air. I laughed at this and continued to admire the open sky around me. It felt real. I believed I was in Switzerland. I continued to freefall until I watched the other two throw their chutes, knowing my experience was coming to an end. Realizing I was now lower than the peaks of the Alps, I knew my chute would be thrown at any second as I quickly descended. Once the chute was thrown, the video ended and Darin led me back to the opening of the tunnel. I exited the flight

chamber, changed out of the gear and received a flight certificate.

WHAT. A. JOURNEY.

So, there you have it, iFly Orlando is one heck of an adventure! I experienced flight and freefall over the Swiss Alps through VR and joked with the instructors that I was ready for some Raclette and chocolate. Although a bit pricey starting at \$69.95 for two one-minute flights and a VR add-on starting at an additional \$20 (photos and videos can be selected for purchase after your flight; photos are \$3.95 each and videos are \$7.95 each), I would definitely recommend everyone experience this form of flight at least once, especially for those who don't think they will ever make the leap out of an airplane. This experience might just change your mind...it's crazy what adrenaline can do! Maybe I'll find myself jumping out of an airplane again sometime soon. Who knows? ;)

Have a suggestion? Send an email to nicole@nonahoodnews.com or fill out our NonaVentures column form at nonahood.to/nonaventure. What do you want to see me review next?



PHOTO COURTESY OF iFLY ORLANDO

Nona Motors Ride of the Month: Sean Cuadra's 2013 Volkswagen GTI

BY BRITTANY BHULAI

Make: Volkswagen
Model: GTI Edition 35 (Driver's Edition)
Year: 2013
Horsepower: 409
Current Mileage: 54,000
Cost: \$31,860

Mods:

Cuadra listed out all of the modifications that he has done to his car as follows:

- The suspension is an H&R Cup Kit with front and rear sway bars and an ECS Dogbone mount.
- The wheels and tires are Enkei TS9 18"x8.5" ET42 and Nitto NTO 235/40. He has been through several sets of rims.
- There are BBK Porsche stage-five six-piston calipers and ECS two-piece slotted and drilled rotors with hawk pads and stainless brake lines.
- The exterior of the car has OEM Euro tail lights. The red GTI grill was removed and replaced with a Euro GTD grill, color-matched painted front-side marker lights, carbon fiber front spoiler, rear spoiler extension and mirrors with license plate frame and rear emblem, Maxton Designs rear diffuser with side splats, 35 percent tints and blue-tinted side mirrors with a blind spot. All of the fog, reverse, and turn signals are LED.
- As for the interior, there is a P3 digital gauge for an OEM look. Passport escort solo radar detector has been placed

along with a nine-inch Android OEM head unit.

- Engine wise, there is a KO4 turbo, ECU and TCU tunes, a full Billy Boat cat with resonated turbo back exhaust, stage-one Neuspeed cold air intake with stage-two Spulen intake to turbo, CTS oil catch can, Neuspeed boost pipes, Forge FMIC, Audi R8 coil packs with upgraded plugs, Porsche oil cap, Audi coolant with windshield fluid caps, and an ECS polished oil dipstick.

As for future mods, Cuadra will probably change the wheels again. "It's like changing shoes," he said. Maybe he will repaint the car, but overall he likes the look. He is going for a clean and stealthy personality.

According to Cuadra, he has always been into cars ever since he was a kid. He has owned some heavily modded cars in the past. For instance, he had a 2005 Nissan Frontier and 2004 Nissan 350Z. The first week of having the 350Z, he invested in it right away. "I dropped like 15 grand on the car just like that," stated Cuadra. However, after a month, he sold it. Buying a house in Lake Nona was on his list. The two-door lacked convenience, and he also had to consider the financial aspect of the picture. He needed to execute a plan that he would benefit from the most. He kept the Frontier. After some time, Cuadra said he was "missing a toy." There had to be a vehicle in his life that he could have fun with. He longed for a four-door, yet something sporty.

He started looking into hatchbacks again. He was also looking at a MazdaSpeed3 and the Ford Focus ST. The cars were great, but it did not grasp his attention as he anticipated. There was not enough quality in either car. There needed to be something more. "I saw the GTI, and I fell in love with it right away," said Cuadra.

He was tired of the truck because it took so much gas. He was also looking for a six-speed manual. He had his eyes set on a Volkswagen Golf R, but he went with a GTI since he could mod it up himself. He visited the dealer in Napleton and did not pay attention to anything else they had on the lot since he was so focused on the GTI. To his disappointment, the dealer did not have a six-speed manual in the GTI. How-

ever, they did have one with dual-clutch. This meant paddle shifters. He decided to test drive the GTI. When he test drove this car, he didn't even think about stick shift anymore. Cuadra says it is so much fun to drive with the paddle shifters. It gives a smooth and fast feel, very responsive to his taste. The following evening, he went back and purchased it.

Besides Cuadra's Volk-



PHOTO BY CHRIS BHULAI



PHOTO BY CHRIS BHULAI

swagen, another element to his interest in motor vehicles would have to be the detailing business he built for himself. Before he moved to Lake Nona, he used to have a mobile car detailing business. He spent a lot of time in areas such as Heathrow, Winter Park and Dr. Phillips. He eventually ended up selling the business and took on other endeavors. However, in the past year and a half, he's been detailing cars again on the side a bit. He meets a lot of people at Lake Nona Cars & Coffee who are interested in getting their cars cleaned.

He mentions the most rewarding part of detailing is making people fall in love with their cars again. The reactions and expressions are priceless.

To submit your car for a possible feature, email pics and basic info such as make, year and model to brittany@nonahoodnews.com.



In The Garden: It's Time To Tackle Tomatoes

BY AMBER HARMON



Carson's Garden

Well, it's a good thing that April showers Why is it so difficult to grow tomatoes in Central Florida? Every time I try to grow tomatoes, the leaves turn brown and shrivel up, or the tomato splits or turns brown. There are several common tomato diseases and issues that can cause either a single tomato plant or an entire group of plants to die. It can certainly seem overwhelming to overcome the numerous challenges we face when growing tomatoes in our region. Let's take a moment to get to the basics and set a plan for tomato-growing success.

There are four main points to set yourself up to be successful in growing tomatoes in Central Florida. First, it is important to understand the seasons. We are blessed with warm or hot weather most months of

the year, so our growing calendar is different than any other region in the country. This means that many vegetable plants can grow 10 or 11 months out of the year. Tomatoes do not produce well when it is extremely hot or extremely cold. Expect production to slow or stop during the hottest months of the summer and the coldest months of the winter. Surprisingly, some cherry tomatoes can even continue to produce all summer long, like everglade cherry tomatoes. The tomato plant itself will typically only die from cold when there is a hard freeze. It will only die from heat when it does not have regular daily water during the hottest summer months. If it is an indeterminate variety and it survives these months, it will start producing again the next spring or fall.

Secondly, in order to be successful in growing tomatoes in our region, it is important to choose a variety of tomato that is "heat tolerant" and "pest resistant." Just because a tomato plant is sold in a local store does not mean that it is meant to grow in our plant-hardiness zone, which is 9b. Some seed packages will reference the appropriate zone for a vegetable, but many do not. The University of Florida IFAS (Institute of Food and Agricultural Sciences) extension office has a database of tomato varieties that do well here. Just search, "IFAS: Tomatoes in the Florida Garden," for a complete list of varieties. Once you know the variety you need, the trick is finding it.

Third, all vegetable plants (tomatoes included) must have a minimum of six hours of direct sunlight daily and the proper fertilization. More sun is good, but less sun is not enough. Tomatoes like slightly acidic soil. Add some peat moss to the soil a couple of months before planting the tomatoes. Then, once they are planted, add a small handful of coffee grounds around the base like fertilizer each month to maintain the level of acidity. Always fertilize regularly.

Finally, tomatoes need the appropriate amount of water. During the spring, tomatoes will do fine being watered every other day. However, during the heat of the summer, daily watering is necessary. Be care-

ful not to overwater as that is what causes tomatoes to split.

Once you have met the basic needs of the tomato plant, diseases like brown spot and blossom end rot are minimized by maintaining healthy tomato plants. Many



Madi's Tomato

times, brown spot starts from the bottom of the tomato plant and works its way up the plant over time. Brown spot can start from bacteria in the soil being splashed on low-hanging leaves, so be sure to prune the branches on the bottom six inches of the plant. Blossom end rot can be caused by low calcium levels, so be sure to fertilize regularly as directed on the package. I hope this helps everyone have a wonderful harvest of tomatoes this season.

Happy gardening, Lake Nona!



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. "We make organic vegetable gardening easy!"



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Travel: The Grand Canyon

ARTICLE & PHOTOS
BY DEBORAH BULLEN



We scheduled a trip to the Grand Canyon as a side trip from Las Vegas one year when my husband was there on business.

If you've read my column in the past or are reading for the first time, a recurring theme is that we like to be outdoors, whether it's

hiking, biking, walking, sightseeing, skiing, boating – you get the picture. So, we thought a short hike on some trails in and around the park would be fun, beautiful and exhilarating after the desert heat and artificial atmosphere that is Vegas.

It was May 2016, and apart from the clothes we brought that were suitable for Vegas, we also packed hiking shoes and

socks and light sweaters for the Grand Canyon portion of the trip. What we didn't count on was snow.

As we left behind the grit and heat of Las Vegas for a cooler climate in the mountains, we kept remarking how nice it was,

how cool and refreshing. Until, drum roll...we got out of the car. And this was an hour south before rising further still into Grand Canyon National Park. I don't remember the name of the town, but I do now own a heavy sweatshirt with "Arizona" emblazoned across it, as does Bill, which we wore continuously over three other layers for the day-and-a-half we were there. We went from 90 degrees to 20's and 30's in just a few hours. I've never felt more unprepared for weather.

Once in the park, a light snow began to fall. As we got further along the road, and visibility decreased, we knew our sweatshirts weren't going to cut it. Short of buying new ski jackets, though, we had to make it work. Our poor little southern flesh was just going to have to freeze. We did get warm in front of a fire at The Grand Hotel – which I highly recommend for lodging and food – before venturing out that morning. As we watched the snow falling from the restaurant window, the thing we came to see – the canyon in its grandness – was not visible. So, we drank another coffee, lingered in the hotel store and generally discussed what our options were.

Deciding a hike was in order anyway, we risked hypothermia and went out around 11 a.m., knowing we could jump on a bus if the weather refused to get better. At first, (check the pictures), we saw nothing. Then, lo, the heavens opened and a window in the clouds brought the first glimpse I had of the Grand Canyon since I was 12 years old. And, of course, it's magnificent



(which is why they have more than five million visitors each year). As we progressed through the park, it got slightly warmer, and the clouds were swept away as if they hadn't completely covered the entire canyon only an hour earlier. Adjectives like spectacular don't do it justice, and pictures can't really show the scope and depth (but here they are anyway).

Typically, I like to travel in shoulder seasons when the crowds are less. But if I go back (and I'd love to), it's going to be in the summer, despite crowds. Now, outdoorsy types have told me that there's no bad weather, just bad clothing. But don't you believe it: the Grand Canyon is no place to have bad weather or bad clothing!



Nona Alumni: Jazmin Diaz

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY
OF JAZMIN DIAZ



In this recurring monthly special, Nonahood News will be featuring those who've graduated from Lake Nona High School and will recognize the achievements they've made

since. Some will have been a part of the first graduating class. Others might have graduated a few years later. Few have stayed in the Lake Nona area, and many have explored the world or are still doing so. Let's see where life's journey has taken them so far!

Name: Jazmin Diaz
Age: 25
Year Graduated: 2011
Occupation: Owner/Founder of Queens for Queens (Q4Q)
Current Location: Orlando, FL

This month's alumna founded an oath "to instill the power of female-to-female connection amongst millennial women through unifying events." Jazmin Diaz is working toward shaping the way women are viewed.

Diaz moved to Orlando in 2005 from Seattle, Wash., for her father's job. Her family then decided to move to the Lake Nona area in 2008. Once Diaz graduated high school in 2011, she moved to Salt Lake City, Utah.

While a student at Lake Nona High, she had some pretty CEO-like goals for after graduation. "I wanted to have the freedom to dictate how I spent my time. Whether that meant owning my own business or having the ability to decide my own schedule. ... Freedom is what I desired most," stated Diaz. Once she graduated, she was able to achieve those goals. "After moving to Salt Lake City, I got an amazing oppor-

tunity to start and run the social media department for a very successful marketing agency. I had the pleasure of traveling all over the country, styling in-house photo-shoots, and working from home at my own leisure. That portion of my life truly felt unreal at times!"

Diaz laughed as she reminisced on what seemed like a dream. That's something we all strive for and, luckily for her, she obtained that dream right out of high school! Diaz has since moved back to Orlando and has created her own company, Queens for Queens (Q4Q).

"After the company I worked for in Utah sold, I decided to pack up and move back to the Sunshine State to finish school. In conjunction with pursuing my international marketing degree, I got a job with Apple. There, I met so many incredible women that reignited my passion for female empowerment. I was reminded how much female unity mattered to me and could never shake the fact that we live in a society that expects nothing but cattiness and judgment to come from female relationships. I would often look for any/all reason(s) to remind women how incredible they are. Because if it wasn't me, then who? And if not now, then when?" Diaz questioned.

"This thought process motivated me to host my first Q4Q event in November of 2017. The reaction and impact we received from having 15 women in a room that were strangers but somehow connected on a deeper level than they ever thought they could is what began my determination to see Q4Q grow," stated Diaz, who couldn't shake the feeling of how wrong it was for women to be expected to compare themselves with one another. "Women have the ability to create such an incredible power and energy when they're together, so I couldn't help but dream of what could happen if women were united as a whole."

Looking at her past jobs as something that has prepared her for her current role as owner/founder, she sees women. "Ironically enough, every job I have ever had I reported directly to a woman. Each time I transitioned into a new role or job, I was able to fuel off of the work ethic of those female leaders. Whether that included demanding a seat at the conference table or asserting my ideas and views, I saw what that looked like first-hand. From that point, I was able to gain a confidence that the world didn't tell me I deserved as a female leader. Even now at Apple, which is amongst a very male-based industry, I still look to our store leader, who is a woman, as an example of leadership in a very male-dominate[d] environment."

Diaz continues to find her daily inspiration for Q4Q by stepping outside of her everyday routine and intentionally connecting with the people who come across her path. But how does she plan on inspiring other women in their everyday lives? "By showing them the power of female unity. What I hope women walk away with from every Q4Q event is a sense of belonging or community. Seeing each event as a[n] opportunity to connect, communicate, and grow with women that were once deemed 'strangers,' attendees walk away feeling understood, supported, [and] charged up because of the women they wouldn't have normally connected with."

As Diaz speaks of uniting women and female empowerment, one begins to wonder where all of that passion comes from. What fuels that fire and keeps it burning stronger and stronger? "The first time I realized my passion for women was when I was 16 and overheard my mother talking about all that women do and accomplish innately. EVERY SINGLE DAY, I might add! Conquering is something that is ingrained in our being because women are QUEENS. Carrying grace and ferocious love wherever they go and sometimes have no idea they are doing so! Ugh, I can go blue in the face listing out the 43,209,732,901 reasons why I am passionate about women and the power they carry!"

Some of Diaz's current goals at this point in her life are to host a Q4Q event every month for all of 2018, launch a membership program, and expand further along the East Coast and to the West Coast. When asked where she sees herself and her company in the next five years, Diaz is completely optimistic. "Not only do I see Q4Q branching out nationally, but I know in five years I will be forecasting timelines to launch internationally. We are living in such a remarkable time for women right now, and I do not see Q4Q slowing down our initiatives to unify women anytime soon!"

In less than a year, Diaz and Q4Q have had many successes. "A few major milestones for Q4Q is that we have gained two sponsors, hosted a profitable launch event, and have doubled in our following within the last month. As a woman, an even greater milestone is the fact that this vision and idea to reconstruct the way women connect is resonating with hundreds of women in our community," said Diaz



as she ponders the Q4Q ultimate goal. "Ultimately, breaking the stigma and expectation for women to have barriers toward one another is what I hope to accomplish as a whole."

From being a Lake Nona Lion to becoming a queen and inspiring others to embrace their inner queens, Jazmin Diaz will help bring change to connections and relationships among women. For events and updates, visit www.queensforqueens.com and on Instagram, @queenss4queenss. The next Q4Q event will take place on June 30, but the venue is yet to be determined. The seminar will focus on men and the role they can take as feminists and is officially titled, "Kings for Queens."

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



Nona Heroes: Ramses Ortiz

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY
OF RAMSES ORTIZ

In this recurring special feature, Nona-hood 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 was born and raised in Puerto Rico and has lived in the Lake Nona area for four years. Meet Ramses Ortiz, a U.S. Navy veteran who served for four years active duty. When asked what made him join the Navy, he mentioned accessibility and opportunity.

"My brother had joined a few years before; I just followed his footsteps. There was a Navy recruiter that [would] frequent the area, so it was easier for me to find information and ask questions," said Ortiz. "[With] the lack of opportunities back at home, I saw an open door when the Navy recruiter called me to notify me of my passing score, and I took the opportunity. I was fresh out of high school when I joined [at] 18 years old."



Ortiz was based on the USS Ronald Reagan (CVN-76 Aircraft Carrier) out of Norfolk, Va., for all four years he served, and he's also a "plankowner," which was a term originally applied only to crew members that were present at the ship's first commissioning. He was an Aviation Ordnance-man, also known as "Red Shirts."

"I inspected, maintained and repaired aircraft mechanical and electrical armament/ordnance systems. I stowed, assembled and loaded aviation ammunition. I provided physical security along with law enforcement and anti-terrorism [and] enforced Navy rules and regulations to maintain discipline. I served as security advisor by organizing and training others in security and shore-patrol duties," stated Ortiz. "The AO was what they called 'overmanned,' so it was extremely hard to [be] promote[d] during those times."

Some of Ortiz's best memories of the Navy consisted of front-row seats of the jet take-offs and landings: "I remember being part of 'colors' and participating in many important ceremonies. During deployment, we use[d] to make the best of it by keeping ourselves busy and by playing board games (yeah, board games). The sweetest part was hanging by the [flight] deck [while] exercises/drills were being performed by the jet fighters."

Currently, this month's featured hero serves other veterans working for the Department of Veterans Affairs here in Lake Nona. "There, I have the opportunity of serving and protecting those who served and protected us at one point."

When he's not serving others at the VA, he swaps out his uniform for gym clothes but continues to lend a helping hand. "I also have a passion for health and fitness, and I'm currently helping others achieve their health and fitness goals by providing personal training and nutritional coaching through my company, Smart Training Fitness (smarttrainingnow.com). I also own the LiFT apparel (fitness apparel) brand." The weights might even be swapped with a camera at times because Ortiz loves to travel, experience new cultures and document it all through his hobbies of photography and videography.



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.






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PRESENTS...
DOG OF THE MONTH



Liam

Owner: Mayra Rivera
Breed: Yorkshire Terrier

Liam came into my life a year after losing my beloved cat Michy, who I loved with all of my heart. After a heartbreaking few months, I began to miss the companionship I once had and began to search for a special fur-baby that could fill that void. After a very long and sometimes frustrating journey, I found Liam and I didn't think I could ever love another pet like I loved Michy. Liam proved me wrong and from the moment our eyes locked during that first moment in Tampa, he had my heart. Liam now is the center of attention at all times and packs 100 lbs. of confidence into a 4.5 lb little Yorkie.

Liam is an early riser and after a few softly sounding yawns and a little back scratching on the carpet floor, he makes sure we join him by giving us a few kisses or a lot of kisses, depending on our response. Liam loves to play with his ifetch and his favorite thing to do is enjoy the wind on his face in the car on the way to all the Lake Nona events. So many people love to stop and give a friendly "awwwwwwww" to him and pet his soft fur and so many people asked us to open an instagram for him, so we finally did: @little_liam_sito and he now has people that love to follow him. He has brought so much joy into our lives and I can't imagine not waking up to his kind and gentle doe-eyes and his soft kisses. He is truly a gift and a blessing and we love him so much.



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ReThink Life: A Conversation About Life, Leadership and Relationships

What Would a Great Father Do?

BY RODNEY GAGE, LEAD PASTOR



Pastor Rodney Gage

Over 22 years ago, the most amazing and rewarding moment in my life took place...I became a DAD! I am still wrapping my mind around the fact that the first of my three children just graduated from college and is now married. I remember hearing people say, "Enjoy them while they're little because they grow up so fast." Now I know why people make that statement because our kids really do grow up fast.

One of the things I remember doing with all three of my children when they were infants was holding them in my arms at night. As I sat rocking them, I would just stare at them. As I observed all of their little features, I would think to myself, "I

wonder what they are going to look like when they get older? I wonder what kind of personality they're going to have? I wonder what they'll end up doing with their lives?"

Even though we can't control the outcome, we can help influence them in a positive, life-giving way to help set them up for success. The single most important influence in a child's life is not their peers, it's their parents.

With June being a month that recognizes and celebrates fathers, I want to share a question with every dad that can be a game-changer in how we influence our children in a positive way.

What Would a Great Father Do?

There are endless situations and circumstances that require fathers to leverage their influence on their child's life. Asking the question, "What would a great father do?" causes a father to think through the best way to give guidance and support to his children they so desperately need, regardless of their age. As a father ponders this all-important question, here are three ways that question can be applied in the form of a simple acrostic that spells D.A.D.

D – Direction. What would a great father do to give direction to his child?

The two most important days of our lives are the day we were born and the day we discovered why. As fathers, one of the greatest responsibilities we have is to help our kids discover their WHY! When kids lose their WHY, they lose their WAY. One of the best ways to help kids find their why is by helping them discover their gifts (strengths), their passions (motivation) and their struggles (purpose). When we help give direction and guidance in these areas for our children, it helps put them on a road for future success as they fulfill their own destiny. Our job is to raise them and release them to reach their full potential.

A – Availability. What would a great father do to make himself available for his child?

One of the most valuable gifts we can give to our children is the gift of time. LOVE is spelled TIME. Notice what happens with the word DAD if you replace "A" with a "U" for Unavailability. DAD is spelled DUD!

As dads, it's easy to pour ourselves into our work and into our kids' extracurricular activities, which can be a wonderful thing. However, being available is so much more than watching a game or a recital, it's taking the time to enter their world and connect with them in those critical moments of disappointment or in times of recognition for a job well done. Either way, a great father invests time to show love in every way because that is what a great father would do.

D – Discipline. How would a great father discipline his child?

Do you remember the Etch-A-Sketch game that allows you to draw using two little knobs? If you didn't like what you had drawn and you wanted to draw something different, all you had to do was shake it, and it cleared the screen and would allow you to start over. Unfortunately, too many parents are guilty of being an "Etch-A-Sketch parent" when it comes to enforcing rules and guidelines for their children. What was not allowed

yesterday is allowed today. A great father would not only be consistent with his love but know how to balance love and limits. Discipline isn't something you do TO your child but FOR your child. Discipline is correction driven by love.

When a dad takes the time to ask the question, "What would a great father do?" it's amazing how that one question can bring things into focus and allow us to influence our children in the most loving and supportive way.

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.



PHOTO COURTESY OF HOWARDPHOTOANDFILM.COM/

Mama's Turn: There Was an Old Lady Who Swallowed A Fly!

BY SHARON FUENTES

You know those times when you wish you were completely alone? Not a "MAMA needs to hide in the bathroom because you kids are driving me crazy" alone. No, I'm talking about THOSE embarrassing moments. The moments when your face burns so hot and you feel like you might just melt down into the ground because of what just happened type moments! Lucky for me, I am a writer, and when THOSE MOMENTS happen, usually I can see the humor, not to mention a future column piece. But when your child has one of THOSE moments, it is a totally different situation.

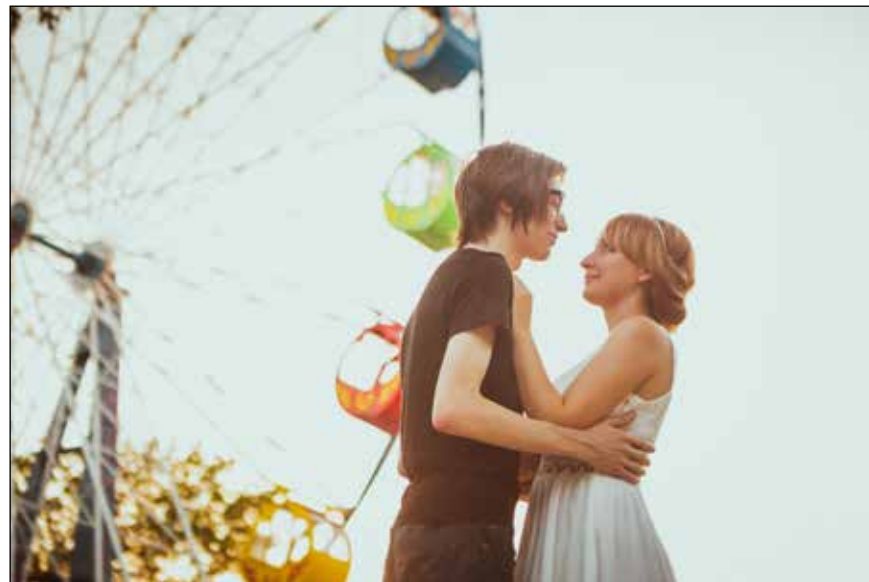
When the inevitable happens to one of my babies (or their friends), I always try to ease the situation by sharing one of 3,278 embarrassing moments of my own to prove they are not alone. And so, it was in one of these times of need that I recently shared the story of "my almost first kiss" with my daughter and her friends.

I was 11 years old and had a huge crush on my friend's older brother. Sean was 14, in high school, and whenever he walked in a room I swear I could hear angels singing! Okay, perhaps I am exaggerating

a little about that part, but I am almost certain that a ray of golden sun followed him around. It would have been easy for this Greek-like god to be full of himself, to laugh at his little sister's friend who always became tongue-tied when he said her name out loud. Yet, he was never anything but kind to me.

My friend eventually grew weary of me always talking about her brother and insisted that I either forget about him or confess my undying love once and for all. I would have rather stuck a fork in my eye than do that. I was an overweight, nerdy girl who giggled uncontrollably whenever he walked past me. Yes, I was destined to admire my LOVE quietly from afar. And then my grandmother passed away. I was a mess. My mother, wanting me to get out of the house and back to my old self, arranged to have me go with my friend and her family to the state fair that was in town. Against my will, I agreed to go.

A corn on the cob, giant turkey leg and funnel cake later (I told you I was overweight), I found myself in line to ride the Ferris wheel. Just as we were about to board our passenger car, my friend claimed that she wasn't feeling well and bailed out. Sean and I were alone. For years, I had dreamed of this exact moment, and now that it was here, well, I was too sad to enjoy it. Sean tried desperately to make small talk with me; I said nothing. Then he reached for my hand and said, "I am sorry about your grandmother. I can't imagine what you are going through. Is there something I can do to make it better?" Without really thinking about what I was saying, I blurted out, "You could kiss me!" OH MY GOD, what had I just said?! I was so embarrassed that I started to cry. But Sean lifted my head up with his hand and started to lean over to KISS ME!



NO! I didn't want a pity kiss. But as I opened my mouth to tell him this, a fly flew in. Not knowing what to do, I closed my mouth quickly. Sean looked at me funny and asked, "Did you just swallow a fly?" As I opened my mouth to answer him, the fly flew out. I looked up at him and said, "I don't know why I swallowed a fly!" To which he responded, "Perhaps you'll die!" And with that, we both started to crack up.

After hearing my story, my daughter and her friends laughed just as hard as Sean and I did that day. Never one to miss an opportunity to share a good moral, I continued..."I learned a lot that day. I learned that you can't force special moments. Things, embarrassing and good, happen when they are meant to happen, and you just have to roll with them."

And with that, I turned to walk away, feeling rather smug, for after all, I helped my

daughter and her friends feel better. That was until I smugly walked smack into my office door.

Make that 3,279 embarrassing moments I can write about!



Sharon Fuentes is an award winning freelance writer, special needs parenting advisor and the author of the book, *The Don't Freak Out Guide to Parenting Kids with Asperger's*. You can reach her at

sharon@sharonfuentes.com.



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Notre Dame Club of Orlando Names UCF's Danny White 2018 Good Fellow

BY VANESSA POULSON



Danny White

UCF's Vice President and Director of Athletics, Danny White, has been named as the Notre Dame Club of Orlando's 2018 Good Fellow because of his commitment to the athletic department at the University of Central Florida, as well as his

enthusiasm in administration. Previous winners of this award include other distinguished figures such as Lee Corso, Lou Holtz, Frank Viola, Tim Brown and Pat Williams.

White graduated from Notre Dame in 2002 and received his doctorate from the University of Mississippi in 2016. He over-

sees the UCF athletics department that has "boasted a semester grade-point average of 3.0 or better since 2008," according to his biography on the UCF website.

White comes from a family deeply involved in intercollegiate athletics. His father, Kevin, is director of athletics at Duke University. His brother, Michael, is the head men's basketball coach at the University of Florida. His brother, Brian, is the senior associate athletics director for development at the University of Missouri, according to UCF.

The Knights also boast the top NCAA graduation success rate of any public university playing at the football bowl subdivision. In addition, White established the UCF Football Excellence Fund in 2017. That initiative has raised more than \$5 million in commitments pledged over five years in an effort to sustain and continue to improve upon the success of the Knights' program, according to the University of Central Florida's website. "Danny is an energetic, enthusiastic administrator who is greatly appreciated in the community and well deserves this honor and recognition," said Paul Partyka, co-chair of the Notre Dame Club golf tournament committee.

White's other noteworthy accomplishments include

the football team's move from zero wins in 2015 to six in 2016 to the only undefeated college football team in the nation in 2017. White is also among nominees for the 2018 Sports Business Awards, Athletic Director of the Year, and is a Business Journal 40 under 40 honoree for the second straight year. White was recognized

for his accomplishments with the award at the Notre Dame Club's 26th Annual Golf Scholarship Tourney at Alaqu Lakes on May 7.



PHOTO COURTESY OF UCF

Lake Nona SORA Heads To National Championship

BY ROBERT MCCLORY

Under head coach Terry Davison, Lake Nona's South Orlando Rowing Association (SORA) has been building toward a tradition of national level rowing. They took a big step toward that when their lightweight girls 4+ (four rowers and a coxswain each weighing less than 130 lbs.) placed second at the 2018 U.S. Rowing Southeast Regional Youth Championships (often referred to as Regionals) in Sarasota on May 12-13. This earned a bid to the 2018 U.S. Rowing Youth National Championships held June 9-10 in Gold River, Calif.

In the world of high school crew, the entire season builds toward the State, Regional and National championships with each level of competition getting harder.

SORA's rowers knew they could do well in the state of Florida, and they did, capturing two state championships and several medals, but the goal was to go beyond that. In their path stood national powerhouse teams like Sarasota Crew, Winter Park Crew, and OARS, each boasting two to three times the number of rowers and resources. Without the numbers, Coach Terry knew that he had to identify situations where, as a growing but smaller club, SORA could compete.

The lightweight category is one of those areas where the playing field is leveled because winning is more about guts and determination than simply filling the boats with bigger, stronger athletes. In the case of the lightweight girls 4+, that calculation paid off as it has consistently finished near or at the top of the podium each time they've raced this season.



From left to right: Coach Terry Davison, Kyra Baldassarra, Avery Morris, Theresa Cogen, Sophia Keezel and Sydney Novak

At the core of the boat are three Lake Nona High School sophomores - Avery Morris, Theresa Cogen and Sophia Keezel - who have been rowing together at SORA since 6th grade. They are joined by second-year SORA members Sydney Novak (a senior), who makes her second trip to Nationals, and coxswain Kyra Baldassarra (a junior).

This is the first SORA 4+ boat to make it onto the national stage. Coach Davison believes it won't be the last. "This year, we are taking these girls, but next year we hope to be taking three to four boats to Nationals," said Coach Terry, addressing the team after many boats earned places in the coveted grand final of the Southeast Youth Championships. A series of state championships, regional wins and now this chance to be recognized as one of the best crews in the nation signifies that Coach Terry's plan to bring this team to national prominence is on track.

Rowing/crew is one of the fastest growing sports in the U.S., and Orlando is one of the hotbeds of activity in not only Florida but the nation. Crew also boasts one of the highest ratios of graduating athletes to scholarships of any sport, meaning for

those who want to earn their way onto a college rowing team and get scholarship money, there are plenty of opportunities.

South Orlando Rowing Association is currently holding open summer programs for anyone with or without previous crew experience, and the 2018-2019 competition season starts in September.

SORA accepts athletes from any area school that doesn't have its own crew team.

If you'd like more information on how you can become part of Lake Nona's new winning tradition, email membership@soracrew.com or call (321) 348-7577.



Rowers react after finishing 2nd at the 2018 U.S. Rowing Southeast Regionals and qualifying for the National Championships in June

Summer Rowing Camps for Middle School and High School Athletes at Moss Park

BY VALERIE SISCO

Hiking trails, interesting wildlife, and brazen sandhill cranes aren't the only sights to see if you visit Moss Park this summer. You might also notice some middle schoolers in boats out on the lake, learning the basics of the sport of rowing.

Moss Park is home to the [South Orlando Rowing Association \(SORA\)](#), where both beginner and experienced rowers practice and compete together. SORA has been offering rowing instruction since 1986, and the middle school program is one of the oldest and most successful in Central Florida.

For the first time, SORA and Lake Nona Youth Sports will join forces to offer three summer rowing camps for middle schoolers. The first two sessions will be held in June for kids to give rowing a try for two weeks.

"We're excited about these programs for kids to learn how to row since crew requires teamwork, timing, balance and fitness," says Michael Shea, SORA board member and parent of a competitive rower and two Jr. Lions. "These young athletes will learn these skills while on the water, and the camps will offer a chance for middle schoolers to experience the sport of rowing in a supportive environment where they can see if they'd like to join us for a full season and compete in regattas with other student rowers."

In addition to the two sessions in June, a July program will also be offered, especially for kids who want to continue rowing or cross-train for other sports. "We'll take this group through the basics of the rowing stroke on the rowing machines, teach them how to responsibly handle the boats and oars, then get them out on the water to apply what they learned on land," Shea says.

A little more than a year ago, SORA welcomed head coach Terry Davison, who came to the U.S. from Ireland in 2006 and began to build a long-term culture of winning. Since his arrival, SORA has grown to 100 members, with middle and high school students achieving two state titles, multiple medal winners, and several regatta championships.

But even if kids don't want to row competitively, Shea says that the sport is a great workout for strength and conditioning. "Rowing is exceptional physical training for kids who also play football

since it engages 85 percent of the muscles in your body," he says. "But rowing is also a great alternative sport for kids who aren't interested in playing football because it's a different type of team sport, with kids all rowing together in a boat in a competitive environment."

Both SORA and Lake Nona Youth Sports are passionate about helping kids learn sports skills along with discovering important life lessons through sports that will help them be-

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PHOTO BY MICHEAL SHEA

come successful adults. "I'm looking forward to this partnership with SORA and having our Jr. Lions get the opportunity to participate in rowing," says C.R. Dunnivant, president of Lake Nona Youth Sports. "Both of our organizations want to help kids learn teamwork, develop socially and physically, and enjoy the camaraderie of sports." So, even if you don't know the difference between bow and stern, or sweep and sculls, come out to Moss Park and watch the young rowers practicing their craft.



Valerie Sisco lives in Lake Nona and is the author of the blog [gracewithsilk.com](#).



Lake Nona Youth Sports

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- **Summer Rowing Programs Open Now** – June, July; check website for updates!
- **Fall Wrestling Program** – Registration opening summer
- **Cheerleading and Football** – Registration is now open!
 - **06/05/2018** – Beginning of Football off-season conditioning – second session
 - **06/23/2018** – Jr. Lion Football Combine (player testing and evaluation day)
 - **8/1/2018** – First Day of Football and Cheerleading Practice
 - **8/25/2018** – First Football Game

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Nona Cycle: Find and Be the Spark

BY DEBRA LOWE

I have never been a natural athlete. In school, I could have written a book entitled, *How to Get Out of Gym Class*. Until I was nearing 30, I had no interest in sports other than an unfulfilled desire to hike and camp. Despite my inactivity and because of a dreadfully poor diet, I was underweight and chronically ill. One summer, while lying on the couch with a summer cold watching the Olympics, some little spark flashed: I wanted to be healthy and fit. Several of my co-workers were avid gym-goers, and when I surprisingly shared this revelation with them, their first words were, "You can do this, we'll show you how."

Fast forward less than five years later...I was a gym rat, mountain biker, martial arts student and, yes, I fulfilled my dream

of camping and hiking. Why? How? Because people told me I could do all that and more and, wisely, I believed them.

Some years later, I became hooked on spinning. I've followed several of my instructors from gym to gym for more than 10 years now. Why? Because they never fail to remind me at just the right time that I can do anything I put my mind to.

I took up road cycling because of one woman – the wife of the general secretary of the Rotary Foundation, my employer – and in some ways it has changed my life. She apparently saw something in me I did not, and during a brief conversation about the annual Miles to End Polio Century Ride in Tucson, Arizona (a fundraiser for Rotary), she emphatically told me, "You can do this." Three Century Rides and other distance rides later when that feeling of self-doubt creeps in, I remember those words. These days, I have been blessed to have had new people come into my life who believe in me – my fellow Nona Cycle members. They are patient, encouraging and welcoming; when I clip in and take my place in the pace line, it is always with a mild sense of disbelief and a great deal of gratitude to all those who took the time to share an encouraging word.



BEN, SUE, ME-POST SPINNING (PHOTO BY DEBRA LOWE)

The first year I participated in Miles to End Polio, I was named "Top Fundraiser." Knowing I'll never see my name at the top of the cycling leaderboard, I reveled in the fact that my fundraising abilities will forever be recognized on the team trophy that sits outside my boss's office. But the following year, a new spark flashed. In an effort to inspire the team from one of my assigned Rotary districts to raise funds and participate in Miles to End Polio, I enabled them to take top fundraising honors. When their names were announced as the winners, I came to understand why all the people who inspired and believed in me took the time to do so. It feels so darn good to know you played a small role in helping someone achieve what they did not believe possible. While I remain obsessed with becoming a better cyclist, I have found great joy in being the person who tells other people, "If I can do this, so can you."

Recently, I discovered via Facebook that an acquaintance credited me with inspiring her and her husband to purchase bikes and begin riding with the goal to complete a portion of Miles to End Polio this fall. Recently, I had the opportunity to share with her all I've learned in my short time as a road cyclist and, after a two-hour conversation, I realized I was finally able to pay it forward for all those who continue to do the exact same thing for me.

If you happen to be someone who is proficient at any sport, remember who ignited your spark. Pay it forward. And if you are one of those people who believe, "I could never..." you are wrong. Step out of your comfort zone, walk in to that fitness class, get on that bike...and don't be surprised when someone who was once just like you says, "You can do this."

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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T. ROOSEVELT



ME AND MY SPARKS (PHOTO BY DEBRA LOWE)



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Alex Shields Named Fastest Sophomore in The Country

BY KEVIN KENDRICK



PHOTO COURTESY OF THE SHIELDS FAMILY

While many high school students in the

Nonahood would love their own moniker or even superlative at some point during their high school years, Alex Shields is known nationally as the “fastest sophomore in the country,” with the fastest time in the 110-meter hurdles (14.07 seconds) of any sophomore nationwide. To add to it, he also had the fifth best long jump nationally of all sophomores at 23 feet, 8¾ inches.

To top off his national accolades, he is a state champion in the 110-meter hurdles, (he won in ninth grade as well), long jump, 300-meter hurdles and 4x400 relay, and his school, The First Academy, won the 1A State Championship in track and field. “That’s a dream come true,” Shields said. “As a sophomore, to win all four events and to win the team title.” Shields has also benefited from his father’s relationship with two-time Olympic gold medal winner Roger Kingdom, whom Shields describes as the best 110-meter hurdler and a great role model for other hurdlers.

Shields and his family have lived in North-Lake Park at Lake Nona since 2009 and have become an integral part of the community. His parents, Brett and Najuma Shields, are not newcomers to track and field. They both ran track at the University of Pittsburgh, and Alex serves as an assistant coach for track athletes at The First Academy. His sister, Mikayla, the 2014 7A Player of the Year in volleyball while at Lake Nona High School, is finishing up her sophomore year at the University of South Carolina as an All-SEC hitter.

Alex attended both NorthLake Park Community School and Lake Nona Middle School before attending The First Academy. His favorite teachers at both schools, Coach Jose at NLP and Coach Hamre at LNMS, were his P.E. coaches who played an important part in his development as an athlete now competing at the state and national levels.

“Me and my sister always had an edge a lit-

tle bit, getting that from our parents because they knew so much about track and knew how to handle all their success and the attention that came with it,” said Shields. “You can’t ever rest on what you’ve done,” said Alex’s father, Brett. “You have to continue to put good work in and be a student of your sport just as much as a student in the classroom. We continue to impress upon him to keep a level head and be humble because success can be fleeting.”

When speaking with neighbors in North-Lake Park, the word humble seems to be a theme with the entire family. Laura Nemes of NorthLake Park used the word twice when describing the Shields family. When I asked former Lake Nona High School Assistant Athletic Director David Grimm about the Shields family, he responded, “Wow. Great Family. Very humble.”

For all of the accolades that Shields has received on the track, he also excels on the basketball court, where he serves as the team’s point guard. As a freshman, he was able to practice daily on a team that had five Division 1 basketball players.

“Going up against those players every day made me a better basketball player,” said Shields. “Track is the family sport. Track will always be my base, but I’ve always loved playing basketball. Basketball’s the love, but talent-wise, track’s number one.”



PHOTO COURTESY OF THE SHIELDS FAMILY



PHOTO COURTESY OF THE SHIELDS FAMILY

Obsessed Cycle: Strava Leaderboard Wars

BY MATT TROY JONES

9/1/2018 Orlando, Florida Club | Nona Cycle on Strava

Last Week's Leaderboard

Your Rank: 6th Total Distance: 288.7 mi

Rank	Athlete	Distance	Rides	Longest	Avg Speed	Elev Gain
1	Robert Link us...	608.5 mi	7	123.7 mi	17.9 mph	2,475 ft
2	Scott Clements us...	456.2 mi	7	112.4 mi	18.6 mph	4,754 ft
3	Eric Cecil - Legend	390.2 mi	12	102.8 mi	15.9 mph	5,280 ft
4	Greg Boyd	334.4 mi	14	46.1 mi	13.0 mph	6,117 ft
5	Danny BMC - Die...	330.1 mi	7	74.5 mi	18.6 mph	3,287 ft
6	Matt Troy Jones L...	288.7 mi	12	69.0 mi	18.9 mph	5,502 ft
7	William Rojas (AD...	259.0 mi	6	66.6 mi	17.8 mph	2,461 ft
8	Joey Medina	230.1 mi	5	111.5 mi	21.6 mph	2,726 ft
9	Mike Fields - BMC...	206.9 mi	5	101.0 mi	18.7 mph	1,417 ft
10	Alexandre Adm	185.3 mi	4	63.3 mi	19.5 mph	584 ft

Since turning 30, I have struggled to find a healthy fitness activity that kept me interested long enough to stay in shape. I tried league soccer, tried to get some street hockey going, of course tried the gym for about three days, rollerblading, baseball, working out at home, running, etc. But most of these attempts at fitness fell short a week or so into my effort. But one thing I tried didn’t...cycling. And not only did I not give up a few weeks into my efforts, I might have become obsessed.

Before moving on with this story, I feel that one thing must be explained because it will be mentioned over and over again. One of the most popular tools for tracking fitness is *Strava*. *Strava* can track your mileage; it syncs up with most bicycle GPS computers and accessories, which, when used together, can relay loads of information such as heart rate, power, cadence, etc., and provides a social media outlet for athletes to share their data. *Strava* not only tracks progress for cyclists but can also be used for other activities like walking, rowing, or swimming.

Now that we all know what *Strava* is, and

what it does, let’s move on to the most important part: competition. Since everyone’s information is conveniently located on one app, we can compare ourselves, create groups, and enter challenges. Nona Cycle just so happens to have a *Strava* club, and each week we can see who in the group has ridden, how far they’ve gone, and how many feet of elevation they have climbed, etc. Each week, one might or might not take a glance at the team leaderboard to spy on who has the most miles for the week. Enter the *Strava* Leaderboard War!

After completing a longer-than-usual ride on the first day of the *Strava* week, I took a glance at the club leaderboard. Surprisingly, I was in first place, which basically never happens. This gave me an idea...why not poke the bear a bit? I’m not known for distance, but starting day one in the lead gave me some very unrealistic hopes, so why not run with it? I decided it would be a great idea to mouth off to our Facebook group about having more miles than everyone and to “catch me if you can.” What ensued for the next six days was pretty hilarious, and even more amazing and humbling.

Day one ended with a new realization for me: I was not going to win. Two riders (Robert and Scott) had already racked up nearly 100 miles each. My closest competitor, and the one I decided to specifically seek to destroy, Greg Boyd, rode after me that day and closed the day out ahead of me.

Day two was the only day of the week I would not have to work, so I decided to put some miles in at home on the indoor trainer/simulator so I could also take care of house duties. After finishing my ride, my nemesis of the week was still ahead of me by a few miles, so I decided to hop back on the trainer so I could at least become the winner between us for the day. Shortly after, Greg must have noticed and went out for another eight miles to regain the lead between us for the day. He then taunted me to get back on the trainer; a few minutes later while already in my PJs, I ate my pasta dinner on a paper plate while riding on the trainer barefooted and took a video just to stir the pot a bit more. Finally, Greg surrendered the day at 111 miles! I had finally taken the daily win with 112 total weekly miles...well, sort of. Both Robert and Scott were leaps ahead with 196 miles and 140 miles, respectively. ... So, the race was on for third place!

Days three and four were where things really started to get out of hand for me. Others in the group began to awaken with substantial miles, and Greg had, of course, passed me while I worked. By day four, my legs had really started to complain for me to stop. I decided to keep the riding to a minimum so that I could still stay in the hunt but finish the week strong. So, I figured, why not have a beer or two while riding indoors for a few miles? I shared this. Needless to say, Greg had pulled a pretty major lead on me. Little did he know, I had been sandbagging some miles by riding to and from work any day that I could and intentionally not loading my data to reveal my whole hand. Also, by this time Robert and Scott had nearly 400 miles each. I only had 144, Greg had 175, and another club member, Danny, had passed me as well during this time with 155 miles. I knew I was losing ground, but I had a few tricks up my sleeve.

Day five, I decided to take out my single-speed bike and get some miles around the Nonahood, do some sightseeing, and take a video for my new Obsessed Cycle media platform. I figured by the time I got back, surely I would be back in the mix of things. I was wrong again. It seems like everyone else also thought it was a great time to ride, so when I loaded my data and eagerly checked the leaderboard, I had actually slipped further down the rankings. Robert already had 506 miles for the week, Scott had 382, Greg was destroying me with 254, and Joey had snuck into the rankings out of nowhere into fourth place with 230. I had slipped down to sixth with only 184 miles. Things were not looking good for me. I was going to have to dig deeper to have any chance of a third-place victory.

Day six was triple duty for me, riding to and from work, immediate miles on the indoor trainer whilst also trying to solve a Rubik’s Cube to no avail. After finishing dinner, I took the single-speed bike out for some casual night-time neighborhood miles because I had my grand finale planned for the next morning. You might be thinking this is all pretty crazy, and it might be, but it was loads of fun, I promise. And the conversations online about it were nothing short of hilarious. These efforts were only enough to maintain my sixth place at 220 miles, 80 miles behind Greg.



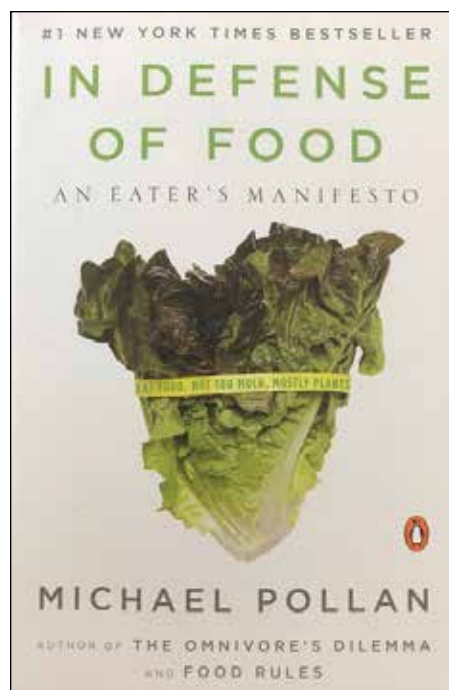
Day seven. The grand finale. The morning did not start out as planned, as I had hit snooze too many times and missed out on my sneaky solo warm-up miles. However, I did manage to get out and meet up with Kevin, my early riding partner for the day. I warned him that I had already been going for six days straight and that I had a long journey ahead, so I needed to take it reasonably easy. We got in 10 miles before meeting up with the other weekly early ride, which rides by the airport and ends at the weekly Nona Cycle signature ride starting spot at Canvas. By this time, I already had over 30 miles for the day, and over 38 more to go, with hopes of finding a way to fit in a few more and still make it to work by 11 a.m. The ride went great, but I also needed coffee, so after a quick stop at Starbucks and some talk of the crazy week we had all had, I was on my way back home, just in time to get ready for work. Rain was coming in, and I realized I was done. No more miles for me. My legs had had enough.

I finished the week at 288.7 miles, nearly double my all-time best week. Unfortunately, it was only good enough for fifth place by the end of the week. I still felt very accomplished, and many of the riders showed their appreciation of the whole spectacle and noted that they were inspired to ride more. Special congratulations to Robert Link for finishing the week number one overall with 608.5 miles. That is an astonishing accomplishment fueled by McDonald’s cheeseburgers during the rides. Also, Greg Boyd, I surrender...I also owe a beer to each of the top four winners because I don’t know when to stop egging on. I can’t wait to start this war again, maybe on a week where I have two days off. Please see the final standings in the leaderboard photo.

The Lake Nona Book Maven Review: *In Defense of Food: An Eater's Manifesto*

Author: Michael Pollan
Genre: Culture Studies/Nutrition
Hardback: 205 pages

In 2006, Michael Pollan published his book *The Omnivore's Dilemma*, which was concerned with the "ecological and ethical dimensions of our eating choices." As a result, he was often asked, "Ok, but what should I eat?" In an attempt to answer that question, he gave us this #1 *New York Times* Bestseller with the second subheading "Eat Food. Not Too Much. Mostly Plants." And while those words seem to answer the basic question of what to eat, he uses the next 200



pages to help readers (and eaters) deal with our confusion about the food we eat, understand what food is, and identify which foods we should choose most of the time.

Pollan begins by admitting that food choices and menus change not only generationally, but also in response to science and technology's most recent "next best thing" or whichever marketing effort is most successful. So, Pollan's goal with this book is to make our job of choosing our food somewhat easier in a constantly shifting world of real food and food-like substances. He deals with issues like why we shouldn't concentrate on specific nutrients alone, how to deal with ever-increasing industrialization of our food, and what real food is and where to find it.

The text follows in logical arguments supported by Pollan's own experience and research. He supports his arguments by citing specific formal and informal diet experiments in recent history that tend to show that when we indulge in "scientific reductionism" or "nutritionism," we often miss the point. Eating for specific nutrients can limit whole categories of foods that have other nutrients that just aren't in the spotlight or even recognized as valuable just yet.

Pollan's writing style is incredibly easy to read considering he's tackling a subject that includes some science, some politics (various food and farm/ranch lobbies and

their effect on elections and food trends), specific nutrients and vitamins, how our food confusion came to be, and how it is confounded by constant shifts in our thinking (i.e., butter one year, margarine the next). He gives simple, doable suggestions such as shopping the perimeter of the grocery store and following some simple rules for eating to make our food consumption more pleasant and healthy (i.e., eat at a table, hopefully not alone, and several other suggestions).

The material is well sourced and the sources are cited, so further investigation (for those who are into that) would be easy. And while this book was published way back in 2009, which makes it ancient history in terms of food science, it does give us some general rules for eating that are useful no matter what the current food climate might be. In addition, Pollan has produced a couple of newer books since then. I read *The Omnivore's Dilemma* a few years ago and kept it handy. But going back over it now, I found it so helpful and readable, I plan to read his newer works as well.



Short Stories: The Unforgettable Moments of a True Journalist

ARTICLE AND PHOTO BY
BRITTANY BHULAI

There are many steps one must take in order to pursue their dreams. A few months ago, I attended a journalism conference in New York. It was a rather memorable time and something that has helped shape my career even further. 9/11 was one of America's most horrific tragedies. Not only were there firefighters and police, there were also reporters there whose mission it was to get the story. I attended a workshop during my stay that put the art of journalism into better perspective.

How many can say they've personally sat down and spoken with a journalist who covered 9/11 the day it happened? How many can say they've watched tears fall from their eyes as they tried to explain what they saw? And how many can say they were able to look them in the eyes afterwards and ask personal questions on the matter that brought tears to their eyes once more? I'm lucky enough to say that I have...

I had just gotten off a plane from sunny Orlando, Fla., to Newark, N.J. My flight had left at around six a.m. and landed at around nine a.m. I was deprived of sleep, but I guess you could say seeing snow for the first time in my life definitely kicked me back to my senses. It was not long before I arrived at the NYC College Media conference with my colleague, who arrived to New York the same time I did. We met up with a club advisor of my current college and another colleague. I wouldn't rather have been anywhere else in the world at that moment. Attending a journalism convention in The Big Apple itself was a dream come true. After listening to a guest speaker, we all went across the street and grabbed lunch. I remember sitting across from the advisor watching her eat a sandwich she ordered when all of a sudden she asked, "Are you going to that 9/11 conference thing later today?"

The 9/11 workshop was an offsite event that King's College was hosting. You had to RSVP in advance, which I did do. I received an email giving me details on where to meet up and what the workshop consisted of. There were going to be actual reporters that reported on the day of 9/11 and who saw the

tragedy happen right in front of them. This intrigued me.

At the table, we looked up on the map where King's College was. It was in Brooklyn, which was about a 30 minute drive from where the conference was in Times Square. No one else in my group wanted to go since it was a touchy subject, and it could get pretty emotional. So, it was a solo mission for me. I got back to the hotel, crashed for a little over an hour, charged my phone, packed my bag and called myself an Uber to take me to Brooklyn.

When I arrived, I was a little nervous because The King's College was not very visible to begin with. It was a little tucked away from street view. I looked at my watch and the time read 5:45 p.m. The workshop was beginning in 15 minutes. I thought to myself this was no time to be lost, this had better be the right place. Once I got out of the car, I saw a glass door that said King's College on it. Thank God, I found it. I was redirected to the student union. To my surprise, I was one of the first students to arrive. About three others trickled in. I was surprised on how few showed up.

I sat down on one of the couches next to a circular table. The other students and I began to chat and talk about where we attended college, our major and what not. Three elder men also came in the room and introduced themselves to each of us personally. They were the event coordinators, and I was impressed by how humble they portrayed themselves and how interested they were in hearing each of our backgrounds. The King's College was also nice enough to buy cookies, sandwiches and chips from a shop nearby. God knows I was hungry by late afternoon.

Time passed by, and the organizers began the workshop. Since only a couple of us attended, we all sat around the circular table I was next to facing one another. After each of us spoke a little about ourselves, we were given copies of articles written by reporters on the World Trade Center tragedy.

We each read paragraphs aloud to stay engaged and analyze text.

The highlight of that workshop was meeting a man by the name of Clemente Lisi. Lisi was not only a professor at The King's College and co-director of their journalism program, but he was also assigned to cover the horrific incident that struck the Twin Towers. He explained that day to us from his point of view.

"My heart sank. I was immediately overcome with sadness. ... I was no longer a reporter, I was a New Yorker watching his beloved city being destroyed," Lisi stated as his eyes began to water. He went on to say that the sight of the building falling with people screaming was the one thing he recalled the most. "I will never forget the loud crunching sound those steel beams made as the building came crashing down," Lisi added.

After hearing the story on reporting the scene, we were able to ask questions. I asked Lisi how he was able to jump back into the mindset of being a reporter. He answered that it was instinct. Yes, it was difficult, but as a reporter, that is what you are trained to do.

Afterwards, we ended the night by walking

past the new World Trade Center, which is called One World Trade Center. We then arrived at the National September 11 Memorial & Museum, where we ended the workshop. I did not go into the museum since I was a little pressed for time. However, I did stick around to gaze at the memorial. It was nighttime, and the air was so crisp and bitterly chilly. Looking at this vast square structure they had built in place of the World Trade Center with water pouring down the sides into a mysterious dark opening in the middle left an airy feel. It was slightly haunting with a hint of peace.

I will never forget this experience and the staff I met that night at The King's College. They are passionate about their students, and it only opened more doors for me. The world of journalism might be getting flushed away with "fake news" nowadays, but it is important to remember the true art of reporting the facts and the raw experience.



Meet the Press: Brielle Rushing

BY NICOLE LABOSCO

Brielle Rushing is originally from Louisiana but found herself as a newcomer to the Lake Nona area. Rushing is part of the digital team here at *Nonahood News* and is a creative tool in the shed.

Extrovert or Introvert? Extrovert.

Indoors or Outdoors? OUTDOORS.

Sun or Snow? SUN..

Dogs or Cats? DOGS.

Coffee or Tea? Both have a special place in my heart, but if I were stranded on a desert island, I'd at least want coffee there with me.

Adventurous or Laid Back? ADVENTUROUS. Bring on the danger, bring on the life! The word "no" rarely exists in my vocabulary..

Canon, Nikon or Sony? CANON.

Books or TV? Books.

What brought you to the Nonahood?

I guess you could call me a Louisiana girl because I have lived in the rugged swamp for most of my life. My family has all lived there for generations upon generations, loving all the wild and rawness of Louisiana. I have recently moved to Lake Nona, and I could not be more thrilled for what is to come! I moved here with my fiancé and am here to stay! I fell in love with this community and genuine spirit that flows throughout the area. I could not think of a better place to live!

What's your favorite hobby?

Painting!! I am a huge art enthusiast, and



PHOTO BY MAKAYLA ABNEY

I enjoy creating beautiful things out of the world's messes!

What's your biggest dream?

My biggest dream is to open an art therapy studio that saturates the community in love and in life! I want to be a part of walking with people throughout their struggles and confusion and give them an outlet that helps them see how beautiful life can be.

NHN: Where do you see yourself in 10 years?

I see myself enjoying the adventure of life with my handsome husband, beautiful family, and maybe even some kiddos! Most of all, I see me making an impact on the community around me that transcends into future generations.

What are you most excited about in Lake Nona?

I am most excited about the community here. I think it is so beautiful the way people here support one another and genuinely care about building one another up. It is a beautiful place to live, and I couldn't be more excited to get established here.

Who's your biggest inspiration?

My biggest inspiration is family. They are some of the most incredible humans I have ever come to know (and no, I am not biased). Each person in my family inspires me daily to stay true to myself and always walk this life humbly. Their endless support and love in my life is the very reason I am who I am today. They are daily inspiration for me to become more human and more kind.

What's your favorite book?

War and Peace by Tolstoy, *The Alchemist* by Paulo Coelho, and *Fear and Trembling* by Kierkegaard.

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

Skydiving and underground cave kayaking. My love for skydiving first began with trying to vanquish my fear of heights and the unknown. I have been three times so far and plan on going once every year to celebrate my continuous life without fear! Underground cave kayaking was my next big moment of overcoming fear. ... I was severely claustrophobic and hated even the thought of tight spaces that made me feel trapped. While kayaking in this underground aquifer, I came to a very low cave ceiling that seemed nearly impossible to make it out of. The ceiling dropped down to a foot over the water and continued like this for several feet ahead. I had to overcome my fear, lean back to the floor of my kayak and walk my hands along the low ceiling to push my little boat along to the other side. I came out of that trip feeling accomplished and motivated to conquer any obstacle!

Describe one of your most memorable experiences.

One of my most memorable experiences was volcano surfing in Nicaragua. The people I met in that country were so free and so humble. They did not have much, but what they had meant the world to them. I stayed with several different nature families while visiting, and the life lessons I learned from there are completely invaluable. I was able to have the amazing opportunity of strapping on a suit and goggles and sliding down the silt of a volcano that seemed never-ending. My entire trip there is something I will treasure for the rest of my life.

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



PHOTO BY MAKAYLA ABNEY

At the Movies: *A Quiet Place*

A CONVERSATION WITH AARON & ELAINE VAIL

Aaron and I had planned to see and review *Ready Player One* since he provided a book review for that title a couple of months ago, but we missed it. So, we went to see the highly-recommended *A Quiet Place* instead. Directed by the lead actor, John Krasinski, this movie begins about three months after the invasion/phenomenon/infection/event (we don't know!) that caused the post-apocalyptic conditions of the setting, which includes fast-moving, vicious creatures that attack anyone who makes any kind of noise.

This was most definitely a unique movie-going experience as there is almost no music or spoken dialogue in the film. The circumstantial sounds of the surroundings or characters moving around are crisp and pronounced, making the viewing experience so unusual and raw.

We were incredibly impressed with the actors and their ability to convey character development and emotion without the use of spoken word. We see the draw to this movie as many aspects are so well done: It's very artistic, and it certainly evokes feelings of anxiety, fear, compassion, and awe of characters' self-control and ability to adapt. However, we are among the few who left the theater feeling disappointed, perceiving the end result of this film missed the mark.

Elaine: When it comes to science-fiction movies, I don't mind it when the rules of science or the laws of physics are ignored... as long as the world or environment the writers have created remains consistent. For example, if they want corn kernels in a grain silo to behave like quicksand, that's

fine, as long as they don't ignore the conditions they've created by allowing the characters to suddenly and inexplicably escape the situation just a few minutes later. And if the creature they've created can break through the thick metal of that same grain silo in one scene with ease, but is incapable of breaking through an old, rusted truck to get its victims five minutes later, I am not impressed and feel the world they've created is not well thought out.

Aaron: Yeah, I got too hooked up on the little things like that that take me out of the story. How do they have electricity? I'm sure they could have found slippers to wear that wouldn't make noise instead of going barefoot. I just kept thinking about how cold my feet would be all the time.

E: I got the impression most everyone in the world is gone, based on the short-wave radio channel list that the father was crossing off as he was looking for survivors. It was intriguing to try to put the puzzle pieces together without dialogue and minimal back story derived from the newspaper clippings and dry erase board scribbles in the basement, but I left frustrated and wanting to understand better what had happened, where everyone was, how worldwide military could be wiped out, or how printing presses could run long enough to release newspaper articles without being heard.

A: It's a very minimal story. I felt the whole movie is about simple loss (if loss can be simple) and a small family trying to survive and still be a normal family. By keeping the details light, the writer was able to focus on suspense.

E: I was jumpy a few times, but I didn't scream and I didn't think the movie was super scary. I didn't care for the cheap scares – raccoons falling from the roof, a sudden hand slap against a shower door, a hand thrust out from under a truck. I feel these are just for the sake of getting people to scream, don't carry the story, and make the video less relevant when considering purchasing

the DVD/Blu-ray. I'm more impressed with creepy or unexpected plot twists and suspense. Did you think it was scary?

A: Not scary per se. I could foresee most of the jump-scares. The thing that caused the most anxiety was the nail sticking up through the stair. Every time someone headed for the stairs, I got all worked up because they were all barefoot. I kept wishing someone would grab some pliers and bend the nail down!

E: Let's talk about the blind but sound-sensitive creatures for a minute. Am I the only one who feels like they totally ripped off *Stranger Things*' creature from the Upside Down? I swear, the face looks identical with exception to the massive ears.

A: They felt like an amalgamation of *Cloverfield*, *Venom* (coming soon), and the Demogorgon. Not overly original. But is anything these days? And how many of them are there? We only see three, but it seems that one is within five seconds of anyone who makes a noise anywhere in the world. And did they actually eat anything they killed?

E: Nope, didn't seem to eat anything, just destroyed any noise-makers. Makes me wonder if they just loathed sound since they were hyper-sensitive. Maybe we'll find out in the sequel.

A: You'll have to tell me about that...I doubt I'll see it.

E: The movie is still effective despite these problems. I loved the concept and was surprised how terrifying

it felt to just remain quiet. I'm convinced I'd be one of the first casualties if this were real – my laugh would be the death of me within five minutes!

I loved the characters. I found myself thinking of them the next day and wondering more about them. They were clever, creative and resourceful. I liked them a lot.

I would still recommend this movie, but maybe just for a rental. Just be prepared for a very abrupt ending and more questions than answers. What about you, Aaron?

A: Yeah, I would be a goner the first night. My tombstone would read, "Yep. He snores." I would recommend this, sure. It's a good movie overall and well-executed. But, I wouldn't watch it again now that I know where the scares are.



PHOTO BY JONNY COURNOYER



PHOTO COURTESY OF PARAMOUNT PICTURES

The Artist: An Autobiography Through Film

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF
JOSEPH BOYLE



2017 *A Storm Is Coming* screengrab

Photos are worth a thousand words, but expressing yourself through film might just leave your audience speechless. This month's artist picks up a camera and hits record. Meet Joseph Boyle, a 32-year-old filmmaker. Boyle was born and raised in Iowa and moved to Lake Nona in 2012 to be closer to work.

Although he didn't go to school for filmmaking, he considered it quite a few times. "[I] have always valued the practical experience far more. This has been beneficial to me because it has exposed me to almost all facets of filmmaking. My main passion is writing and directing, but I also shoot all of my own work."

Nonahood News set out to discover the storyteller's personal story, what artists know as an autobiography.

NHN: What drove you to become a filmmaker? When did you realize making films was your passion?

JB: When I was 12 years old, I loved the original *Star Wars* trilogy. I often played with *Star Wars* action figures and eventually began to film them with my parents' huge JCPenney video camera. I learned about stop-motion animation by watching a behind-the-scenes featurette about *James and the Giant Peach*. I immediately began to try this out myself and was entranced by the results. I naturally moved on to shooting live-action scenes and made my first "serious" film with a buddy when I was 15. I realized that it was a passion shortly thereafter.

NHN: How long have you been a filmmaker/photographer?

JB: There isn't a hard and fast date when I became a filmmaker, but I have been actively making films for at least 15 years, though there were significant gaps in there when I didn't make any new films.

NHN: How often do you find yourself creating films?

JB: My desire is usually to make at least one film a year, but it varies. There have been some years when I was younger where I would make several, and then there have been a span of a few years where I didn't make any. The length of these films could be anywhere from one to two minutes to around an hour. While I did make a couple of features with a friend while in high school, I haven't yet directed my first solo feature film.

NHN: Is this your only job? If not, how do you find the time to continue to create films?

JB: I work a day job where a significant part of my role is dedicated to film/video creation. I also recently started a wedding film company with another filmmaker and

collaborator, Mark Farag, who is based out of St. Pete. It's called Tapestry Wedding Films (tapestryweddingfilms.com). But for the passion projects that I consider my own films, I work whenever I can find the time and energy. This is often on nights and weekends.

NHN: Which of your films would you consider your favorites (pick a top three)?

JB: It's hard to say what films of my own that I would consider my favorites. There are usually parts that I like and other parts

that make me cringe. If I had to choose, I would probably say *Red Stroke*, which was a 53-minute film I made while I was living in South Korea in 2011, *A Plea for Everyman*, which was shot on Super 8mm film in 2007, and *A Storm Is Coming: Learning the Blues with Coney Island Pete*, a 53-minute, semi-autobiographical documentary that I completed last year. You can see synopses and either trailers for these or the whole films on my website, www.josephboylefilms.com. I have made over 20 personal films, but only publish a few publicly.

NHN: Which of your projects were the most time-consuming/challenging and why?

JB: Last year, I finished a 53-minute documentary called *A Storm Is Coming: Learning the Blues with Coney Island Pete*. This was probably the most time-consuming and challenging film that I have made. This film is about how suffering and personal experience[s] in life relate to blues music. It is told through the lens of Coney Island Pete Collins, a 70-year-old blues musician currently living in New Orleans. I originally began shooting the project in Iowa in 2008, but it was put on hold for several years and then picked up again in 2013. It morphed from a shorter piece told strictly through Pete's point-of-view to a much more complex semi-autobiographical film spanning several years. This film was one of the most difficult because of the mountain of footage that I had to sort through and arrange during the edit. It took several years to get this to a place where I was happy with it. There have certainly been other projects that were more time-consuming on the pre- and production end, but in terms of post-production, this was the most difficult and time-consuming.

NHN: What are some of your dream projects?

JB: I don't really have any dream projects that I am holding out to do someday. My desire is to try and create whatever is in my head and possible at the current moment, so I don't often look ahead to other projects. I always wanted to make a *Star Wars* film when I was younger, so it would be fun to direct one of those someday.

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

JB: Ideas and relationships inspire me from day-to-day. I enjoy reading, and I often find and develop ideas while I am doing so. I also enjoy having discussions with my friends and family. These discussions are often challenging and help me to develop and hone my thinking.

NHN: Which artists/filmmakers would you say you share a vision with?

JB: I don't know that I share a vision with any artists that I'm familiar with. There are certainly artists and filmmakers that appeal to me, but I actively try to keep my style and approach as purely my own as possible. That being said, some of the filmmakers that I really enjoy are Werner Herzog, Tom Tykwer, Robert Rodriguez and Darren Aronofsky.

NHN: What style/form of art is your favorite to create?

JB: Narrative fictional films are my favorite to create, though I enjoy doing documentary work as well.

NHN: Future goals/plans?

JB: I currently have three films at various levels of production. The first is a short film that I co-wrote and co-



Boyle shooting *A Storm Is Coming: Learning the Blues with Coney Island Pete* back in 2008.



2014 *Animal* screengrab



Pete Collins in *A Storm Is Coming*

directed with another filmmaker, Desiree Moore, called *Perihelion*. It was shot last August and is in the final stages of editing. Another film is a short documentary called *Super Mario*. I have been filming my roommate, who is an incredibly talented and interesting individual, on my phone for the last couple of years. I also shot another short documentary chronicling my family's memories and thoughts about my childhood home as they were selling it. I hope to start editing these in the coming months. Beyond those, I am doing research and developing ideas for a feature film that I hope to shoot late this year or early next year.

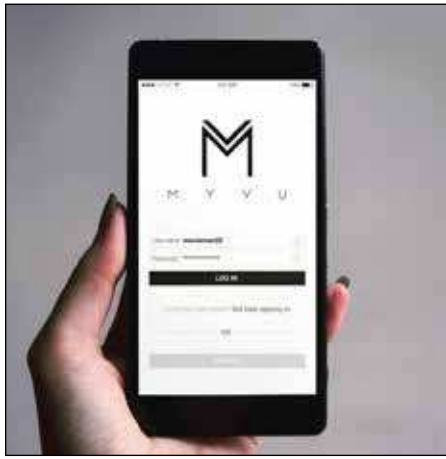
Those interested can connect with Boyle and learn more at his website, www.josephboylefilms.com, and on Facebook and Instagram, @JosephBoyleFilms.

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.

Q-and-A With Entertainment App MyVu's James Penedo

BY VANESSA POULSON



A new entertainment app called *MyVu* is launching here in Orlando this month. *MyVu* is an app that allows users to link with friends and like-minded people on cinema features to share insight that will assist them in choosing their next sit-down experience. This will help tailor the entertainment experience for users across the city and make TV and movie watching more enjoyable for all parties.

Nonahood News spoke with *MyVu*'s James Penedo for more information on the app, why Lake Nona plays such an important role in the app's development, and the future of *MyVu*.

NHN: How does the *MyVu* app work?

JP: The *MyVu* app is going to be a social media platform where friends, families and like-minded cinema viewers get to share their thoughts, opinions and reviews on a social platform that can be viewed by anyone who follows or visits their profile.

Users will have the ability to create their own profile that will be tailored to their liking of movies and TV shows that a friend might want to get insight on before making a commitment to watch a show. Rather than look up reviews posted by individuals who we're not accustomed to taking advice from or even know what feature genres they're actually interested in, we're now allowing people to hear from their inner circle who they typically would ask advice from in person during casual conversation. This is one from many features we're looking to provide our consumers.

NHN: How was the app designed/created?

JP: The vision of the app originated from two executive team members, Olivia De Alba and Jamori Montgomery, both of whom watch movies daily and stumbled upon a conversation on what movie should be decided on watching next. Though both of them have entirely different interests in what they like to watch, they wanted to find an easier way to make a decision. This gave them the idea to create a platform and, given their skill set in graphic design learned at the University of Central Florida, they were able to put together, page-by-page, what the app was going to look like as we outsource the development of the program, which is slated to release later this month.

NHN: What does the app feature for users?

JP: Here are some of the features we intend to release in the first iteration:

Personal User Profiles - Shows what they've watched, what reviews they've left from most recent post to oldest, the number of followers and who they're following.

Feature Review - Everyone gets to be a critic by giving a film a one- to five-star rating and also the option to give their input in a limited number of characters. Once posted, their review will be spread across social followings to be seen and possibly applauded (liked) by others.

Features Screen - Movie or TV show homepage allowing the user to view a summary/description of the movie and ratings/reviews by season coming from multiple areas such as your personal-

ized community (the people you follow), *MyVu*'s rating (all app users ratings averaged), and IMDB rating.

NHN: How much is the app built on user interaction?

JP: One of our main goals when designing the platform to present to the developers was to create a user interface that was easy to use and navigate throughout. At the bottom of the screen at all times, there will be a navigation dial that will help you switch from page-to-page when reviewing other posts, searching for a feature that you're expressing interest in, or going back to your own personal profile. The app also has a clean, slick look that makes it easy to transition from one screen to the next and [a] seamless, easy-to-use platform for all users.

NHN: How is the app related to the Lake Nona area?

JP: Orlando is well known for its strong start community, especially in the tech industry, and with the exponential growth that Lake Nona has been experiencing these last few years, we wanted to include the area with the launch of our app. The support that this city gives young startup companies is tremendous and would only be a great stepping stone to assist us in shooting right out of the gates when we launch.

NHN: What can we expect from the app in coming years?

JP: Once we unleash the app to the public, we're going to start collecting data on what the user wants to experience from this type of platform. We have started to cultivate the second iteration that will include numerous new features to make our platform reach its end goal of becoming the common person's one-stop-shop for everything movies and TV shows. We don't want to spoil anything right now but hope to

launch the next portion in early 2019.

NHN: Why should people use the app and what makes it better than competitors?

JP: A lot of the current reviewing marketplace is saturated with professional writers [who] make a living off of giving their input on multiple pieces. As we respect everyone's opinion on each feature, a critic who has a strong interest toward horror films might not be the most trustworthy person. The few people we do trust are those we feel comfortable to express our point of views to without feeling judged are friends and families. They are the ones we cling on to when asking for recommendations to ensure we have the best quality and time spent. *MyVu* does just that by connecting the users together, even if they don't know each other and just so happen to agree on a film.

NHN: Anything else you'd like to add?

JP: The app will be available on both the Apple Store and Google Play. We hope that the value this app will bring cinephiles such as ourselves would do the same for many others where they can minimize the amount of time wasted and money spent viewing a movie or TV show that isn't catered to their audience.

You can check out *MyVu* this month in the Apple Store and on Google Play. To find more information, visit www.myvuapp.com.



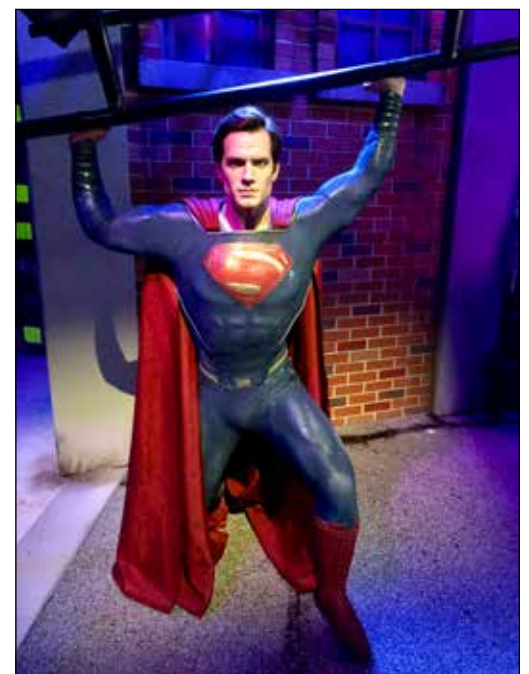
New Wax Figures Save The World, Justice League Style

ARTICLE AND PHOTOS BY NICOLE LABOSCO

"I've got an important message coming through! Hang on, we need your help to save the world. You need to join me inside the Justice League. Heroes, let's take the battle to the streets! Come on," exclaimed Madame Tussauds Orlando General Manager James Paulding.

On the evening of May 22, Madame Tussauds Orlando unveiled its brand-new *Justice League: A Call for Heroes* exhibit. In front of the iconic Orlando Eye was the even more iconic Batmobile, straight from the big screen to the City Beautiful. This immediately set the theme for what was to come. After entering Madame Tussauds, passing celebrities upon celebrities, I made my way to where the launch would take place. The media gathered around as the official announcements were made by Paulding.

"This is a really, really big moment for us at Madame Tussauds! As you know, we already have amazing, immersive, interactive figures, but this is bringing it to a whole new league and delivering a live experience where it makes the guests the star of their favorite stories," stated Paulding.



The superheroes exhibit officially launched on May 25 to the public. The exhibit was developed in collaboration with Warner Bros. Consumer Products on behalf of DC Entertainment. This led to the creation of a first-of-its-kind attraction experience, combining blockbuster thrills and an all-star cast with authentic replica costumes and props to truly bring each character to life.

Guests first must answer the call for help from the Justice League to join forces and help destroy LexCorp's terror on the world. You enter the experience after viewing some breaking news segments and a message from Lex Luthor. Immediately you are transported to the streets of Gotham City and Metropolis. Here is where guests unite with the Justice League superheroes in a handful of different interactive missions.

Guests come across Wonder Woman first to help her destroy LexCorp's technology that has disabled the entire city. Assume

the position next to Wonder Woman and emit a pretty powerful blast to weaken LexCorp's control over the city.

Next, you'll help Superman lift a helicopter back into the sky, which Lex Luthor sent hurtling towards the ground. Superman's figure is pretty unique as he moves. His body actually lifts up and down to simulate the lift of the helicopter. A moving wax figure is not something you are used to seeing, but it's definitely cool.

Once guests help Superman save the helicopter occupants, you must summon Batman with the Bat-Signal. Through smoke and wind, the hero reveals himself, ready for battle and to help stop Lex Luthor.

The interactive portions of the Justice League wax exhibit really do make you feel as if you're playing a part in saving the world. Even if you're not a DC comic fan, this exhibit is pretty fascinating and you



can really appreciate all of the hard work and details that went into its creation, development, and execution.

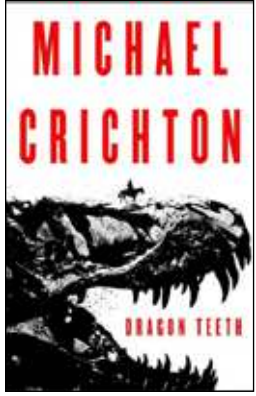
Do you have what it takes to save the world?



Book Review: Dragon Teeth

BY AARON VAIL

Author: Michael Crichton
Publisher: HarperCollins, 2017,
320 pages



I'm a huge fan of any author who uses real life as a background for a fictitious story. Think National Treasure movies even though the "history" isn't 100% accurate. Dan Brown and Steve Berry are known for incorporating real-world events and technology

into their adventures, and Michael Crichton is no stranger to this technique. Jurassic Park dealt with cloning technology, and Dragon Teeth ties in the real historical event of the late American 1800's known as "The Bone Wars."

The Bone Wars pitted two paleontologists, Edward Cope at the Academy of Natural Sciences in Philadelphia, and Othniel Marsh at the Peabody Museum of Natural History at Yale, in a desperate race to outdo one another in the discovery of fossils in the United States. These once amicable acquaintances would soon resort to lies, theft, destruction, and slander to destroy the other both socially and financially. Despite their disdain for one another, their work actually produced more than 136 discoveries of new species of dinosaurs.

Dragon Teeth follows young, fabricated Yale student William Johnson, who takes a \$1,000 bet that he couldn't last a whole summer on a fossil dig with Othniel Marsh in the wilds of the west. William takes that bet and attempts to convince the highly paranoid Othniel that he must go on this trip for undescribed personal reasons. Othniel doesn't really need another digger on this summer's hunt in Colorado, but he does need a photographer. William,

destined to win the bet, states that he is skilled at the job and, once allowed to accompany the team, heads off to learn all he can about photography.

William soon discovers that the exciting tales of the west aren't all that exciting in reality while he rides for days in a boring, hot train ride to the town of Cheyenne, Wyoming. It's here that Othniel deserts William, thinking him a spy for Edward Cope, which he is not. The following morning, Edward, who just happens to be in Cheyenne, asks William to join his team as he, too, needs a photographer. Sides switched and the train loaded, they head off again in search of new discoveries.

From here, William learns how rough and tough the Wild West can really be as he confronts heat, hunger, thirst, rain, mud, and the constant threat of attack from native American Indians. The excavation is fruitful, but there is only enough room to take half of the discoveries back in one trip. Staying behind with the other half of the fossils, William ends up in Deadwood, South Dakota, where he makes a name for himself defending his precious cargo from the town's dangerous riff-raff. With the help of the Earp brothers, Wyatt and Morgan, he escapes with his life and returns with his payload of bones and newfound fame.

This story isn't the most intellectual of thrillers; at its core, it's a western, but the writing style makes 320 pages read smoothly and quickly in just a few hours. I enjoyed this book because it took me back to my childhood in the Black Hills of South Dakota. I can still smell the pine trees so thick you can't see more than 50 feet in some places or the plains so vast you can see for miles in any direction accompanied by a slight breeze swaying the tall grass like an ocean of currents. Think Dances With Wolves because it was all filmed there.

If you're a Michael Crichton fan, you won't be disappointed with his latest published book, which was written in 1974 but only published last year by his wife, Sherri. It's been 10 years since Crichton passed away from his battle with cancer, and this is the third of his books released posthumously. Search Wikipedia to learn more about the fascinating Bone Wars.



events

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

- 1 StarFlyer Grand Opening (2:00-10:00 p.m.)
- 2 Reymont Street Gardening Workshop: Planning your Summer Vegetable Garden (9:00-10:00 a.m.)
- 4 Orlando Speaks Workshop (5:00-8:30 p.m.)
- 4-8 Filmmaking Summer Camp
- 5 LNRCC First Tuesdays | Business After Hours - Bosphorous (5:30-7:30 p.m.)
- 11-15 Game Design Summer Camp
- 13 LNRCC Breakfast Connections at Lakehouse (8:00-9:30 a.m.)
- 16 Laureate Blvd Gardening Workshop: Planning your Summer Vegetable Garden (9:00-10:00 a.m.)
- 16 Homebuyer Workshop (12:00-1:30 p.m.)
- 17 Happy Father's Day!
- 18-22 Minecraft Summer Camp
- 22 LNRCC Business Luncheon at Ronald McDonald House (11:30 a.m.-1:00 p.m.)
- 28 EOCC Coffee Club Nona (8:30-9:30 a.m.)
- 30 Toy Story Land Grand Opening, Hollywood Studios

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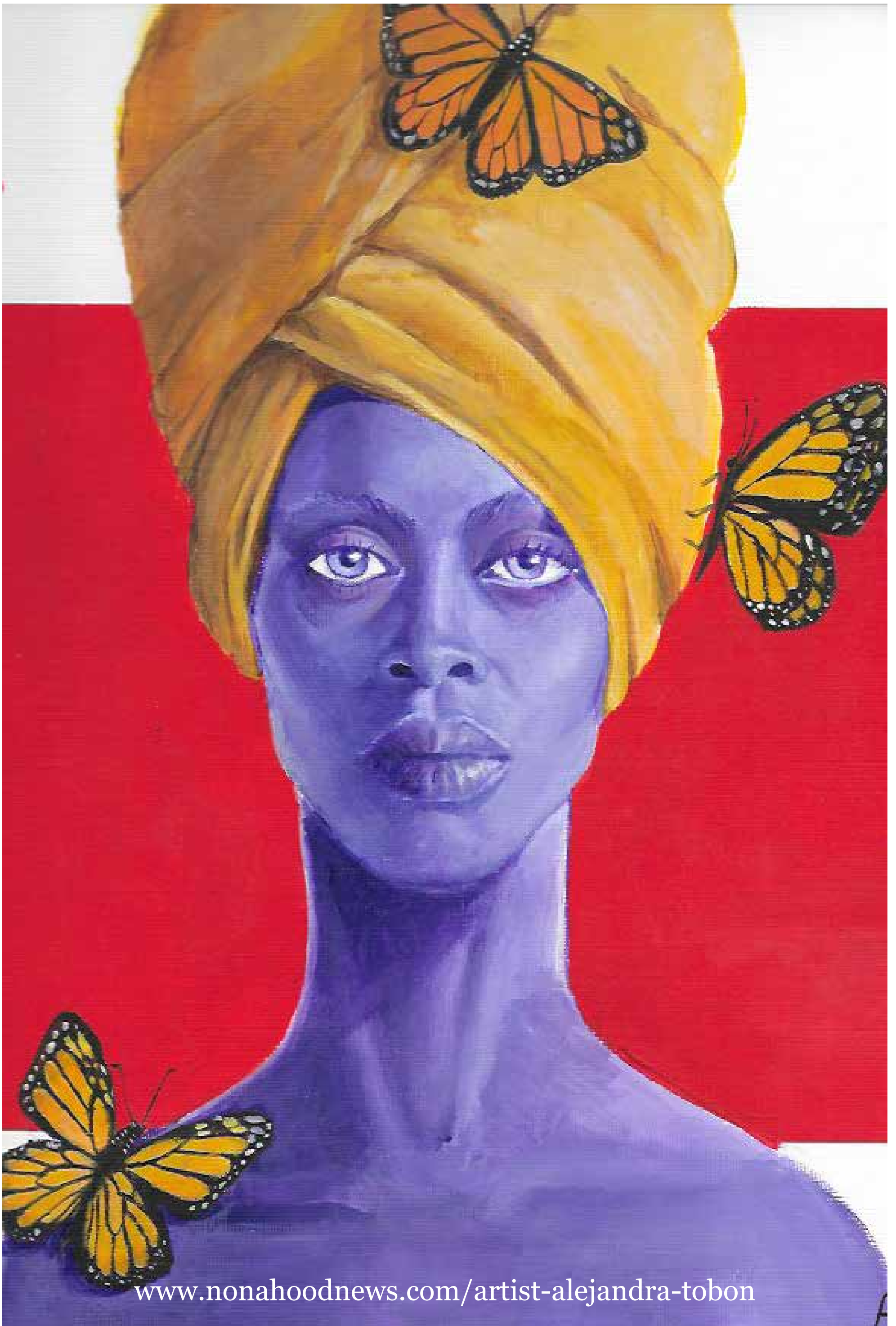
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