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CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA

AUGUST 2018
Volume 3 | Issue 7

THE ARTIST: BATTLING MENTAL MONSTERS AND FINDING HOPE

ON PAGE 11



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PUBLISHER'S DESK

I Love My Job

BY RHYS LYNN

I've said it before, but I never imagined I'd have a newspaper. What an interesting thing for a self-professed tech-nerd to get involved in. It's an anachronism in some ways, but there's something intangible that provides value and drives engagement in the people who read it. Maybe it's the fact that it is tangible -- something that you can physically hold in a world that is increasingly focused on the online and virtual world. That's the part I love -- I feel like what we do has impact, purpose, meaning and value.

I love connecting with our community. My wife, Jenny, and I brought our family here as an investment opportunity. We had no idea we'd be pulled into such an amazing network of friends and neighbors. The fact that we're able to help tell the story of this community as it is built is incredibly rewarding. We plan on spending a very long time here and we want to do our best to help make it the most outstanding community anyone has ever seen.



Our Nonahood News Family Portrait — Serious Journalism at Its Finest!



We had the opportunity to ask Deepak Chopra what he thought about Lake Nona ... video coming soon!

I love helping to drive awareness for local charities. Stories about charities in need of help, announcing their upcoming events, and covering notable charity groups in the area are some of my very favorite things that we bring to our audience. Lake Nona has proven to be a very engaged, conscientious, and giving community. We do all we can to help spread the word when help is needed and to acknowledge when it has been given.

I love helping local businesses. Whether it's something as simple as running print ads that help residents discover local businesses, or telling the story of business owners in a business spotlight, I love connecting our audience to the great local businesses we have. I am looking forward to Small Business Saturday this year, where we hope to provide another great event and an opportunity to connect residents with great local small businesses. It'll be the Saturday after Thanksgiving. Save that date!

There's something about the journalism field that draws people who truly want to be in that environment. Some people want to grow up to be astronauts, firefighters, or police. Others want to grow up and be journalists. We've been incredibly lucky to attract some amazing, passionate, talented people. From people who are still in school for journalism to people who have worked on major newspapers, we've got an amazing (and growing) crew. We're small enough that it feels like a family and the pride in their work really shows.

I love the potential. When we took over *Nonahood News* more than a year ago, I had so many great ideas to grow and expand our content and reach. How ambitious (and naive) I was! The realities of running a print publication were lurking there to give me a sobering dose of reality. With the help of our team, though, we're poised to begin the next big push. We'll be moving beyond print media and producing even more valuable content to tell the stories that happen here to our audience and beyond. Over the last year, we've been adding all of the ingredients we need, one at a time. We're on the brink of something great, and I can't wait to see what our team can produce.

I love our staff.

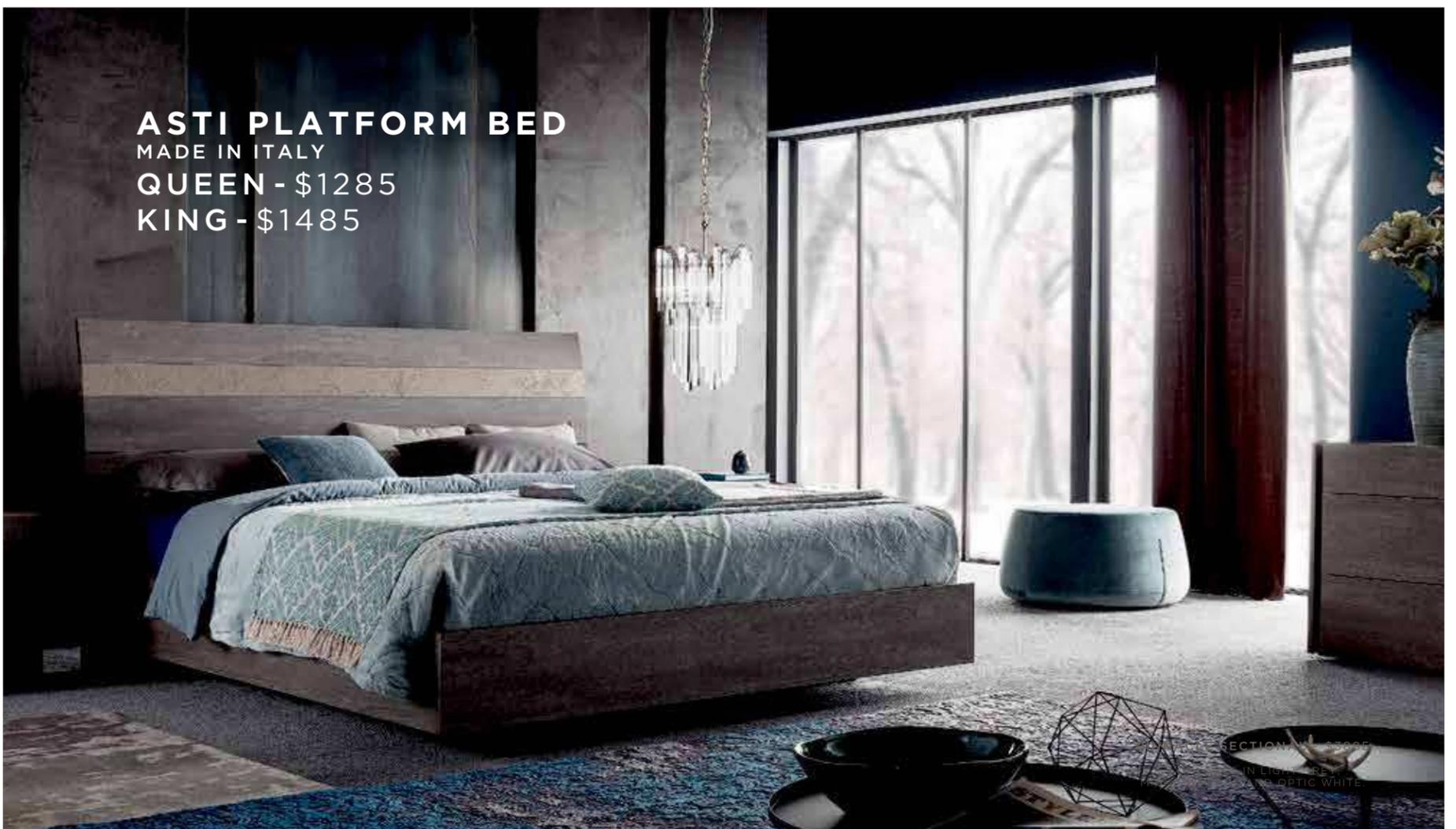


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Med School Can See, Count Cancer Cells in Blood Thanks To Patient's Family

BY DR. DEBORAH C. GERMAN, M.D.
PHOTOS COURTESY UCF COLLEGE OF MEDICINE



Dr. Deborah German

On a computer screen, the enemy is a misshapen neon-colored blob – a metastatic cell that's spreading cancer to the lungs, brain and liver. Thanks to a donation from a Winter Park cancer patient's family, UCF College of Medicine researchers now have machines that can isolate, photograph and count these cancer cells from a single tube of blood. With the technology, scientists can see if the cancer cells are spreading from the original tumor and if new thera-

pies are stopping the cells in their tracks. The machines, called the CELLSEARCH System, have been FDA-approved since 2004 and remain the gold standard for isolating and counting individual circulating tumor cells in blood. The College of Medicine is only the second research entity in Florida with the machines. A gift from the Catherine McCaw-Engelman and Family Cancer Research Collaborative Fund made the purchase possible. The other CELLSEARCH system is at the Moffitt Cancer Center in Tampa.

Dr. Annette Khaled, who leads the College of Medicine's cancer research division, recently began using the machines to test blood samples from 48 women with metastatic breast cancer who are being treated at Orlando Health's UF Cancer Center. The first stage of Dr. Khaled's research is to isolate and count the number of circulating tumor cells in the patient's blood to evaluate the progress the cancer is making. The next step will be to study the makeup of the cells and how they respond to a new therapy Dr. Khaled has developed through funding from the Breast Cancer Research Foundation.

"There are thousands and thousands of cells in a drop of blood," Dr. Khaled explained. "But before technology like the CELLSEARCH system, we couldn't see these circulating tumor cells on their journey through the body. Now, we can isolate individual circulating tumor cells and capture them as they go from point a to point b. Once we isolate these cells, it opens the door to more study."

Physicians know that metastatic or spreading cancer cells are what cause death in most cancer patients because such cells invade key organs like the brain and lungs. They can appear even years after the original tumor has been removed through surgery or chemotherapy. Dr. Khaled's specialty is breast cancer, and her goal is to find ways to destroy metastatic breast can-

cer cells, an effort that has earned her the nickname of "cancer assassin."

In 2012, she discovered a peptide called CT20 that kills metastatic cancer cells. The peptide disrupts chaperonin, a protein that prompts the folding mechanism inside cancer cells. If the inner workings of the cell can't fold into 3D units, the cell dies.

Dr. Khaled's previous studies have shown that the higher a patient's levels of chaperonin, the sicker they are. One goal of the new CELLSEARCH technology is to document the levels of chaperonin in the circulating cancer cells before and after the peptide treatment.

Elizabeth (Beth) McCaw-McKinney's family said they were inspired to donate funds for the machine after their sister died of colon cancer in 2017. McCaw-McKinney was the family "rock," the one who always ate healthily and loved spin classes at the YMCA. She was the picture of health, they said, but was terrified to get a colonoscopy. She finally scheduled one but canceled the day before the procedure. When McCaw-McKinney finally had a colonoscopy at age 52, doctors found Stage 4 colon cancer. They gave her three months to live. McCaw-McKinney lived three years.

Throughout her cancer battle, McCaw-McKinney urged everyone she knew and everyone she met to get a colon cancer screening. "From the point she received her diagnosis, Beth was all about early detection," said her sister, Catherine McCaw-



Ana Carr, Ph.D., a scientist in the College of Medicine's Cancer Research Division, works with the college's new CELLSEARCH equipment.

Engelman. "We now have the technology to analyze cancer in that tube of blood. We couldn't think of a better way to honor Beth and to give back."

The technology is so advanced it can detect as few as two circulating tumor cells in one milliliter (1/5 of a teaspoon) of blood. Levels of five tumor cells in a sample are considered evidence of metastatic cancer. Detecting the number of circulating tumor cells in the blood can warn doctors that a patient's cancer is spreading – before they have symptoms.

"What I want to do is get these guys," Dr. Khaled said of the spreading cancer cells. "Thanks to this generous gift, we are one step closer to stopping cancer."

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



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Rotary Update: Jason Palinkas Named Rotarian of the Year 2017-2018

BY GEM MICHEO, PRESIDENT,
ROTARY CLUB OF LAKE NONA
LUNCH



Gem Micheo, President, Rotary Club of Lake Nona Lunch

- Club membership
- Attendance
- Member of our Rotary club for at least one full year
- Member in good standing
- Involvement with service projects
- Involvement with fundraising projects
- Additional club activities that help to strengthen the camaraderie of the club
- Contribute to the day-to-day workings of the club
- Leadership and recruitment
- Worked on a committee for the club
- An active leadership role within the club
- Brings visitors and/or candidates for membership to the club
- An active participant in the club's annual membership drive
- Participated in or helped to facilitate a District or RI (Rotary International) program

This annual award is designated for one Rotarian in our club who clearly stands out by demonstrating "service above self" and has a principled commitment to the four-way test.



Who is Jason Palinkas?

Jason Palinkas is an outstanding club member; he has made significant contributions to the mission and operation of our club. Palinkas exhibits "service above self" in his daily activities, promotes Rotary by his actions as well as his involvements and



Jason Palinkas, Rotarian of the Year 2017-2018

is a distinguished Paul Harris Fellow. The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 or more to The Rotary Foundation of Rotary International. He is an amazing father, a loving husband, a brother, a Lake Nona resident, an upstanding neighbor and the founder of JP Capital.

What is JP Capital?

Founded in 2013 by Jason Palinkas, JP Capital Realty Inc. is Orlando's boutique real estate brokerage specializing in providing a unique, end-to-end buying or selling experience. The magic behind the JP Capital experience is Palinkas' commitment to matching his clients with the house of their dreams and his philosophy that good is not good enough. Your house needs to be "just perfect." JP Capital is not just a broker, but a partner who will be by your side guiding you through the process from initial consultation through post-close and beyond.

Special Rotary Thanks to PBM Specialties and Nona Social

Thank you to all the amazing local companies that open their doors and volunteer services to our Rotary Club. I want to specifically thank PBM Specialties and Nona Social for helping us host our first "Rotary Rocks Social." PBM Specialties is a commercial sign company that does extraordinary signs and custom awards. Nona Social is a local restaurant that has become the preferred place to hang out while in Lake Nona. Both have provided uncanny support to our mission and for that Rotary thanks you.

For additional information on the Rotary Club of Lake Nona Lunch, visit www.lakenonarotary.org or call (407) 720-0614. Meetings are held on the second and fourth Tuesdays at 11:45 a.m. at the Ronald McDonald House, 13551 Nemours Pkwy., Orlando, FL, 32827.



Being a member of a Rotary club does not make someone a Rotarian, it only makes them a member of a specific club. A Rotarian volunteers tirelessly to help the club achieve its goals, acts with high ethical standards and participates in the club's community projects both locally and internationally.

The Rotary Club of Lake Nona Lunch is proud to announce Jason Palinkas as the Rotarian of the Year 2017-2018.

What does it take to be nominated for Rotarian of the Year?

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Business Spotlight: Sport Clips Coming Soon to Lake Nona

ARTICLE BY BRITTANY BHULAI
PHOTOS COURTESY OF SPORT CLIPS



Debra Sawyer

Sport Clips Haircuts franchise owner Debra Sawyer is opening up her 21st store here in Lake Nona on August 7, 2018. The store will be located on Narcoossee Road in front of Wal-Mart and near Firehouse Subs. Residents can expect a quality haircut experience at a reasonable price and can check in online to reduce any potential wait time in the store. “Most men don’t want to be in a salon for a whole hour or longer, but they don’t want a five-minute

haircut, either,” says Sawyer.

The Sport Clips signature service is an MVP, and it includes a precision haircut, the hot steamed towel wrap treatment, a tea tree shampoo massage and a neck and shoulder massage treatment, all four of which costs only \$25 and takes just a little under 30 minutes. Sport Clips even offers a bonus for all new clients. Anyone who is walking in for the first time gets the MVP upgrade service at no charge, a free \$5 value. That means all first-time clients receive the Sport Clips signature MVP service for the price of a regular haircut service. Sport Clips also offers beard detailing and a complimentary neck trim in between haircut visits.

While Sport Clips features “guy-smart” stylists, all clients are welcome. In fact, Sawyer herself is no stranger to being a client at her own stores. “My two daughters get their hair cut there. I’ve gotten my hair cut there many times,” she says. It is also a welcoming place for children and seniors.

The founder, Gordon Logan, opened the franchise’s first store back in 1993 in Austin, Texas. His mission, as stated on sportclips.com, is to give clients a “championship haircut experience in an exciting sports-themed environment.”

Sawyer says Sport Clips invests a lot of effort and dedication into their staff. She mentions that when one comes out of beauty school, there is not much training done on the barbering side. Therefore, the company spends a lot of time providing additional classes for their team members. Stylists’ skills are further sharpened in men’s hairstyling and trends. “That way, they are better prepared to handle all male clients that walk in the door,” Sawyer adds.

Sawyer has been a Sport Clips franchise owner for over 12 years now, and she does not see herself going anywhere else anytime soon. Being an absentee owner is not her cup of tea. She visits all of her stores in Virginia and Florida frequently. Soon, she will be moving to Florida from Virginia to guide the future stores and help them grow. She says that her “word of the year” for 2018 is “embrace.” She is embracing her work, her two daughters, and all of the opportunities that might come.

In addition to satisfied customers, Sawyer also finds a warm feeling in being able to

assist her team members and seeing them develop as people. She states, “I’ve also given that financial opportunity to my team members, my employees. I’ve had team members buy cars, buy their own house, [and] move out on their own. Just watching them grow and mature and having the ability to earn an income and support themselves is rewarding.”

The company owns nearly 1,800 stores in the U.S. and Canada. Nine of Sawyer’s stores are located in Richmond, Va., while 11 are located in Florida. Her current Florida store locations include Waterford Lakes Town Center and one near University Boulevard. Sawyer is working on three more Florida stores as she continues to expand from Orlando to Tampa.



To keep a tab on promotions or to find a store near you, visit sportclips.com. To get updates on the Lake Nona location that is coming soon, visit SportClips.com/FL219 or follow the Facebook page: Sport Clips Haircuts of Orlando - Lake Nona.



Nona Growth: Lake Nona Golf & Country Club

BY SOPHIA ROGERS

After more than 30 years of delivering high-quality living in Orlando, Lake Nona Golf & Country Club plans to expand with the addition of 54 estate home lots. Plans are to include exclusive access to the highly anticipated man-made lagoon.

Situated along the southern side of Lake Nona – between the planned 250-room Lake Nona Resort and its 11-acre Crystal

Lagoon – and adjacent to USTA National Campus and KPMG, lot sizes will range from 70 to 85 feet wide.

In May, Tavistock Development Company filed a Specific Parcel Master Plan with the City of Orlando for this first phase of development on 102 acres (Lot 2 within Parcel 10) for 54 estate homes. Tavistock also filed a Preliminary Plat for two residential parcels and a future development tract within Lake Nona Parcel 10b.

According to Lake Nona Realty marketing materials, “Expansion plans include the addition of luxury condominiums, custom homes and a lake club on the beaches of the crystal lagoon. Members will enjoy not only these new amenities but all the benefits club members currently enjoy, including a premier championship golf course, 40,000-square-foot

clubhouse with an 18-room lodge, bath and racquet club with all-inclusive fitness and tennis facilities, a resort-style, lake-side pool, and year-round children’s programming.”

Access to the private community will include a gated entrance off Wellspring Drive, providing access on the west, and an extension of Cromwell Road will branch from the northeast corner into the existing Golf and Country Club community, which

today has about 300 luxury homes.

Sophia Rogers is a six-year Lake Nona area resident and Realtor/founder of NonaHomeGuide.com. A wife and mom of four, family, relationships and real estate are her passions. She can be reached at sophia@nonahoodnews.com.



Lake Nona Resort is located along the shores of Lake Nona within the master-planned community’s growing Sports & Performance District, which is home to Johnson & Johnson, KPMG, and USTA (Credit: Tavistock Development Company).

Fitness and Organizational Culture, Part Two: When The Going Gets Tough, Keep Going

BY TRAVIS JACOB

One of the best aspects of the Lake Nona community is the design and focus on personal health and fitness together with a strong and healthy business and medical community. When it comes to performance and success, these factors go hand in hand. Personal performance is not only beneficial to your personal health, but it is beneficial to the health of your business or organization as well. This article is the second in a four-part series on just four of the principles I have learned and teach from iron distance racing related to building and maintaining a winning culture in organizations.

Principle Number Two: When the Going Gets Tough, Keep Going.

In 2010, I completed the Silverman iron distance triathlon in Henderson, Nev., just outside of Las Vegas. What made this race unique and also very difficult was the bike course. The 112-mile course was in the Mojave Desert, which has hills with long climbs. All total, there was 10,000 feet of climbing. Very. Long. Climbing! I trained on hills, so I was ready, but I'm still not a great climber. Consistent and steady, just not fast.

With the amount of climbing, this was the toughest bike course I had ever raced on. Each stage of an iron distance triathlon has a time cut-off. If you don't make it by the cut-off, you are pulled from the race and your day is over. I had never had an issue finishing a bike course ... until

this day. At the halfway point, the climbing had already taken a huge toll on my legs. I stopped for 10 minutes to rest at the checkpoint, where I grabbed my special needs bag and quickly consumed a cold Mountain Dew and king-sized Snickers bar (don't judge, it worked for me!) before continuing on for the second 56 miles ... of long hills.

That second half was tough. At mile 100, with only 12 miles to go as I was checking my time and current speed, which was against the wind and slightly uphill, it didn't seem possible that I would make the cut-off time and I would likely be getting pulled from the race. The going was tough, very tough, and in that time I had to just keep telling myself to keep going no matter what. I kept going, pedaling as hard as I could, checking my watch and the distance I had left.

Then, at just the right time, a right turn took me downhill into town. I finished the bike course with only 10 minutes to spare, but I had finished, and now "only" had a marathon to go. Yes, I finished the race!

Building and maintaining a winning organizational culture can be very tough at times. Dealing with issues that come along with the business can be hard enough, but add in the "people" factor and the road can get really tough.

I worked on a project at a company where I was put in charge of building a winning culture. We were trying to build trust in what was a very toxic environment. We were trying our best to make sure everyone was treated fairly relating to pay range for each position. A market study had been completed, and we had communi-

cated frequently and clearly to everyone about the process every step of the way.

When we were ready to share the results, I met with each employee individually along with their director. Everyone was receptive and thankful for the work we did, except for one person. That person sat in my office and called me a liar and said I was not being fair and was not following through on what I told everyone we were going to do. Even though I knew what he was saying was not true, it was still a tough one for me because I had been trying so hard to build trust, which would provide the foundation for improving the culture. The going was tough at that moment, but I kept going. I had a great team, and we all kept going. This individual tried to gain support from his co-workers, but because we stayed the course and kept going, no one would listen to him because they knew we were being fair to everyone.

There is not a step-by-step process to this one. No magic formulas. You can have a great plan that focuses on building a great culture for your organization, com-

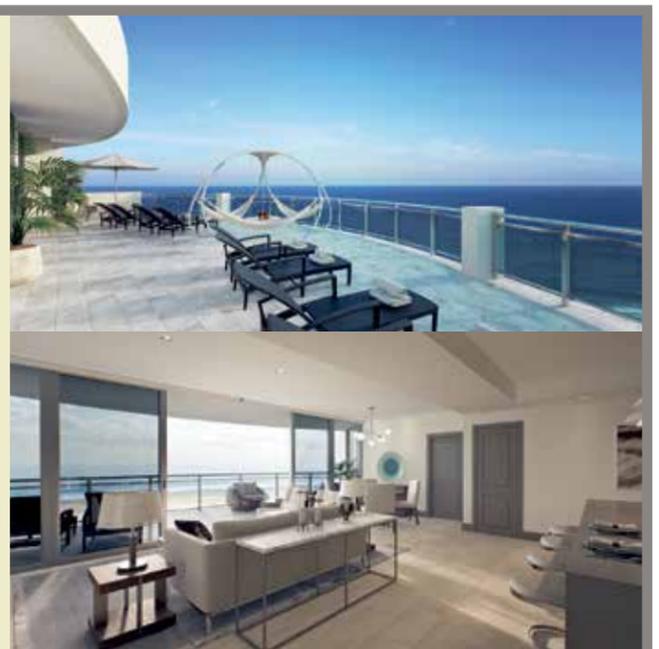
municate the plan, see results from the plan, and yet still go through tough times while working the plan. Don't get discouraged and remember part one of this series, "Keep Your Eye on the Goal," and when the going gets tough, just keep going. If you do, you will be surprised at the support you will get coming from the people around you.

Stay tuned next month for part three of this Fitness and Organizational Culture series.

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.
Email: travis@ultimatesynergy.net
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Creator Mindset: Wasted Talent

BY NIR BASHAN



Nir Bashan

I have a friend who is a brilliant carpenter. He truly has a gift. He does high-end wood finishing for private homes. His work is incredible. We are talking some very intricate finishes that are amazing to see in person. His manipulation of wood is second to none. His use of stain makes the woodwork come alive. Woodcraft has always come easy to him, and he had gone to school for it, becoming an expert at fine woodworking. His website reads like a best hits of some of the most advanced woodworking you have ever seen.

Yet, there is a problem here. He is unemployed.

You see, in our race to get super specialized in one very specific thing, we have forgotten that being an expert at something is only the beginning. In this day and age, it is no longer good enough to be an expert at any one thing. What I mean here is that, in order to earn success, you must

have other skills in addition to what you are an expert in.

It is simply not good enough to be a brilliant surgeon anymore. Sure, you might have some incredible expertise and lengthy training and the gift of precision, but if you cannot appeal to a patient on a human level – or connect with them in a way that allows them to understand the procedure or predicted outcome – then your talent is wasted.

Now, this might come as a shock to some folks. We are taught that the more we excel in one specific path in life, the better. We are taught this by colleges and universities across the country, yet it is all a lie.

In order to harness the power of the Creator Mindset, we must realize that being an expert is important. But equally important is a whole host of other related skills in the journey along the way.

My carpenter friend simply cannot maintain work on a regular basis because he understands little about client service or the constraints of working on a schedule. While his work is great, he is often doing what he feels is best and not what the client wants. He is rude to customers, talks over people, cannot tolerate mediocrity, and has no patience for late deliveries or incorrect orders. His way is the only way. And his way is best.

Yet he's often baffled as to why he is not working because he is so good at what he does. But I challenge you to re-evaluate



your assumption of what makes someone "good" at their job.

Now, I wonder how many of us are like my carpenter friend? I know that from time to time I am. And how many of us are really good at that one thing and insist that the world accept it as it is, with no supporting skills around the expertise? Like the kid who graduates from college and shows up for an interview saying, "Hire me. I have a degree, therefore, I am an expert."

I think it's a dangerous position to be in. I think it's a dangerous position for our country to be in. Specializing is important. Being an expert is critical. But without experience and supporting skills – especially with an ability to connect with people – this talent is shamefully wasted.

Nir Bashan is an executive creative director/managing director with over 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, which will be released soon. Visit nirbashan.com for more information.



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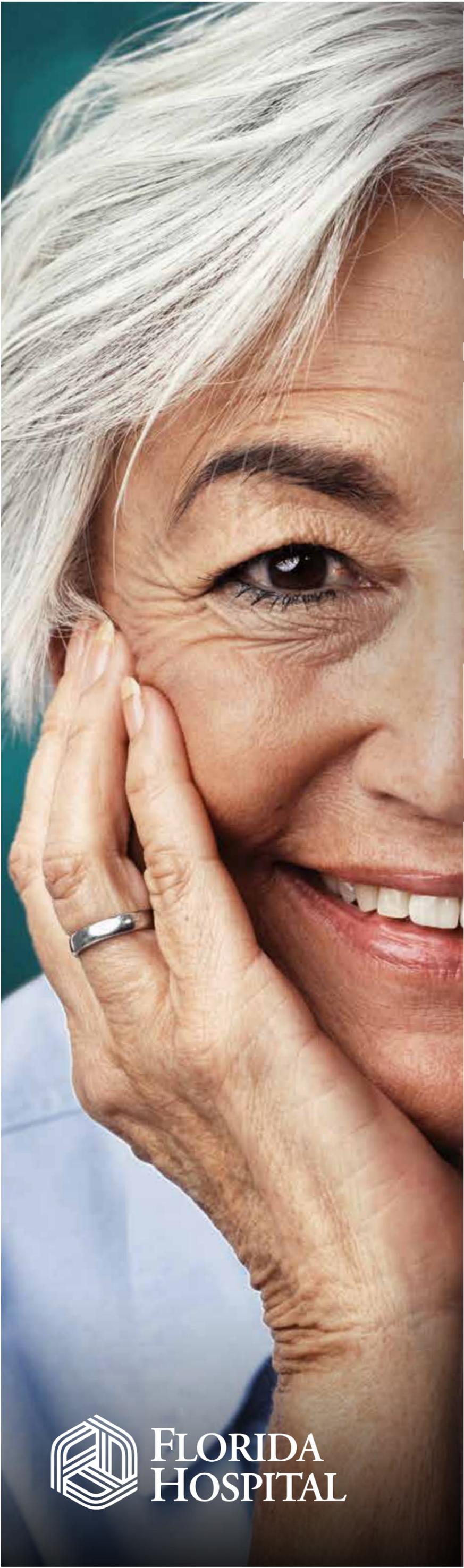
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Get In-Powered!: From Attraction and Distractions to Freedom

BY EDWARD A. RODRIGUEZ



What are you attracted to that is distracting you from your best work, your better self, and even your freedom?

While living in New York, right before sunset, I was arriving home, opened the garage, parked the car and before closing it, I heard something. I stayed quiet and heard it again. All of a sudden, there it was. A bird. A house sparrow that somehow made its way into the garage.

I started walking toward it in such a way that, if trying to escape, it would go toward the big, open garage door ... but it did not. Instead, it flew toward a closed window on the side of the garage that faces the street through which you could still see a glimpse of what was left of the daylight. The bird kept trying to fly through the glass not realizing that, just a few feet away, there was the path to freedom.

Quietly, I walked toward the window to help direct the distressed sparrow to the garage door again. This time, it noticed something else that was shining ... a light bulb in the laundry room on the opposite side. It flew toward it, circled it a couple of times and then flew to another shiny object, the chandelier in the dining room past the kitchen.

My kids noticed the ordeal and joined my quest to help the sparrow. They opened the front double doors of the house to see if that would attract the bird, but instead, it flew 18 feet to the ceiling of the family room where there were several recessed lights ... hmmm, more shiny objects? The bird went from light to light and then inside the guest room.

We quickly went up the stairs to the room and finally were able to catch it. We came downstairs and out of the house. Almost ceremoniously, the bird was released ... phewww!

The little bird could not distinguish the difference between shiny objects and the path to freedom. On a couple of occasions, the opportunity to escape was just a few feet away, but the lure of the shiny attraction was so strong that, instead of pursuing freedom, it got deeper and further away from it and, had it not been for an outside influence, this sparrow would have remained hostage of its own instincts.

In the same way, we as humans are attracted to shiny objects that distract us from becoming our best and from freeing ourselves from those things that hold us back. Contrary to the bird, however, we often DO see the door to freedom. We know what we should be doing and we are aware of what we should not be doing, but we allow the bright light of the instant gratification to blind us and to keep our true potential hostage.

Passing the doors of freedom requires personal responsibility. It requires that you allow yourself to be comfortable being uncomfortable while you pursue the bigger light of a brighter future.

What shiny objects are you attracted to which distract you from becoming your best self?

When I ask this question in my seminars, I receive responses such as social media, sleeping late, watching TV, constant phone notifications, a new idea, the new tech gadget that just came out, playing Candy Crush, etc. Your distractions may or may not be similar, but either way, consider the following:



- What is this attraction/distraction costing you?
- What don't you have in your life right now that you would have otherwise?
- How do you feel about it?
- What can you do about it?
- What will you start doing about it now?

To an extent, the bird did not have a choice ... it was following its own instincts. The bird could not observe or critique its own behavior, but we are not little birds. We are the thinker behind our thoughts and the doer behind our actions.

We don't have to wait for an external force to motivate us. We don't have to wait for illness to kick in. We don't have to wait for financial difficulties. We don't have to wait for our important relationships to be broken. We can choose now to cross the door and embrace freedom.

How far will you allow your wings to take you?

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, HNLP, 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.



Get Traction: 136 Issues

BY CHRIS WHITE, CERTIFIED EOS IMPLEMENTER, TRACTION IN FLORIDA



In business, we're constantly bombarded with issues: company issues, department issues, and people issues. When you think about it, on average, we're probably dealing with 136 issues every single day. In order to handle them quickly, most leaders and managers pick the easiest ones to do first, while ignoring the more complex or tougher ones.

These leaders end up spending twice the amount of time on what they thought were going to be easy and fast issues, while pushing the more important issues to the corner of their desk, left ignored. The problem is, the important issues could actually sink your company if avoided for too long.

If this sounds familiar, don't despair, I have the solution.

It's called compartmentalization, and you can sort and prioritize your issues into four buckets:

1. One Year
 2. 90 Days
 3. Seven Days
 4. Parking Lot (long-term issues)
- Here's how it works:

In the one-year bucket, place the issues that have to be addressed this year, but not now. In the 90-day bucket, place the issues

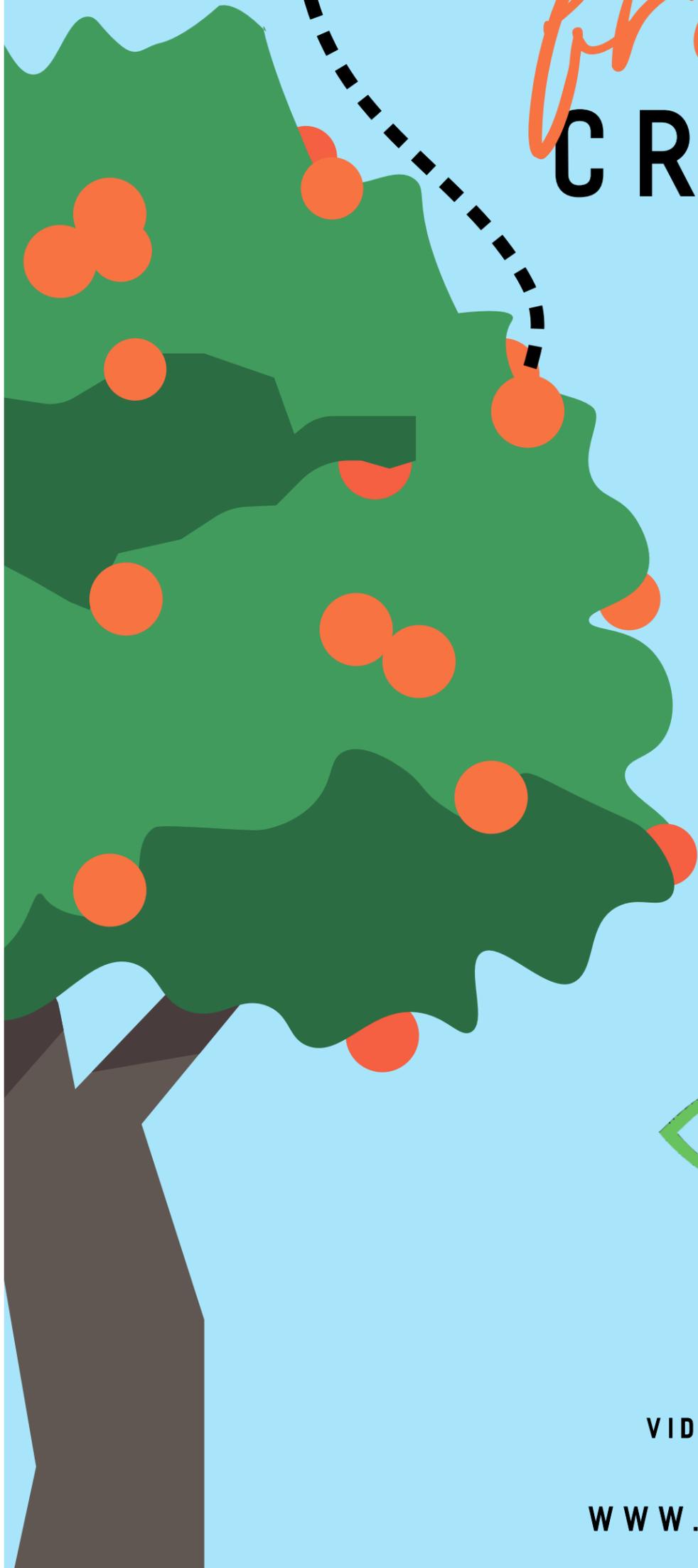
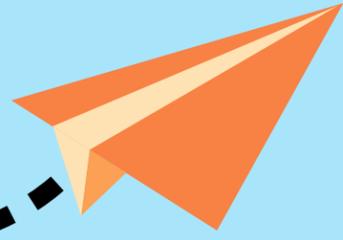


that have to be resolved this quarter. In the seven-day bucket, place the issues that have to be addressed this week. And finally, in the parking lot bucket, place the issues that are on hold until next quarter.

You'll find compartmentalizing a simple but powerful tool to help you take control and stop ignoring the important issues.

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





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The Artist: Battling Mental Monsters and Finding Hope

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF NICOLET
CARSON



Bipolar Disorder: A chameleon-themed reptile with multiple colors on his skin.

“My hope lies in the thought that by looking at these creatures, those who struggle to feel safe or at home in their own minds can realize this: **You are not a victim of a mental disorder.** You are a person with a story, a life, and battle scars who just so happens to have a monster on their mind.”

Meet Nicolet Carson, an intuitive and driven young lady who, currently just 19 years old, had her *Mental Disorder Monsters* sculpture line featured by the Mental Health Association at its Legacy of Champions Luncheon, held right here in Lake Nona. Carson was born and raised in Oviedo and is wise beyond her years. She spent days researching specific disorders and was able to pick apart each individual disorder and shape it into the monsters in the *Mental Disorder Monsters* line.

“By creating these pieces, I do not intend to just show healthy-minded people what it is like to live with a disorder but also to help those who do fight to keep a steady mind. These physical representations of mental disorders are meant to help those who are ailed,” stated Carson. “By seeing a physical representation, I hope to help them come to terms with knowing what it is they are facing while also showing that it can be defeated. That no matter how tough or scary it may seem, that there is always hope.” Carson continued, “**Hope is a common theme in this line of pieces.** With a white space on each piece, I am able to show you where it is that hope lies in each of these monsters.”

Nonahood News set out to discover more about Carson and her *Mental Disorder Monsters*.

NHN: What drove you to become an artist? When did you realize creating art and sculptures were your passions?

NC: Ever since I was just a little kid, I have been creating art. Of course, the pieces I made as a kid were nothing extraordinary, but they were the start to something far more important in the long run. It wasn't until I was in high school that I realized I can do more than doodle in my sketchbooks and actually make a difference. After taking an art class that specializes in three-dimensional art, I had started to fall in love with the medium of clay and papier-mâché. After three years of the class, I was able to move up to an Advanced Placement [program] level. It was in this AP class that I had created the *Mental Disorder Monsters*, and I continue to design them to this day, creating more sculptures that I will bring to the light soon. I have plenty more monsters in store, and I hope to continue bringing attention to the monsters known

as mental disorders.

NHN: What inspired you to create the *Mental Disorder Monsters* sculpture line?

NC: I was inspired to create my monsters due to my interest of the human mind and how it works, as well as the fact that I have many people close to me that suffer from these monsters you see. After knowing people so long and seeing how the mind affects them, I knew something had to be done to get these creatures more well known. People always skip to the excuse of telling victims of mental disorders that it's “all in their head” without seeming to realize that being “all in their head” is the issue. With the mind being the most complex organ in the human body, it isn't as simple as putting a Band-Aid over it and calling it a day. It is something that must be worked with, and people need to learn this and understand it.

NHN: How long have you been sculpting and creating art?

NC: I have been sculpting since the age of 14, but I had made minor clay projects since I was five. It had only become serious once I had started high school.

NHN: How often do you find yourself creating art?

NC: I do not sculpt all that often, but I do draw, paint and sketch at least once a day. I also create jewelry pieces in some of my free time.

NHN: Is art something you plan on studying in further education or is it just a hobby for you? What do you



PTSD: A bull-like creature with a lion's mane.



Selective Mutism: A mouse-like creature with glowing eyes and ears.

want to do as a career?

NC: I am planning on taking my art further. I hope to one day get into the field of art therapy so I can show others the healing properties of art and get them to open up while creating something beautiful and meaningful. If I am unable to reach this goal, I still plan to stay with art. With sculptures and paintings being a large part of my life, I intend to move higher up in this field and sell my art while continuing to spread the messages I find important for others to know, such as the importance of mental health and getting help.

NHN: Which of your artwork/sculptures would you consider to be your favorites? (Pick a top three.)

NC: It is always difficult to pick which of my sculptures is considered my favorite, though I feel as though I can pick a top three somewhat easier than one single piece. I believe that my top three sculptures would be that of *PTSD*, a bull-like beast with a lion's mane and four pure white eyes, *Selective Mutism*, a small mouse creature with bare skin and fused lips, and last but not least, *Schizophrenia*. I would discuss him further, but he is currently being worked on, and I intend on keeping this creature's design a bit of a mystery until the sculpture's release.

(Carson doesn't have an expected release date for *Schizophrenia* as of yet, but she is about halfway done with the sculpture at the time of this interview.)

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

NC: My most time-consuming of my projects would have to be *Paranoia*. *Paranoia* is a cat-like creature whose body has been reduced to that of a spring. His body defies gravity as it stays in this curled shape and has been broken multiple times in the process of making him. Luckily, he has been modified to be a bit sturdier than he was in the past, and we have learned how to transport him properly without the possibility of his back shattering.

NHN: What are some of your dream projects?

NC: I dream of continuing my line of mental disorder monsters, as well as branching out to more lessons I hope to teach others. I have plenty of ideas and designs that I plan on bringing to the light once the time is right.

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

NC: My inspiration comes from those who surround us on a day-to-day basis. People are my inspiration, not just the ones we see on TV or hear on the radio, but the ones we pass as we walk down the street, the ones we see as we shop in the mall, those who have a voice but aren't always heard.

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

NC: I did not go into this field trying to share a vision with other artists, but there are many artists who create art to show their views and to bring light to the topics that they find important. It is the greatest power that artists hold; once you are known or have a following of sorts, you have the chance to make a difference for the best. Not everyone takes this chance, but I intend on doing so.

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

NC: Although I am not the best at this yet, I am a fan of creating sculptures and pieces with the intent of looking both realistic yet grotesque. It is fun to create something that looks as if it can fit within this world while also bending the norms of reality.

NHN: Future goals/plans?



Nicolet working on the Anorexia sculpture about a year and a half ago.

NC: My goals are simply to help others and leave an impact on those who knew me. I wish to bring forth conversations that people are too worried to touch upon in a healthy and intriguing way so people do not need to feel like topics such as mental health need to stay silent. Those who suffer from the monsters in their own mind need to know that it is perfectly fine



OCD: A dark brown creature with bark going down his spine and marionette handles hanging from his hands.



Misophonia: A dragon-like creature with scratched-out eyes.

to find help. It is not a sign of weakness but that of strength for being able to go to someone and help yourself and others.

Those interested can connect with Carson on Instagram @names_shouldnt_matter.

“You are more than your disorder and with time and hard work, **one day you can make your mental disorder a victim of you.** Stay strong and believe in yourself, do not be afraid of asking for help. These creatures are scary to fight, but **you are never alone.**”

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.

Local Family Donates \$100,000 to The National Fisher House Foundation

ARTICLE AND PHOTOS BY BRITTANY BHULAI

A local family donated \$100,000 to the National Fisher House Foundation on July 2. The check was presented at the Orlando Fisher House, where the donor (who preferred to remain unnamed) spoke of her son who, in 2007, was a patient at Brooke Medical Army Center located in San Antonio, Tex. Her husband also was a veteran.

When her son was receiving medical care, she was a guest at the Fisher House in San Antonio for about five months. She was impressed by how caring and accommodating the staff was. They truly went out of their way to meet the needs of every guest.

“I saw young women with babies with husbands that have been wounded, and they were there for long periods, and I can’t imagine what they would have done if they didn’t have Fisher House available. So, it made me realize Fisher House serves a very, very important function,” stated the donor.

She went on to say that it would have been a massive financial burden if she had to stay in a hotel room. Additionally, staying elsewhere would have taken away the convenience of her being right next to the hospital that her son was in. Being walking distance from the medical center was one less thing to worry about. Having a place that felt “home-like” to come back to after spending hours in the hospital was more than she could ask for. Her experience placed the Fisher House Foundation number one on her donor list.

After the presentation of the check, the donor went into the kitchen area of the Fisher House to make the first cut to a



cake that was brought by the Fisher House Foundation in honor of her contribution. Others in attendance included members from the board of directors of Friends of Fisher House Orlando. She also carried with her a framed photo of her husband, who had passed away.

Orlando Fisher House Manager Terri Turner expressed that she is very grateful for the donation and that it means a lot to her. Since the donation was placed toward the national foundation, it will go toward construction costs of Fisher Houses that are still being built in the United States. Currently, there are 38 houses under construction across the nation. Since the donor lives in Port Orange and her son lives in Oviedo, Orlando Fisher House was the closest location for the family to present their donation.

There is also a plaque that is placed in each Fisher House that gives credit to the donors and their donations toward the Fisher House Foundation. “It makes me feel great ... knowing the community support is there,” Turner said.




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A Note of Thanks From The Chamber

BY DON LONG, CEO

The Board of Directors and staff of the Lake Nona Regional Chamber of Commerce thank the publishers and staff of *Nonahood News* for this opportunity to share news and information about the Chamber of Commerce for the Lake Nona region. This new partnership will allow Lake Nona readers to acquire important information and knowledge of subjects that affect this quickly-growing region.

This monthly section will contain announcements of:

Upcoming events of interest to the members and the entire community

lidy and document policy and procedure for the Chamber before becoming managing editor of *Nonahood News*. On Dec. 1, 2017, the Board of Directors hired Don Long, retired Master Gunnery Sergeant USMC, who is presently serving as president and CEO of the Chamber. That was followed shortly after by the addition of a second administrative coordinator in January 2018, Madelyn Long, who brought with her more than 16 years of dedicated chamber experience.

The Chamber is a member of the Florida Association of Chamber Professionals and the Association of Chamber of Commerce Executives. A Board of Directors governs the employee staff, and the Chamber operates as an IRS 501(c)(6) corporation.

The Chamber is growing almost daily with an approximate membership today of 245. Some of the major partners include GuideWell Innovation Center, Nona.Media, Orlando Utilities Commission, Crunch Fitness (Lake Nona), Ronald McDonald House (Lake Nona), A.Clore Interiors, Institute of Aesthetic Surgery, and Earth



Rafael Pratts (center), certified business counselor with UCF Florida Small Business Development Center, delivers a brief on the reasons for strategic planning at the Lake Nona Lakehouse on July 11. Starting in July 2018, Pratts will offer free business counseling to Chamber members. Contact the Chamber for more information.



Don Long, President | CEO of LNRCC

Business advocacy efforts undertaken by the Lake Nona Regional Chamber of Commerce

Who is new to the Chamber along with who renewed their investment

Member-to-member discounts

Chamber committee actions and missions explaining how they affect the region

This section will also occasionally contain notes of interest from Andrea Byrge, Chairman of the Board of Directors, or Don Long, President/CEO of the Chamber. Readers who are not yet familiar with the Lake Nona Regional Chamber of Commerce (LNRCC) will find this short history of LNRCC and chambers in general interesting.

Most chambers of commerce are organized as not-for-profit membership organizations whose goals are usually focused on business development and positive growth within a certain region, business type or ethnic group. Chambers of commerce are not government organizations, though most strive to maintain influential positions in business, residential and government arenas.

The LNRCC mission is "To serve the Lake Nona Region by promoting commerce and providing resources for the benefit of our members and the community." LNRCC was created in 2013 by a volunteer board of directors headed by Lidya Gongage, founder of the Chamber and the annual Taste of Nona event. From then until May 2017, the Chamber ran under the direction of volunteer professionals and business owners. During that time, they made significant progress, including growing the membership to 160 business members, the establishment of several standing board of directors committees, and the successful creation of both monthly and annual signature events.

The first LNRCC employee, Elaine Vail, was hired by the Board of Directors as administrative coordinator in May 2017. Vail quickly procured physical office space in Lake Nona Town Center and helped to so-

Fare supermarket.

Chamber monthly events include informational and educational breakfasts and luncheons in addition to two signature events per year, Nona Chamber Festival (in March) and Taste of Nona (scheduled for Oct. 12 this year). Complete event information is available by visiting the Chamber website at www.LakeNonaCC.org and clicking on the "Event Calendar" tab. People wishing to attend any of the events can easily register online for each event. The Chamber website also contains a complete and easy-to-use member directory where visitors can research for services or products offered by Chamber members. The Chamber board and staff encourage *Nonahood News* readers to visit this page every month to stay up-to-date with events and business in the area.

Anyone interested in joining the Chamber can do so at the website by clicking "Join the chamber" at the top of the page, by emailing Administration@LakeNonaCC.org, or calling the Chamber office at (407) 796-2230. Membership levels range from individual person to large corporate involvement. It is not necessary to own a business to become involved in the Chamber. Individuals wishing to participate can do so for a very affordable investment that will allow them to attend all Chamber events at the discounted member rate while also participating in the efforts of the Chamber to make the Lake Nona region a great place to work and live.

The Lake Nona Regional Chamber of Commerce is a membership not-for-profit organization with offices located in Lake Nona at 6555 Sanger Rd., Orlando, FL 32827. Comments or information are encouraged at Administration@LakeNonaCC.org.



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June 1- July 15, 2018

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Upcoming Events

Aug 07-Ribbon Cutting at Sport Clips
Time: 8:30 AM - 9:15 AM
Location: 9971 Tagore Place Ste 2, Orlando, FL 32827

Aug 07-First Tuesdays | Business After Hours at 310 Nona
Time: 5:30 PM - 7:30 PM
Location: 310 Nona - 10785 Narcoossee Rd, Orlando, FL 32832

Aug 09-Breakfast Connections @The Befly, Eagle Creek Golf Club - "Is Your Business Safe?"
Time: 8:00 AM - 9:30 AM
Location: Eagle Creek Golf Club, 10350 Emerson Lake Blvd, Orlando, FL 32832

Aug 14-Contagious Connecting -"The Big 4 Mindsets Top Networkers Embrace & Rocking Your 60 Second Commercial"
Time: 8:00 AM - 9:30 AM
Location: Ronald McDonald House, 13551 Nemours Pkwy, Orlando, FL 32827

Aug 24-Business Luncheon @Ronald McDonald House -City Commissioner Jim Gray - "Lake Nona, You Don't Know the Half of It"
Time: 11:30 AM - 1:00 PM
Location: Ronald McDonald House, 13551 Nemours Pkwy, Orlando, FL 32827

Sep 04-First Tuesdays | Exclusive Members-Only After Hours at Lake Nona Golf & Country Club
Time: 5:30 PM - 7:30 PM
Location: Lake Nona Golf & Country Club, 9100 Chiltern Dr, Orlando, FL 32827



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Tough Things To Talk About: #SocialMedia

BY VANESSA POULSON

I got my first Instagram account when I turned 13. It was a secret, of course, from my mom, who didn't like the fact that I was already connected to a world of different ideas and realities through the screen of my phone. Yet, I was intrigued with the power of social media, who it could connect me with and how fast. I wanted to learn about everything that I could on the platform, from teaching my 13-year-old self how to put on makeup, to pushing the boundaries of photography, or venturing off to places I would have never even considered stepping foot in.

Social media changed the entire game of what it means to communicate on a daily basis, how we connect with one another, and what those experiences mean to each and every single one of us.

In my senior year of high school, I took a class called AP Research. This class is part of the two-year AP Capstone program, where students write and research a topic of their choice in the process of writing an academic paper. For my senior year AP Research project, I conducted an experiment and wrote about the power of celebrities and social media in regards to their ability to alter an adolescent male's body image.

The aim of this study was to assess the Lake Nona High School male students'

body image when comparing themselves to those famous individuals, and how the images on these social media sites impact the male gender, which has yet to have been deeply assessed. It was discovered that though boys are less intent on focusing on the physical attributes of the celebrities photographed, they tend to focus on the other aspects the celebrity represents, such as wealth, personality or influence. Though I cannot go into many details, my findings in this study were not only disturbing to me, but also opened my eyes to some of the other faults of social media and how it impacts the general public on a daily basis.

I can guarantee that if you take any mode of transportation, go into any supermarket or mall, or even look across a restaurant, you will see someone on their phone with their thumbs out, lazily scrolling through Instagram, Facebook or Twitter. One observational moment at a theme park will allow you to see people lifting their phones up to take a snap (a photo or video) on Snapchat or dragging a camera out of their bag to vlog the entirety of their vacation. The number of cameras, surveillance, and the ability to gain validation and insight on one's personal perception of the world through the lens of their phone or camera has made us hyper-aware of other's thoughts and feelings about us, changing the way we communicate.

People around us are changing right before our very eyes. Have you met anyone old enough to use the internet and social media who isn't concerned about their like count or number of followers? Have you watched as your friends have posted content bragging about the best aspects of their lives, when you know that the reality is that they are struggling with self image? Have you ever wondered why adults and teenagers alike have become more brash

and willing to say things they would never say to your face through the protection of a screen? Have you ever dealt with adults who are so insecure about their appearance on and offline that they take their emotions and project them on to others?

The answer is likely yes.

As human beings, we're always trying to show off the best of ourselves. We've become obsessed with the idea of an internet-based "highlight reel," where our persona as depicted through the pixels on a laptop or cellphone mean more to us than the person comprised of flesh and bone on the other side.

The truth is, we've reached a point in our reality where our perception of who and what other people are has become more important to us than actually knowing their story. When was the last time you asked someone to hang out without having to document it for the internet to see? When was the last time you lowered

your walls or softened your attitude to see things from someone else's perspective? When was the last time you put your phone down and breathed?

We are an internet generation, and for as much good as the rise of social media has done for us, it has done just as much damage to who we are as a population of people. Put your phone down, read the newspaper (maybe even this one!), go explore something in nature. Life is meant for those who take the opportunity to live it themselves, not through the lens of others. We are not robots meant to be plugged into electronic devices for hours every day.

You're a person, not a like count, a follower ratio, a number on a screen, or any other arbitrary measure of acceptance or validation. Don't forget that.



Local Foster Teens Breaking Barriers Through Work Experience and Collaboration

ARTICLE BY VANESSA POULSON
PHOTO COURTESY NEMOURS CHILDREN'S HOSPITAL

There are currently 19,000 children in foster care in Florida. Many of these children and teens are slighted from the opportunity to learn valuable tools of the trade and pursue higher education in their own individual interests. A group of organizations here in Lake Nona and across Central Florida are looking to provide these teenagers with a valuable opportunity to refine their skills and carve their own path into the professional world.

As of July 16, 17 teens in foster care started their second week of a four-week summer apprenticeship program designed to teach them about careers in the skilled trades. This program is sponsored by The Career Builder pilot program, designed in partnership between Community Based Care of Central Florida (CBCCF) and CareerSource Central Florida's Career Connexions Youth Program to provide foster youth with an opportunity for hands-on training in a specific industry. The hope is that by participating in these internship programs, students will be inspired to further pursue these industries into higher education and then into the professional world, even though they might have once believed they do not have access to these fields.

"Typically, when you ask kids in foster care what kind of careers are you interested in, a lot of times we'll hear 'police officer' or 'social worker' or 'attorney,' just because those are the only careers that they know; it's the only thing that they're exposed to, so their knowledge base is very limited," said Danielle Abbey of CBCCF. "There's really just that lack of awareness of everything and the expanse of everything that's

out there for them. These are possibilities they never imagined for themselves."

Many of the participating businesses in this program include some notable employers for the area, specifically Lake Nona's own Nemours Children's Hospital. Others include 15 lightyears, Titan Electric, AMB Rental and Reed Nissan. The participating teens work up to 40 hours each week and earn minimum wage performing duties similar to that of an entry-level employee. These positions range from home energy evaluator, auto service technician, pharmacy technician and construction site management, among other career path positions. "We want to help give them the skills necessary to succeed in the future," said Jason Lietz of CareerSource Central Florida.

Students for the program are selected on the basis of being able to participate in the program and also demonstrate a sense of "workforce maturity" and willingness to learn and work in the program. Many of the students have also been selected through a partnership with First Star Central Florida Academy, where many students have been assisted from the organization since the eighth grade to help prepare them to enter adult life, the workforce, and higher education. Other students were selected due to their age, and, as they transition out of foster care, this apprenticeship allows them to get the hands-on experience they need to be successful.

Through the Nemours partnership apprenticeship program specifically, participating teens are able to work hands-on with all the different tasks of a pharmacy technician in a hospital setting. Coordinators in the program assist the teens with learning the ropes and help refine their work in each of the positions. Each week of the internship is spent learning the tools of the trade and the importance of what pharmacy technicians do.

"It's a really rewarding experience," said Angela Folger of Nemours.

"Pharmacy technician is not a well-known career path for people. To get to share that with somebody is really exciting. It's reminded the staff to see things through [their] eyes, the excitement and how important what we do is."

After the success of the first year of the program, many in both CBCCF and CareerSource Central Florida Career Con-

nexions Youth Program hope that the program will expand to other businesses and provide more opportunities to teens.

All the members of the team agreed that they see this program making a big impact in the lives of the teenagers participating, the local community, and far beyond.



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USTA: US Open To Showcase Highest Level Of Tennis in America

ARTICLE BY DANIEL PYSER
PHOTOS COURTESY USTA

August marks the return of the highest level of tennis to the U.S., as the North American hard-court swing begins, culminating with the US Open in Flushing Meadows, N.Y., beginning on Aug. 27.

The lead-up to the US Open, known as the US Open Series, kicked off for the men in Atlanta in late July and for the women in San Jose, Calif., the first week of August.

Stops include Cincinnati, Winston-Salem, N.C., New Haven, Conn., as well as Montreal and Toronto, before the top players in the world head to the USTA Billie Jean King National Tennis Center in New York for the year's final Grand Slam.

A number of the players who will be competing in the US Open Series later this summer live in Orlando and train at the USTA National Campus in Lake Nona. Those with high enough rankings will be directly accepted into the US Open main draw, while the next tier of players will be given the opportunity to qualify.

Leading the way for the Orlando contingent is Madison Keys, who is ranked No. 12 in the world following Wimbledon. Keys, who reached her first career Grand Slam final at the 2017 US Open, has had an impressive 2018 campaign, which has included a quarterfinal performance at the Australian Open and a career-best semifinal finish at the French Open.



Frances Tiafoe in action against Roger Federer at the 2017 US Open

In addition to Keys, a number of other Top 200-ranked women from Orlando will be in action this summer, including Jennifer Brady (No. 70), Caroline Dolehide (No. 102), Irina Falconi (No. 140), Kristie Ahn (No. 152) and Grace Min (No. 169).

Brady has reached the semifinals of three USTA and ITF Pro Circuit tournaments this season. Last year, she burst onto the scene, reaching the fourth round of the US Open in her main-draw debut, which vaulted her to a career-high ranking of No. 60 late in the 2017 season.

Nineteen-year-old Caroline Dolehide has had a career year and is primed to break

into the Top 100 for the first time in her professional career. Among her results, she reached the third round at Indian Wells and qualified for the French Open, where she notched her first Grand Slam win before falling in the second round.

Falconi, Ahn and Min have all played Grand Slam main draws this year and hope to find themselves among the 128 women competing in New York.

On the men's side, Frances Tiafoe will make his return to the US Open after taking 20-time Grand Slam champion Roger Federer to five sets in the first round of last year's tournament. This season, the 20-year-old has reached a number of milestones, including his current career-best ranking of No. 45 and his first ATP title in Delray Beach. He reached the final of the ATP event in Estoril, Portugal, the quarterfinals of the pre-Wimbledon ATP 500 event in London, the fourth round of the Miami Open and the third round of Wimbledon, his best performance at a Grand Slam tournament to date.

He'll be joined by USTA National Campus newcomer Mackenzie McDonald, who vaulted into the Top 100 after his fourth-round run at Wimbledon in only his third Grand Slam appearance to date. The California native, who swept the 2016 NCAA singles and doubles titles, reached the second round of the Australian Open after qualifying for the main draw and has one ATP Challenger Tour title this year in two finals appearances. He is ranked a career-best No. 80 following Wimbledon.

At No. 133, Bjorn Fratangelo rounds out the crop of Top 200 men who train in Orlando and will be vying for a spot in the US Open main draw.

Also, a number of top-ranked juniors who make up the next generation of American tennis players have spent time training in Lake Nona and will be competing in the US Open Junior Championships. Coco Gauff and Whitney Osuigwe are ranked No. 1 and No. 2 in the world, respectively, and are both resident Floridians who have spent time at the USTA National Campus training with the USTA Player Development staff.

On the boys side, Sebastian Korda is ranked No. 3 in the world and has also spent time training in Lake Nona.

The US Open begins on Monday, Aug. 27, and concludes Sunday, Sept. 9. The qualifying tournament will be held at the USTA Billie Jean King National Tennis Center the preceding week.

For more information on USTA National Campus programming, please visit www.ustanationalcampus.com.



Madison Keys in action against Sloane Stephens in the Women's Singles Final match at the 2017 US Open

Behind the Scene: Local Mental Health And Wellness Resources for Our Teens

ARTICLE BY SOPHIA ROGERS
PHOTOS COURTESY OF ANGELINA WHALEN AND KATHERINE QUILIT

As the 2018-2019 school year quickly approaches, back-to-school shopping, meet the teachers, and class schedules are top of mind. First-day photos will soon fill our social media feeds, and just like that, summer is over. What we don't prepare for (or at least until it's too late) is a mental health crisis plan for our students.

This article addresses a topic some consider taboo. According to the Center for Disease Control, suicide is the second leading cause of death among adolescents aged 15-19 years old. With the passing of Kate Spade, Anthony Bourdain and countless others, let's take an uncomfortable few minutes to talk about mental health awareness.

Any setback can trigger feelings of sadness, self-doubt, anger and anxiety. Suddenly, your child might start acting differently, sleeping patterns might change, and he/she might seem withdrawn. Societal and academic pressures are real in middle and high school.

In hopes of spreading awareness, I met with the SAFE Coordinator at Lake Nona



Angelina Whalen is a Licensed Clinical Social Worker with a passion for mental health awareness and advocacy. Angelina is the SAFE Coordinator at Lake Nona High School and owner of Valor Counseling, LLC.

High School, Angelina Whalen, and Lake Nona High School alumni Katherine Quilit. Both Whalen and Quilit are very passionate about breaking the stigma surrounding mental illness.

Whalen says, "If you are struggling or worried about your child, reach out for help. Fight stigma by showing it is okay to get help. If they resist, get help for yourself." Also, she says to be aware of how you talk about mental health. Are you teaching them that you are a safe person to talk to if they are struggling?

Talk to your child about "who they are, not just about their grades," adds Whalen. Focus more on their personality traits than solely their achievements. Remind your child about self-care to make sure they do good for themselves.

Having an adult to talk to who is not a parent, Quilit says, "saved her life." An administrator she least expected was the one person she needed. In high school, Quilit was the girl no one would have thought was sad. Practicing being happy was her coping skill. She had the whole world fooled. Outside, she was a popular girl with lots of friends. Inside, she says, she felt alone and empty. It took just one person to make Kathy realize how special she was. Quilit recalls a time she didn't think she would be here to live. Today, she volunteers her time to help other students feeling the way she once felt. "Act like you're happy" was her mantra, until acting no longer worked.

She kept her secret for so long that when she did tell others, they were in shock.



Katherine Quilit (on the right) is a courageous mental health youth advocate. In addition to working and pursuing her degree at Valencia, she volunteers with NAMI in an effort to raise awareness and fight mental health stigma.

"I went to parties to have fun, everyone thought I was happy, but I wasn't. Now I have turned my voice into something positive instead of sadness." Quilit now helps other students by speaking at public schools and volunteering at the National Alliance for Mental Illness in Orlando.

Mental health does not discriminate. Quilit recalls high-achieving students struggling just as much as others.

Whalen encourages parents to remember to give unconditional love and encouragement. "They need to know they matter and are accepted. They need someone to just listen and be heard. They want to be kids; stress-free time, hobbies, and self-care are so important."

Quilit encourages family dinners and to learn about your teen casually without judgment; just listen. The sense of knowing your parents are there for you no matter what can make a difference, she says. Ask more than, "Did you do your homework?" Being a teenager is all their life. Don't be too pushy. She shares, "Think of a magnet ... the harder you push polar opposites, they drift with an invisible force field between."

SAFE tips on how to keep students' minds positive and healthy:

- Physical activity
- Vitamin D – go outside
- Social media/screen breaks
- Volunteer – do good for someone else
- Mindfulness – be present
- Practice gratitude – know what to be thankful for
- Regarding school, praise their efforts versus the outcome. "Love who they are, not what they do."

If a crisis were to happen today, do you know who to call? Local free resources are available:

- National Alliance for Mental Illness (NAMI) Orlando (407) 253-1900
- Mobile Crises Unit, dial 2-1-1 (available 24/7)
- National Suicide Prevention Hotline 1-800-273-8255
- National Suicide Prevention Chat: Text HOME to 741741

During the school day, both Whalen and Quilit say the guidance office, school nurse, social worker, teachers and administrators are available. Students are in school at least seven hours a day. Have your child find a safe person to talk to when you are not around.

I am not a counselor or a therapist. I am a parent who has had to lean on the resources above for my own teen. As a community, we can help each other by avoiding judgment and, most importantly, watching how we speak when it comes to mental health. It is okay to ask for help.

Sophia Rogers is a six-year Lake Nona area resident and Realtor/founder of Nonahomeguide.com. A wife and mom of four, family, relationships and real estate are her passions. She can be reached at sophia@nonahoodnews.com.



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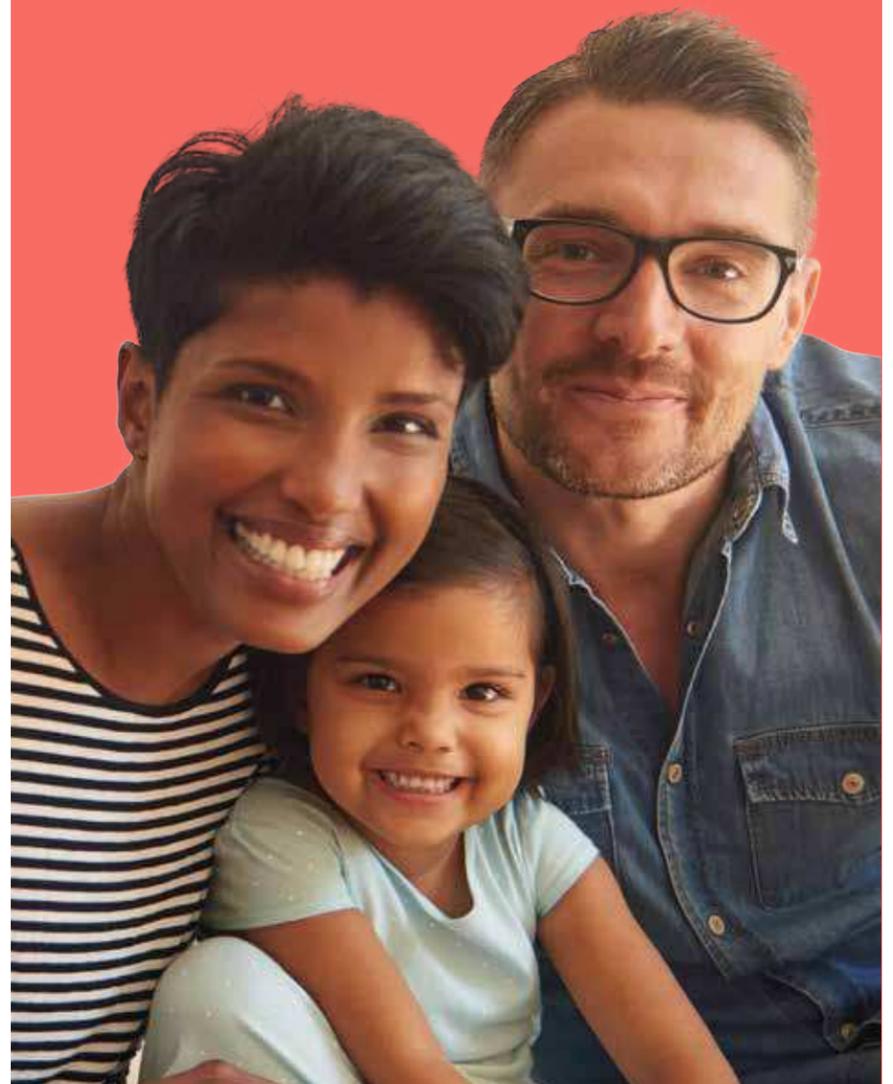
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Disease Prevention By Being Your Own Health Advocate

BY VLADIMIR NEYCHEV, MD



Dr. Vladimir Neychev, general surgeon at UCF Health

Disease and illness prevention is important when it comes to living a healthy lifestyle. You should think of your physician as an ally in your quest to live the healthiest life possible, but a majority of disease prevention rests in your hands. By being informed about screenings and paying attention to cues from your body, you and your doctor can create a health plan to reduce your risks and maximize your health.

Don't Dismiss Lingering Symptoms

You should pay attention to cues from your body that something might be wrong, including lumps and bumps, swelling and pain. Waiting too long to see the doctor can be a matter of life or death, so don't delay when you notice a change in your body.

I often see patients who delayed seek-

ing treatment because they were afraid of what their symptoms could be. However, when addressed early, the disease is often manageable through conservative measures. If surgery is needed, when done early, the patient has much better outcomes than if he or she waited and the disease progressed.

Receive the Appropriate Screenings

There are several different health screenings and tests you should get based on your age, gender, and medical history. Become well informed on health screenings recommended for you. This can be highly individualized based on your past health history and your family's past health history.

Many choose to skip important health screenings, such as a colonoscopy. However, after the age of 50, getting a colonoscopy should be a top priority since colorectal cancer is the second deadliest cancer. A colonoscopy can identify benign and premalignant lesions as well as detect asymptomatic early-stage colorectal cancer. Women should also get a risk assessment for breast cancer and annual mammography screening beginning at age 40, according to National Comprehensive Cancer Network guidelines. If you're unsure about what screenings you should have, just ask your doctor. They can inform you as to the screenings you need to best prevent diseases or illnesses that you are at risk for.

You should also regularly monitor other health factors, including your blood pressure and cholesterol, to assess your risk for developing heart disease or stroke.



Seeing your doctor once a year and paying attention to cues from your body can reduce your risks and maximize your health.

Pay Attention to Changes in Your Health

If you notice any unusual symptoms, such as increased fatigue, changes in bowel movements, fever or sores that won't heal, you should visit your doctor immediately. Don't brush off unusual symptoms, assuming that they will eventually go away. If something doesn't feel right, then you should schedule an appointment just to be safe.

Visiting your doctor at the right time can help prevent or treat a disease or illness before it progresses to an advanced stage. Waiting too long can result in an emergency situation and potentially surgery or irreversible effects.

Visit the Doctor Even When You Feel Healthy

Visiting your doctor once per year can give you some peace of mind and keep you one step ahead of your health. Prevention is key, and many life-threatening diseases

and illnesses can be prevented if the right steps are taken at the right time.

When it comes to your health, be smart, be attentive, and be vocal with your doctor.

Dr. Vladimir Neychev is a general surgeon at UCF Health with fellowship training in endocrine surgery. He offers the most beneficial surgical management of the entire spectrum of general surgery conditions. His interests include gastrointestinal surgery, thyroid, parathyroid, adrenal glands surgery, and breast cancer surgery. Learn more at ucfhealth.com.



The Dawning of A New Era

BY RICHARD O. GREGORY, MD



Lake Nona is rapidly becoming known as a hub of innovation within the greater Central Florida region and beyond. As this vibrant community grows, drawing in nascent talent and innovation, there is a rising

tide of youthful energy. Who better to cultivate this melding of youth and tech than the Institute of Aesthetic Surgery (IAS)?

Founded nearly 20 years ago, IAS has built its reputation on caring, quality service with an eye toward the future. IAS has a long tradition of introducing innovative methods for the preservation and restoration of the vigor that we enjoy in our youth and strive for as we age. In 1513, Ponce de Leon landed in what is today Florida seeking the fabled Fountain of Youth. He was well ahead of his time, but we here at IAS believe he was not far off.

Lasers in medicine, and particularly in plastic surgery, have been the foundation of the Institute, which continues to research and promote restorative science. Ultrasound, radiofrequency and electromagnetic rejuvenation are supplementing lasers as a source of rejuvenating technology and pushing the practice forward into the next century. Tightening of tissues accompanies the reversal of aging enzymes and potential malignant degeneration.

Function improves along with appearance. The advent and advancement of radiant energy and other technologies have even introduced the possibility of restoring cell youth and longevity, turning back the clock and reversing the ravages of age.

In 1983, Dr. Gregory began research with the laser as an associate professor of surgery at the University of Cincinnati. He is a pioneer in laser cutaneous surgery, an innovator in skin resurfacing. He has published extensively on laser cosmetic surgery and has won many awards for his work in laser blepharoplasty. He has taught laser surgery throughout the world. Dr. Gregory has practiced in the Central Florida area for over 25 years and receives referrals from around the world because of his laser and facial rejuvenation work.

Laser, ultrasound, electromagnetic and microstimulation are being augmented with Embrace, EMSculpt, EMSella, Sculpture, Neograft, and PRP – terms which, while foreign to some, are becoming increasingly familiar to our youth-conscious society. Aided by a deeply caring and competent staff, Doctors Richard Gregory, Roxanne Sylora, and Donovan Rosas delve into the realm of science fiction, introducing and perfecting the wonders of medical science to deliver what can only be described as anti-aging miracles.

Tomorrow will bring new and almost unbelievable advancements in the arena of restorative medicine, and IAS will be there to deliver it to you. Visit our website at www.iasurgery.net as well as our Facebook Page and see the promises of tomorrow made real today. IAS has developed an outstanding reputation locally for our outstanding skills, honesty, and excellent service. Patients from around the world seek our expertise, and medical professionals often visit to learn from us. We are making yesterday's dreams today's reality and tomorrow's history. We do more than make people beautiful; we are changing lives. Let us help change yours. We are



Doctors Donovan Rosas, Roxanne Sylora, and Richard Gregory.

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Over 400 years ago, an Italian plastic surgeon, Gaspar Tagliacozzi, said, "We replace, restore and refashion what nature (God) has given but chance has taken away, not so much to please the eye, but to restore the person to his/her rightful place in society." What would Tagliacozzi say today? Welcome to the future of Lake Nona. Welcome to IAS!



About Dr. Richard Gregory, MD

Dr. Richard Gregory is board certified by the American Board of Plastic Surgery, is a Fellow of the American College of Surgeons and is a member of the American Association of Plastic Surgeons. His expertise is in facial rejuvenation and laser resurfacing, using many tools to achieve the desired result including surgical and non-surgical options, lasers, injectables and cutting-edge technology, including radio frequency. Dr. Gregory is a graduate of the United States Naval Academy in Annapolis, Md. He received his medical degree from the Indiana University School of Medicine and completed his general surgery and plastic surgery residencies at Duke University Medical Center.

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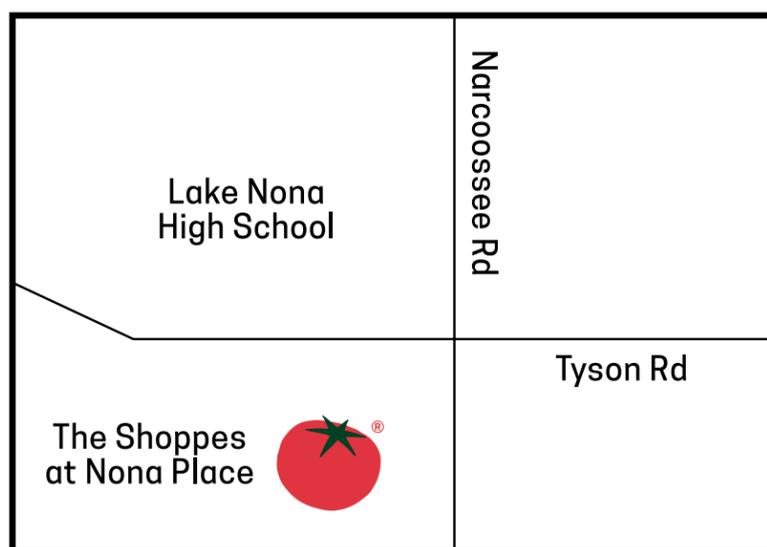
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ARTICLE AND PHOTOS BY
BRITTANY BHULAI

"The goal of Jiyo is to impact a billion people's lives by enabling them to experience a joyful energetic body, a loving compassionate heart, and a restful but alert mind and lightness of being." - Deepak Chopra M.D.

Last month the Lake Nona Town Center hosted the launch of the wellbeing app Jiyo Lake Nona, a collaboration between the original Jiyo and Lake Nona to offer our community a digital platform providing useful content and encouraging reminders to make it easier for us to engage, learn, and interact with information, videos, articles, and each other to help us become our best selves. Tents were set up throughout the courtyard where residents were able to engage in activities based upon the five pillars of wellbeing: personal growth, exercise, nutrition, sleep and relationships.

To kick off the event, adults and children

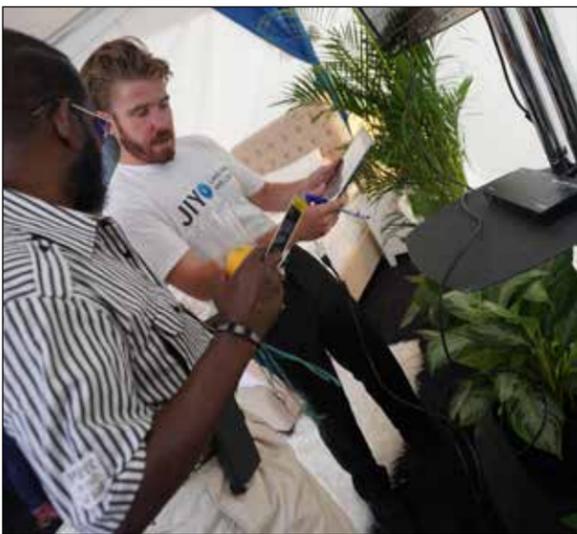
gathered to listen to rap artist Baba Brinkman. He dropped verses that encouraged listeners to be in tune with oneself. Afterward, folks partook in a guided meditation with a well-known yogi, Eddie Stern. The app's creator, Dr. Deepak Chopra, also made an appearance to promote his mission of connecting our community together and to guide everyone in becoming their best selves physically and emotionally. Food trucks were also present along with local vendors.

Ciaran Lyons, who is a new Lake Nona resident who lives in Laureate Park, said he loved the event. He said, "It's all about integrating health and wellness into your life. I'm super lazy and I like things that come to me and having an app in my pocket is super useful for me."

There were also attendees from other parts of Orlando. Odaly Tineo, an Avalon Park resident, said she was excited about the event and had heard about it on Facebook. She listened to some of Dr. Chopra's meditation and was no stranger to his teachings. "I visited each pillar. The meditation one was amazing," said Tineo.

You can read more about the Jiyo Wellbeing Event, including a full interview with Deepak Chopra, in the September issue of *Nonahood News*.





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The best defense is a good offense.

It doesn't seem possible, but flu season is almost here. "The flu can be so serious – the 2017-18 season was the most

widespread in recent history with many hospitalizations. If you get it, you can't just 'ride it out,'" says Ledy Rojas, MD, a board-certified family medicine physician in Lake Nona. "You should do whatever it takes not to get the flu in the first place." Keep these flu-fighting tips in mind to help get your family out in front of the flu this year.

Get a flu shot.

"Let me say this loud and clear: the flu shot does not give you the flu," says Dr. Rojas. "The flu shot works because it gets your body ready to fight the flu before it ever comes in contact with the virus." So, even if it doesn't keep you from getting sick, it will most likely make your symptoms less severe and shorten your recovery time. If you have young children, older parents, or live with someone with chronic health

issues, getting the flu shot protects them as well as you. Flu shots are available at your primary care provider.

Declare war on germs.

Soap and hand sanitizer are two of your best weapons for preventing the flu, Dr. Rojas says. "Wash your hands often, scrubbing a full 30 seconds with soap," she says. "When soap and water aren't around, reach for alcohol-based sanitizer or hand wipes. The flu virus can live on surfaces for days."

At the first sign of infection, see a doctor.

Antivirals don't kill the virus like antibiotics do for bacteria, but they can ramp up your body's ability to fight back. "Antiviral medication is only available by prescription and most effective if taken early – within two days of getting the flu," says Dr. Rojas. "They may help ease symptoms if started later as well, so your best bet is to see a doctor as soon as you start feeling bad."



Flu Facts to Remember

- **Flu doesn't always cause a fever.** If you experience **body aches, cough and fatigue**, don't ignore the signs. The faster you can get antiviral medications, the better.
- For **severe symptoms** (trouble breathing, chest pain, persistent vomiting, confusion, sudden dizziness), **call 9-1-1** or have someone drive you to the emergency room.
- Seek emergency care if your **symptoms improve but then return with a fever or a worse cough** than you had originally.

About Dr. Rojas
Ledy Rojas, MD, is board-certified in family medicine. She provides primary care services to men, women and children (ages five and older), with a special focus on women's care and obesity prevention. She is fluent in English and Spanish. To find the perfect primary care physician, call (407) 930-7801 or visit FHMedicalGroup.com for a customized search by zip code. All of our physicians are part of the Florida Hospital Care Network.



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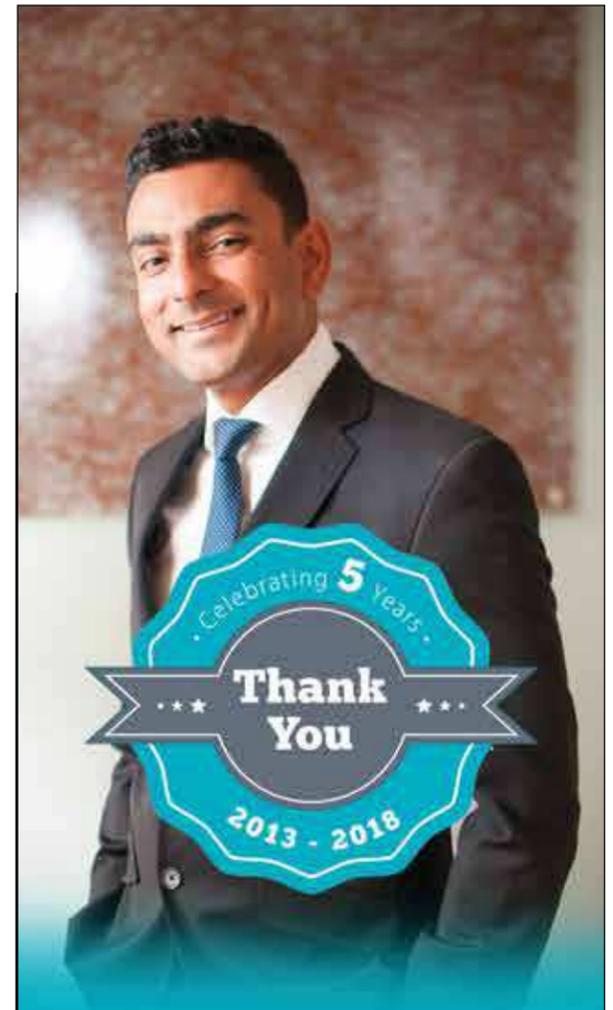


Orange County Public Schools 2018 – 2019 School Calendar

| | | |
|-------------------|-------------------------|--|
| Monday - Friday | August 6 - 10 | Pre-Planning August 8 Professional Development Day |
| Monday | August 13 | First Day of School |
| Monday | September 3 | Labor Day Holiday |
| Friday | October 12 | End of First Marking Period |
| Monday | October 15 | Teacher Workday/Student Holiday |
| Tuesday | October 16 | Begin Second Marking Period |
| Friday | October 26 | Teacher Professional Day/Student Holiday Teacher Non-Workday |
| Monday - Friday | November 19 - 23 | Thanksgiving Break |
| Thursday | December 20 | End of Second Marking Period |
| Friday | December 21 | Teacher Workday/Student Holiday |
| Two Weeks | December 24 - January 4 | Winter Break |
| Monday | January 7 | Begin Third Marking Period Begin Second Semester |
| Monday | January 21 | Martin Luther King, Jr. Holiday (Schools and District Offices Closed) |
| Monday | February 18 | Presidents' Day Holiday (Schools Closed/District Offices Open) |
| Thursday | March 14 | End of Third Marking Period |
| Friday | March 15 | Teacher Workday/Student Holiday |
| Monday - Friday | March 18 - 22 | Spring Break (Schools Closed/District Offices Open) |
| Monday | March 25 | Begin Fourth Marking Period |
| Monday | May 27 | Memorial Day Holiday (Schools and District Offices Closed) |
| Wednesday | May 29 | End of Fourth Marking Period/Last Day of School |
| Thursday - Friday | May 30 - 31 | Post-Planning |

Orange County Public Schools Prioritized Bad Weather Days 2018 - 2019

| Priority | Date | Current Use |
|----------|-------------|-------------------------|
| 1 | October 26 | Professional Day |
| 2 | November 19 | Thanksgiving Break |
| 3 | November 20 | Thanksgiving Break |
| 4 | November 21 | Thanksgiving Break |
| 5 | February 18 | Presidents' Day Holiday |
| 6 | March 22 | Spring Break |
| 7 | March 21 | Spring Break |
| 8 | March 20 | Spring Break |
| 9 | March 19 | Spring Break |
| 10 | March 18 | Spring Break |



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SCHOOL UPDATES

EAGLE CREEK ELEMENTARY SCHOOL

BY JESSICA SCULLY, MTSS COACH

Hello, Panther Community!

We hope that you have all enjoyed your summer and are as eager as we are to begin the new school year. We would like to introduce you to our new Assistant Principal, Ms. Patty Cells. She previously worked at Meadow Woods Elementary School. Ms. Cells will be joining our current Assistant Principal, Mr. Sanchez, here at ECE. We are excited to have her join the ECE family!



Eagle Creek Elementary School would like to thank the students who visited the media center throughout the summer. It



was awesome to see the media center full of students reading books and completing reports on the computers. Thank you, parents, for allowing your children to participate. If you have not had the opportunity to visit our media center this summer, you are going to love seeing the updates and improvements we have worked on throughout the summer!

Please mark your calendars for our upcoming events!

- 8/1 – School Advisory Council meeting – 5 p.m.
- 8/9 – Meet the teacher
 - Grades K-5: 1:30-3 and 4:30-6 p.m.
 - Pre-K VE, ESE and ASD Units: 3:15-4:15 p.m.
- 8/13 – First day of school – If you have not yet registered your child, please do so at this time.
 - PTA Coffee and Kisses – 9 a.m.

Eagle Creek Elementary School would like to invite you to follow us on our social media outlets that we use to stay in touch with the community. Currently, we encourage you to follow us on the following sites:

- Facebook
 - <https://www.facebook.com/Eagle-Creek-Elementary-School-1412367662393756/>
- Twitter
 - ECE_ELEM (@ECE_ELEM)
 - Reading Panthers (@ECEbooks_OCPS)
 - ECE Panther Chorus (@Panther-Chorus)
- Instagram
 - Ecebooks_OCPS

In May 2018, the ECE Panther Chorus performed two nights of Disney's *Little Mermaid Jr.* to a full house. The audience was amazed by the performances of

Gianna Giraldo as Ariel, Jade Daloisio as Ursula, Armani Lebron as Prince Eric, and Adderly Dorcelly as Sebastian. We also said farewell to our music paraprofessional, Ms. Liz Rosbury. We would like to say thank you to the ECE PTA volunteers and chorus parent volunteers who assisted us in creating our amazing set. It was an amazing night in musical theater. Stay tuned for what's to come!



INNOVATION MIDDLE SCHOOL: THE PHOENIX ARE READY TO FLY

BY CHRIS CLARK

After an amazing inaugural year, Innovation Middle School is gearing up for more fun and learning in the coming school year! The all-digital school will have device pickup on Aug. 4 and 8. You can meet your teachers on Aug. 9. See the Innovation Middle School Facebook page or the school website at www.innovationmiddleptsa.org for details.

The PTSA is very excited to be partnering with Thrive Church to host a Back to School Extravaganza on Sunday, Aug. 5, from 11 a.m. to 2 p.m. There will be free

games, prizes, inflatables and a BMX show. The PTSA will be selling concessions. All students from IMS, Moss Park Elementary and Sun Blaze Elementary are invited to attend. We need lots of help to make this event a success. Please see the IMS PTSA Facebook page to volunteer for a shift.

The Phoenix will be ready to fly when school begins on Aug. 13!





Sunday, August 5, 2018
11:00am – 2:00pm
Innovation Middle School • IMS Track
13950 Storey Park Blvd, Orlando, FL 32832

- Community-Wide Event
- Free Games, Prizes, Inflatables, DJ, BMX Trickstars Show
- Concessions Available
- School Supply Drive
- IMS PTSA Membership Drive

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LAUREATE PARK ELEMENTARY SCHOOL

BY SUZANNE WORKUM, PRINCIPAL

Happy summer, Longhorn family! We are busy preparing for the first day of school on Aug. 13. I want to share some important dates with you in advance of that day.

If you are new to our community and your children have not previously attended Laureate Park Elementary, you will need to register them at the school any time before the first day of school. The office is open Monday through Thursday from 7 a.m. to 5:30 p.m. (closed Friday).

For our new kindergarten students, there is a kindergarten orientation on Aug. 2

from 9-11 a.m. The kindergarten team will share information about the upcoming school year and will be available to answer any questions you have.

For all our students returning for the 2018-19 school year, "meet the teacher" is Thursday, Aug. 9, from 4-6 p.m. Please bring your school supplies and meet your new teacher (information on the identity of your new teacher will be posted that night.)

Our PTA and staff have been busy planning lots of exciting things for this upcoming school year, and we are looking forward to seeing our Longhorn families soon.



IMPORTANT DATES!

- First day of school: **AUGUST 13**
- Kindergarten Orientation: **AUGUST 2**
- "Meet the Teacher" is Thursday, **AUGUST 9**, from 4-6 p.m. – Please bring your school supplies

SCHOOL UPDATES

WELCOME TO LAKE NONA MIDDLE SCHOOL

BY DR. CHERYL A. WOOD,
ASSISTANT PRINCIPAL

Welcome to Lake Nona Middle School. School starts Aug. 13, and we hope you will take the time to engage in our school this year. Upon meeting the teachers and the school leaders, we recommend you introduce yourself! We look forward to partnering with you in helping to nurture and support our students and our community. We have great teachers who are committed to making a difference. They want to have an impact and have spent much of their summer doing professional development and thinking of ways to make this a great school year. Our school had an outstanding performance on state testing last year. We are an "A" school for the ninth year. Great schools always come back to the relationship between the child and the teacher. We look forward to our students' parents engaging in middle school life. Join a parent committee such as the School Advisory Council and PTSA, come watch the games and our performances, keep informed through our weekly Kingdom's Chronicle, Facebook and website. Make the educational experience at LNMS, your community school, a way of life. Make it something special that we all share and benefit from together.

<https://lakenonams.ocps.net/>

2018-2019 LNMS Supply List

All Lake Nona Middle School students will check out a laptop to support their education. LNMS will utilize a blended classroom featuring a mix of digital resources and traditional educational supplies. Please refer to the supply list below to begin making purchases for the coming school year. Teachers may have an additional wish list that includes general classroom supplies specific to the course. While any wish list donation is greatly appreciated and recommended for optimal success, these additional requests are not required purchases. Please refer to individual teachers' online Canvas course for specific wish lists requests.

Required Supplies

1. Loose leaf paper
2. Pencils
3. Blue or black pens
4. Highlighter
5. Pocket folder
6. Two composition or spiral notebooks. (Additional notebooks may be required based on your student's schedule, and many teachers will request the notebook remain in the classroom to minimize backpack weight.)
7. Earphones for laptops. (Laptops do not require high-end headphones, and we strongly discourage students from bringing these to school. LNMS will not be responsible for lost or stolen headphones brought to campus.)
8. Laptop protector sleeve – available for purchase at device pick up and throughout the year in the Media Center.

Device Checkout Schedule

Wednesday, Aug. 1: 8th grade
Thursday, Aug. 2: 7th grade
Friday, Aug. 3: 6th grade

Alpha breakdowns for assigned days for 6th, 7th and 8th grade:

Last names A-L: 8:30 a.m.-12 p.m.

Last names M-Z: 1-5 p.m.

On Saturday, Aug. 4, we invite our ESE and ELL students to a more individualized experience.

From 9 a.m.-1 p.m., additional resources will be present to help students through the process of receiving and setting up their laptops.

Additionally, makeup days for those who were not able to attend on their assigned dates are as follows:

Saturday, Aug. 4: 1-3 p.m.

Wednesday, Aug. 8: 2-5 p.m.

**All dates are tentative, so please continue to check the LNMS website for any possible changes.



Digital Learning is coming to your school!

Join us for an interactive open house about the digital learning program coming this year to your school.

6th grade - August 9 - 3 p.m.
7th grade & 8th grade - August 9 - 6 p.m.

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For more information: www.digital.ocps.net

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AUGUST 2018 Volume 3 | Issue 7

entertainment

SUPERHEROES VISIT ORLANDO SCIENCE CENTER

ON PAGE E-2



Photo By Nicole LaBosco

Superheroes Visit Orlando Science Center

ARTICLE AND PHOTOS BY
NICOLE LABOSCO

Cape? Check. Mask? Maybe. Superpowers? Most definitely! Calling all superhero fans, are you ready to save the world?

The Orlando Science Center debuted its Hall of Heroes exhibit on May 26 to the public. This interactive area is fun and ed-



ucational for all ages. Every turn you make will have you learning about the history behind comic books starring your favorite superheroes, including Spiderman, Batman and Captain America.

Those visiting begin their journey in the "Identification Station" and learn about the five disciplines that are considered to be the basis for all superpowers:

- "Powers of Body"
- "Powers of the Mind"
- "Mastery"
- "Gadgets"
- "The Elements"

Once the visitors learn about the disciplines, they are then sorted into one and follow how those powers are utilized in different interactive exhibits and stations throughout.

Guests also will pass figures of the Incredible Hulk, Iron Man and Batman as they make their way through the exhibit. You'll even be able to see the Batmobile from the 1960s TV show and press buttons to turn on the headlights, sirens, etc. With this exhibit being super family-friendly and superheroes being popular among young children nowadays, tons of kids were excitedly running around trying to find the next interactive game to play with.

Kids can defy gravity by testing their balance on a balance beam made to look like they are scaling rooftops over busy streets, test their grip strength, answer trivia questions, withstand



wind in a wind tunnel to make their capes fly, and even create their own stop-motion short film using superhero and villain action figures.

The Hall of Heroes is a traveling exhibit created by Stage Nine Design and is distributed by Exhibits Development Group. The special action-packed display will only be open at the Orlando Science Center through Sept. 3. Tickets to the Orlando

Science Center are \$20.95 for adults and \$14.95 for children ages 3-11, with children two and under free. The center is open every day from 10 a.m. to 5 p.m. There is a parking fee of \$5.

Unmask the superhero in you!



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Family Fridays: Cactus Jack Horseback Riding

ARTICLE BY VANESSA POULSON
PHOTOS BY ANDREW AUSERMAN



Most kids love horses. It's plain and simple. I can't recall a time in my childhood when I wasn't begging my parents to let me get a horse (without any idea of where to put it, how to feed it, or otherwise ... but you know how being a little kid goes). Though I was never able to make that dream a reality, I can live vicariously through riding horses once in awhile at some of the best local spots here, touring some of the best of the Florida forestry and woodlands.

This month, we stopped in to Cactus Jack Trail Rides, located in Ocala. Cactus Jack has a variety of different trails for horseback riders of all skill levels, ages six and

older, from beginner to advanced. Not only do they have trails for every level, but they also have a large selection of different horses to accommodate even the youngest and most apprehensive of riders. Cactus Jack offers trail rides to singles, couples or groups.

Debbie Zito, owner of Cactus Jack, has owned and loved horses for more than 48 years. She and her husband, Jamie, are both riders and own quite a few rescued or retired horses, as well as the trail horses used for the trail rides. Many of the horses on the farm were rescued or retired from sport, and they are all incredibly gentle and very sweet.

Our tour began by driving into the beautiful Rock Springs State Park, following the sign that said "Horseback Riding." After you park, get your registration set up and get helmets for all those under 18, your guide sets you up with a horse that correlates with your height, weight and ability level.

My horse was named Isabella, and Andrew's was named Pawnee. Both of them were absolute sweethearts, even if you have to steer them away from eating grass once in awhile. Though it can be a bit uncomfortable at first, after

you sit on the horse for a few minutes and get used to the way that the animal moves, it becomes a lot easier to relax and focus on the trail rather than a possible fear of the horse.

Our tour guide was Fred Bohler, and he was absolutely the best combination of hilarious and helpful. Bohler's own journey and love of horses began when he was just eight years old riding horses where he lived in the Virgin Islands (bareback and using the horse's mane to steer), and he's had a passion for taking care of these animals, among many others, for the entirety of his life. He was able to point out coyote tracks, bear feces, and a variety of different

plant species on our ride and gave us a ton of interesting information about each.

As we rode, we made sure to take in the beautiful scenery. Even in the thick of the Florida summer, the trails had a cool breeze as we shuffled between thick underbrush and beautiful trees. We took note of the spiderwebs and different kinds of plants around us. We also took a moment to stop and enjoy the quiet of the trail. There is something so overwhelmingly peaceful about being able to step away from the hustle and bustle of everyday life and take a ride on a beautiful animal through some spectacular scenery.

"That's what we get a lot of people coming out here for," said Bohler, discussing people from the urban areas around Orlando who come out to the trails. "They talk a lot about wanting to get away from it all, but when they first come out here, they can be scared of their own shadow, just because they haven't experienced it before."

A word to the wise ... be sure to wear bug spray, long pants, sunscreen and sneakers. I neglected to wear long pants and ended up getting bitten by a horsefly, which I can tell you is not a great experience. Bug spray is also an absolute must, as well as sunscreen and maybe sunglasses to help protect your face and eyes.

Most important, though, is to bring a good attitude and ears to listen to what your guide has to say. A major-



ity of issues happen during horseback riding when people don't listen to their instructors or don't take control of their horses. Be patient, firm and ready to have a really great time getting to see some of the best of what Florida wildlife has to offer.

For more information on Cactus Jack's Trail Rides, visit their website www.cactusjackstrailrides.com or call 352-266-9326 to schedule a ride.



Nona's Natural Wonders: Moss Park Reserve

ARTICLE AND PHOTOS BY
VANESSA POULSON

Welcome to Nona's Natural Wonders, a column designed to take you to some parts of the greater Lake Nona community that have been left untouched by developers and highlight some of the best places for each of us to rediscover our personal connection with the great and wonderful world around us.

Here in Lake Nona, right in our own backyards, is an exceptional natural reserve, right off Narcoossee Road and down into Moss Park. The Moss Park Reserve is an exceptional example of Nona's natural landscape at work, with beautiful intricate forestry as well as diverse animal and plant life. If I'm honest, Moss Park Reserve is probably my favorite place in

Lake Nona to visit. It is the place I had my first date, the area where I fell in love with Florida's own unique forestry and its inhabitants, as well as the spot I came to in order to reflect and get away from it all when times were tough.

To enter the park, you have to pay a small fee (usually under \$5 if you are just trying to spend the day there). This fee helps to preserve the park and protect the animals and plants that inhabit the area by funding projects and cleanup efforts inside of the reserve.

Once you park, you have the option of going to a variety of different trails and spots or walking down to the dock and sitting by Lake Mary Jane. The trails will take you through the different winding forest paths,



past trees and often a variety of animal life. On some of my visits, I've been able to spot a plethora of squirrels, the occasional deer or snake, and plenty of birds and insects.

Make sure to keep your eyes open for each of these animals. If you have a camera, a long-range lens will be your best friend on these trails because the ability to capture an image of an animal at a distance will help both you and the animal to keep from getting spooked. I've always found that it's best to let both the plants and animals interact with you in whatever way they choose to do so. You're a guest in their habitat, not the other way around, and a certain amount of mutual respect will help both parties keep from getting too close for comfort to the other.

The view from the dock near Lake Mary Jane is just as wonderful as the trails but in a whole different and entirely spectacular way. Water has a powerful, soothing effect on the body (and it has actually been studied by doctors across the United States!) and, while seated at the edge of the dock, you can take in the gentle movement of Lake Mary Jane all from a comfortable spot in the sunlight. If you look down into the water, you can often spot waterbugs, a collection of small fish or tadpoles, frogs, and sometimes, further out into the lake, Florida's favorite reptile, the alligator, can be found lurking through the water.

Moss Park also has a variety of camping facilities where you can stay for a period of time on the park grounds. This allows you the opportunity to get some of the best views of the stars in the entirety of Lake Nona. Being so close to the airport, we're often bombarded with light pollution from Orlando International Airport, and that can frequently prevent most of us from being able to see the stars with the naked eye. In the park, the problem of light pollution is completely eliminated from the equation, and the only lights are the stars and the moon glowing directly above the reserve. In the summer season, which closes at the end of August, look for constellations like Hercules, Lyra, and, of course, Ursa Major and Ursa Minor (the Big Dipper and the Little Dipper).

Moss Park is just another beautiful example of Lake Nona's natural environment coming to life right before our eyes. If you haven't yet had the chance to check out this beautiful reserve, consider putting it on your priority list. Visit in the morning or evening time frame to beat the heat and make sure to bring bug spray and sunscreen. Take a little time to step away from the hustle and bustle of daily life. After all, it is in fact right in your backyard.



Say Cheese!

ARTICLE AND PHOTO
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!

Attempting to focus on a summery cheese yet again, I shopped around for a fruity cheese and discovered an apricot Wensleydale for this month. This cheese is suitable for vegetarians and made in England. The flavor I had imagined tempted me, and I immediately grabbed this wedge of cheese off the shelf. (I found it at Sam's Club.)

I was a bit surprised that when I had cut into it, it crumbled fairly easily. Upon my first bite, I was let down. It wasn't quite as delicious as I had expected it to be. Then again, I had never tried (or even heard of) a Wensleydale cheese. I know, shame on

me ... I should be a cheese expert. But, hey, at least I'm open to trying it!

The tiny pieces of apricot made me think the cheese would be sweeter, but it was on the dryer side and honestly reminded me of a glass of Riesling. Weird, I know, but wine usually pairs well with cheese, so in this case, what better than the two being combined into one?

I can easily see this apricot Wensleydale on a charcuterie board paired with crackers and some salty prosciutto to help balance the dryness and mildness of the cheese. I honestly don't see myself buying it again, but I'm glad I got to try it.

When all else fails, CHEESE!

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?



Katie's Cucina: Grilled Kielbasa And Potato Foil Packets

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

August in Florida is HOT. Let's face the facts. The last thing you'll find me doing is turning on my oven to make my house even hotter. The days are long and as we approach mid-month, the children will be back in school. For those of us in that stage of life, we are faced with starting another year of "new" routines. I moved to Florida the summer going into eighth grade. Even as an adult, I still find it odd to start school in August since I grew up always starting school after Labor Day. I still like to keep my summer menu alive during those first few weeks of school. After all, school might have started, but it is still technically summer.

During the summer months, you'll find me making no-fuss (but still delicious) dinners. I've created a few varieties of aluminum foil packet dinners, and these kielbasa and potato foil packets are the perfect summer meal done in 30 minutes. Chocked full of fresh kielbasa (a family favorite in my home), freshly sliced potatoes, bell peppers, onions, and green beans, it's a full dinner in one packet! Perfect for a quick weeknight dinner or even entertaining. If you're making this meal for a large group, just double the recipe! You could even prep the veggies (peppers, onions and green beans) ahead of time to cut down even more of the prep time.

The key to the meal cooking quickly is evenly cut vegetables and sausage. Keep that in mind when prepping this dinner. I only use a 12x12 piece of aluminum foil per packet. As I chop, I place the ingredients on top of each of the sheets of foil. Once

all of the ingredients are piled in the middle, I sprinkle on the Cajun seasoning, salt and olive oil, and a pat of butter for good measure. Then I gather the two ends of the aluminum foil up to the sky to form what I call a taco. I fold the two ends in like a burrito and then start to roll down and crimp the top tight. The goal is to keep all the steam and heat in the foil packets so that they cook quickly.

I transfer the packets from the kitchen to the grill using a sheet pan. I also keep the sheet pan at the grill, so when the time comes to remove them, you can just place it on the sheet pan. Of course, you can't pick these hot packets up with your hands. You'll need a long pair of tongs to carefully remove them off the grill! If you're like me and looking to hold on to summer for a few more weeks, I hope you'll give my easy summertime recipe for grilled kielbasa and potato foil packets a try.



GRILLED KIELBASA AND POTATO FOIL PACKETS

Yield: 4

Prep time: 10 min. | Cook time: 20 min. | Total time: 30 min.

Ingredients:

- 6 kielbasa links, sliced and divided
- 16 small red potatoes, quartered and divided
- 1 white onion, chopped and divided
- 1 orange bell pepper, chopped and divided
- 12 oz. green beans, divided
- 4 large cloves garlic, chopped and divided
- 4 tablespoons salted butter, divided
- 2 teaspoons Cajun seasoning, divided
- 1 teaspoon salt, divided (optional)
- 1/4 olive oil, divided

Directions:

1. Preheat the grill to 500 degrees.
2. Place four 12x12 pieces of aluminum foil on the counter. Begin to layer and divide the kielbasa, potatoes, onion, bell pepper, green beans, and garlic in the center of the aluminum foil. Then, place one tablespoon of salted butter in each foil pack. Season each foil packet with Cajun seasoning and salt (optional). Drizzle on the olive oil one by one and begin to close the packets. Fold in half and then gather each side up toward the sky, crinkle and close until sealed tight. You do not want any air (steam once cooking) or juice to escape.
3. Place the foil packets on the grill and grill for 20 minutes until potatoes are tender. Carefully remove foil packets from the grill. Place each packet on a plate. Carefully open the foil packets and sprinkle with freshly chopped parsley on top. Enjoy immediately.



Back to Basics: Caffeine Craze

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, with children and parents headed back to work and school, we're all in need of a little bit of a wake-up boost and pep in our steps! We are on the hunt for the best coffee drinks here in Orlando and in the Nonahood!

Place: Krungthep Tea Time

Order: Cheese Thai Iced Coffee

Final Review Vanessa: For starters, hello, my name is Van, and I have a caffeine problem. Well, honestly, it's a bit more of a COFFEE problem. I love all things caffeinated, and I cannot tell you how much I have been looking forward to this edition of Back to Basics. Trust me when I say that coffee is the REASON for my existence. You think I'm joking? I'm really not. This drink wakes me up every morning, is the reason that I can function through college lectures, and allows me to listen to every annoying person in my life talk. YOU THINK I AM PLAYING, BUT I AM ACTUALLY NOT. You'd think that coffee topped with cheese wouldn't taste the best, but trust me on this one, this drink is amazing. The cheese actually seems more like a salted whipped cream to top the drink, in my opinion, and much less like a cheese than you'd think. The coffee is incredibly sweet and refreshing, and we all know how hot these Florida summers and autumns get. ... I totally love this drink, and as a coffee lover, I'd say it is one of my favorites.

Place: Starbucks

Order: Iced Coffee, black, with two espresso shots

Final Review Vanessa: Hello, rocket fuel! Did you think I would be able to get through a coffee-based edition of Back to Basics without including my signature Starbucks order? Let me tell you, this drink got me through the entirety of my junior and senior years of high school. From dealing with loud teachers to catty girls and ex-boyfriends, this drink will wash your brain of anything but the task in front of you. I do not recommend this IN THE SLIGHTEST for anyone with a caffeine sensitivity or anyone who doesn't quite like the feeling of shaking with PURE CAFFEINE ENERGY. This drink is not for the faint of heart, but I, for one, think it is pure coffee in its best form. Straight caffeine rush. WHOOHOO!

Place: Craft and Common

Order: Wild Child Iced Latte

Final Review Vanessa: This coffee was amazing! Plus, this store is brand new, and it's aesthetic is on point. Go in for ultra minimalistic, modern classic, chic, and all-around wonderful vibes. Their menu is divided up into classic coffee drinks (espres-

so, latte, cappuccino, mocha) and specialty craft drinks (like my Wild Child Iced Latte! Complete with rose and vanilla!). It is definitely a great spot in downtown Orlando!

Place: Vanessa's Coffee

Order: Classic Latte with Almond Milk and Coconut Matcha Latte

Final Review Nicole: GUYS, holy crap! I nearly jumped for joy when I saw this option on the menu and knew immediately that it was what I was going to order. I need a Vanessa's Coffee Shop closer to my home. I could drink this coconut matcha latte every single day. The combination of two of my absolute favorite things had me a tad bit emotional. The flavors paired perfectly and combined for a blissful, creamy and sweet party in my mouth. I would definitely recommend this drink and am already planning on my return. It was 10 times better than Starbucks, and cheaper, too! Can I have a recurring shipment sent to my front door?

Final Review Vanessa: Wowza. A coffee shop that I share the name with, I'm already a fan! The aesthetic of this place is super cute, with a ton of really nice interior decor. My coffee was absolutely delicious. I loved the classic iced latte that I got. It isn't too complicated, which is something that I've noticed so many coffee shops doing these days. I think a lot of them need to get BACK TO BASICS, if you know what I mean. Vanessa's made a delicious, simple latte, and I loved it! The staff is super kind, and the environment is definitely a good place to sit down and catch up with a cup of coffee.



Classic Latte with Almond Milk.

Place: Jacq & Jack

Order: Iced Mocha and Iced Latte

Final Review Vanessa: If you haven't gone to Jacq & Jack yet (whether for a haircut or a cup of coffee), you need to check it out. This new addition to the Nonahood is both modern and classic, featuring a sleek and sophisticated aesthetic and the BEST chairs to sit and drink your coffee in. The mocha was perfect and just the way I like them: not too sweet, but super creamy and delicious. For people who like things a bit more on the sweeter side, you can add sugar or simple syrup to help take a bit of the edge off. Of course, everyone in the store is incredibly kind



Jacq & Jack mocha.



Iced Coconut Matcha Latte from Vanessa's Coffee Shop.

and helpful, and you get coffee while you're getting your hair done (talk about a dream experience!). You have to check these guys out if you haven't already.

Place: Zero Degrees

Order: House Coffee and Coffee Horchata

Final Review Nicole: Wow, this is so much better than I had expected! The cinnamon flavors coat your tongue almost instantly, and the creaminess of the drink really hit it out of the park. Not only was this drink exploding with flavor, but it was also super cheap! It's unfortunate that this



Coffee Horchata (left), House Coffee (right)

new place is about 30 minutes away, but I'll be back. Their menu has an assortment of amazing options that I NEED to try!

Final Review Vanessa: Both of these are absolutely killer drinks! The vibe in this place is very relaxed, with both drinks being relatively inexpensive. The House Coffee was probably my favorite. I've always loved Vietnamese coffee, and with the house cream, it was super sweet and creamy. The Coffee Hor-

chata was really good as well and has a lot of that wonderful cinnamon flavor you'd want in any kind of drink that featured horchata. Though it is a little bit of a drive to get out here, it is definitely worth it.

Place: Dunkin' Donuts

Order: Cookie Dough Ice Cream Iced Coffee, Butter Pecan Ice Cream Iced Latte, Pistachio Ice Cream Latte

Final Review Nicole: The cookie dough is a great iced coffee for the summer, but I had a feeling the other two ice cream flavors will be even better. The cookie dough flavor is a bit fainter than I expected, but it's also nice that it's not a complete sugar overload. The butter pecan is much tastier than the cookie dough coffee, in my opinion. Had I known I could've made it a latte before I ordered, I might've liked the cookie dough better. The aftertaste of this butter pecan is a bit like a roasted pecan, but sweet. The pistachio flavor was my favorite

out of the three featured ice cream flavors. I'm a fan!



Photo by Nicole LaBosco

Tune in next month when we celebrate the ONE-YEAR ANNIVERSARY of Back to Basics, and you're all invited! We'll commemorate this milestone with PLENTY of ice cream to beat the Florida heat! Whoop whoop!

Nona Alumni: NaKaela Feagin-Hooks

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF NAKAELA
FEAGIN-HOOKS

In this recurring monthly special, Nona-hood 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: NaKaela Feagin-Hooks

Age: 24

Year Graduated: 2011

Occupation: Digital Sales Specialist

Current Location: Atlanta, GA

Meet NaKaela Feagin-Hooks, an ambitious and strong young woman who's had to overcome more than the average 24-year-old would ever even think about. Feagin-Hooks recounted, "I think a big part of my life happened after high school. I went to summer school at UF, and the semester was amazing. I met my two best friends that summer. On the day of the Casey Anthony verdict, a lump appeared on the left side of my neck. My parents came up to Gainesville that weekend to take me to the doctor and the diagnosis was simple – a hematoma. Ice, and it will go down. Well, two and a half months later, during my track physical, our team doctor, Dr. Gravlee, said she would not clear me until we could figure out what was really on my neck. After many tests, a final neck biopsy and surgical biopsy were conducted to declare that I had Stage 3B Hodgkin's Lymphoma. That changed everything."

Feagin-Hooks continued, "It sparked me wanting to take my life seriously. While I was receiving treatments, I left college in the middle of the fall semester and continued at home until the following fall. When I was declared to be in remission, I went back to school. The spring semester of my sophomore year, I changed my major to journalism to pursue my passion of storytelling, specifically athletes. I also took my relationship with Christ more seriously. I actually pursued God and wanted to live for Him and not just use Him as a lucky-charm bracelet. Gave me a new outlook on life. Take chances. Don't be afraid to be different. Enjoy life, it's short! I think that's what made me move

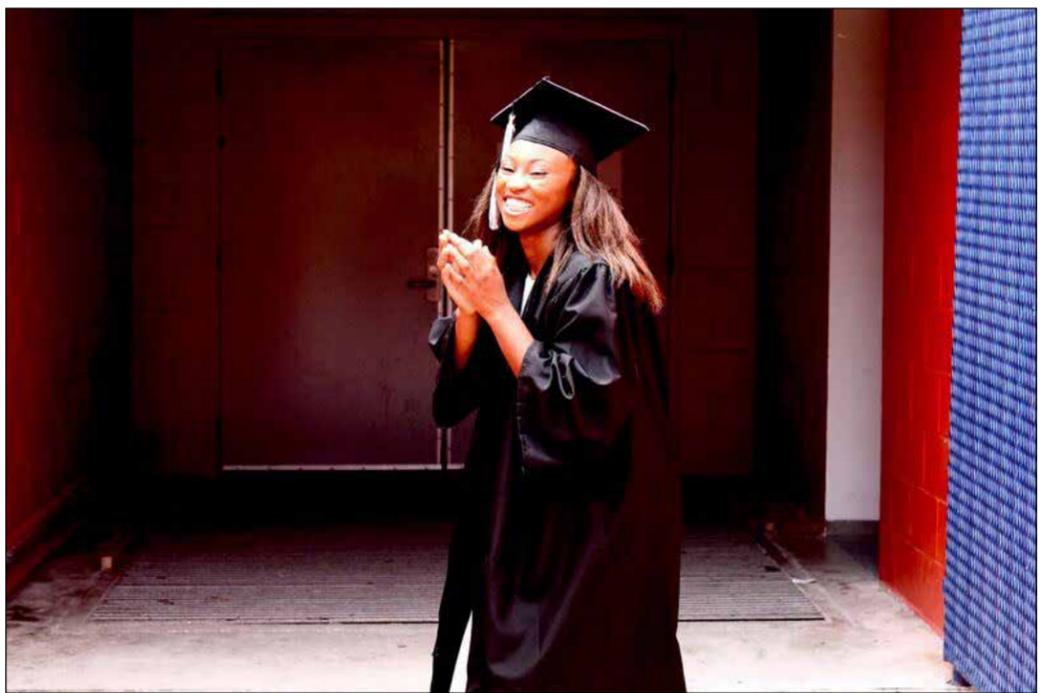
to Atlanta without fear. I had no job, no money, and one family member. Now, I have an amazing career in sales with NBC, have made amazing connections and have been working towards my LLC."

This month's alumni was a Lake Nona resident long before it became the hustle and bustle of what we know today. "At the time that my mother and stepfather met, he was playing as an offensive lineman for the Osceola GhostRiders. When they decided to take their relationship to the next level, my mom moved my sister and I down to Orlando from Jacksonville. But, my mom loves quiet and slow areas. And at the time, Lake Nona was only a few houses, some cows, the YMCA and McDonald's! Nothing like what it is now. This was in 2006, when I started eighth grade at Odyssey Middle School. I moved when I went to college

in 2011, but since graduating college I come home every month. My family is in the same house a mile away from Lake Nona High!"

Coming home every month and living that close to your high school must have some constant flooding of memories. I know every time I drive by Lake Nona High, I find myself reminiscing of those moments that feel like forever ago and what I wanted to do after high school. Feagin-Hooks thought back on her post-graduation goals: "When I was at Lake Nona, I had a myriad of dreams. I wanted to be a veterinarian, publish a book on my research on marine life, and, of course, continue running track. That was my main reason for wanting to go to the University of Florida. It has one of the top vet schools in the nation and, of course, a premier track team in the best, yet hardest, conference."

Feagin-Hooks discussed how she started to pursue her dreams but began to let outside factors affect her decisions. "I started out pursuing those goals, too. I was pre-vet at UF and thoroughly enjoying my animal science courses, and I was a triple jumper at UF as well. I am forever grateful to my coaches Mike Holloway and Nic Petersen. My life was amazing because of



the opportunity they gave me to be part of such an amazing team," Feagin-Hooks shared. "But I felt out of place in my major. No one was interested in sports, dressed like me, talked like me or was even interested to do group work with me. That's when I started losing interest. I always thought, if I'm always the outcast in my classes, then I would always be the outcast in my career. Way too lonely for me. I regret letting that get to me. I realize now that I have a say in my outlook on situations."

Feagin-Hooks considered how her past challenges won't stand in the way of what she wants to accomplish at the current point in her life. "My main goal is to not lose sight of my career aspirations. We make so many goals for ourselves but don't typically have one to keep us centered," stated Feagin-Hooks. "Focusing on achieving 'age high goals' (as my colleague likes to say) will keep me focused to have my master's soon, go from digital sales to marketing, to have enough confidence to make multiple streams of income and own my own business."

Fast-forwarding to the next five years, she focused on both her career advancements and personal achievements: "In the next five years, I will be 30. Wow, that's crazy! By 30, I plan to have my wig business or non-profit named, off the ground and making impact in the community. Professionally, I will have my MBA and go right into my doctorates. I also am aiming to be a media strategist (or similar title). Personally, I would like to be married and have a child, but if it's just marriage by 30, I'll be more than excited for that."

Making wigs and doing hair is a lot of fun for Feagin-Hooks in her spare time. She also takes personal fitness very seriously and explained how she helps others eat right for their body and stage in life, and she also follows the same routine for herself. She stated, "I'm firm on detoxing the bad (mentally and physically) before fixing yourself to be better. Like a car. You can't have a whole bunch of bad gunk in your tank and hope you can just remodel



the outside of the car to make it work. No, you clean it all out, and start rebuilding with [a] fresh [start]. I teach others how to cleanse safely, eat right, cut bad cravings and maintain a healthy lifestyle by working out minimally. And the trust is built because I put my body through the same lifestyle."

Feagin-Hooks has also coached middle and high school track for three seasons so far at Atlanta International School. She described how it feels great when parents, students and the school alike all support her and her coworker as there was no program before them. She exclaimed how she's had multiple athletes break age-old school records, make the leaderboards in the region, qualify for State and even get invited to USATF-sanctioned meets. She also co-created the social media for the National Association of Black Owned Broadcasters.

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



Nona Heroes: Retired LTC MeLisa Gantt, PhD

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF
MELISA GANTT

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.



MeLisa Gantt served in the United States Army for 28 years (five years in the reserves and 23 years as active duty). When asked why she chose the Army, she mentioned how furthering her knowledge was her ultimate priority: "In my personal opinion, although the Navy had the best locations for assignments and the Air Force had the best amenities on their installations, the Army had the best education opportunities, which was more important to me."

In 19 years, she was promoted from Private First Class to Lieutenant Colonel. She explained how one's progression rank can be difficult to explain as there are a variety of factors, including time in grade, time in service, job roles, education level, military schooling and your military evaluations.

"I entered the military in 1988 as an Operating Room Technician (the person who passes the instruments to the surgeon during surgery) in the Army Reserves. During that time, I worked as a secretary at the Pentagon during the day and went to college at night. I eventually quit my job to go to school full-time, and in 1993, after receiving my Bachelor's of Science in Nursing from the University of Maryland at Baltimore and my ROTC commission as a Second Lieutenant, I went on active duty," Gantt recalled.

"Since I had surgical experience, I was assigned as an Operating Room Nurse [Gantt is board certified] at the Walter Reed Army Medical Center in Washington, D.C. In 2000, as a Captain at Moncrief

Army Medical Center on Fort Jackson in South Carolina, I was selected [for] a full military scholarship to pursue my Master's of Science in Nursing at Barry University in Miami Shores, Florida," she stated. "After graduating in 2002, I was then assigned to Madigan Army Medical Center in Tacoma, Washington, where I ended up deploying to Kuwait with 47th Combat Support Hospital in support of Operation Iraqi Freedom. When my assignment at Madigan ended now at the rank of Major, I was transferred to serve as the director of operating room services at Evans Army Community Hospital at Fort Carson in Colorado."

Gantt continued, "In 2007, I was selected again for another full military scholarship to pursue my PhD in Nursing at the University of Central Florida here in Orlando. After receiving my PhD in 2010 now at the rank of Lieutenant Colonel, I was assigned AGAIN to Walter Reed. However, at that time Walter Reed was preparing to close and merged its staff with the National Naval Medical Center in Bethesda, Maryland...now called the Walter Reed National Military Medical Center. At that same time, the military was opening the brand-new Fort Belvoir Community Hospital (one of the military's newest flagship evidence-based design hospitals) and was looking for someone to serve as the director of research to start up a new research department. Since I had a PhD and had experience in conducting research, I was selected for the position." Gantt went on to explain how that was the most stressful on-the-job training, and it prepared her for her current role today.

She then recounted, "In 2013, I was deployed to serve as the deputy director for the Joint Combat Casualty Research Team in Afghanistan. Upon my return, I was transferred to Landstuhl Regional Medical Center in Germany to serve as the director for the Center for Nursing Science and Clinical Inquiry and research consultant to the commanding general for the U.S. Army Regional Health Command in Europe. There, I was responsible for overseeing all of the military healthcare research conducted in Belgium, Italy and Germany, which was by far my favorite military assignment. In 2016, I decided to retire from military service and returned to Orlando."

Gantt fell in love with Lake Nona back in 2008 while she was attending UCF for her PhD. "Back then, VillageWalk was about 70 percent complete, and the Medical City was in the first phase of construction. The vision for the community meshed well with my love for education, research, technology and wellness. So, I made up my mind that I would retire here and purchased a home in VillageWalk. Unfortunately, since I was still in the military, I was transferred in 2010 and didn't return until my retirement in 2016. Now, I'm finally able to bask and fully reap the benefits of living in this wonderful progressive community," stated Gantt.

She described how a valuable lesson at a former job actually led to her joining the military: "In my early 20s, I was working as a secretary at the Pentagon and had the opportunity to work with some great military personnel. My most impactful moment was when I worked in one of the Joint Staff offices when General Colin

Powell was the chairman of the Joint Chiefs of Staff. I was a horrible secretary and am surprised that I was never fired. However, in that environment I learned about being disciplined, having a strong work ethic, and being professional ... even if you didn't agree."

Reminiscing on her nearly three decades spent serving, Gantt thought back to some of her best military moments, including her deployments to Kuwait and Afghanistan, as well as her stint in Germany. She shared, "In those assignments, I learned how important it was to experience the world through a different point of view. When you live and eat with people who are different than you, you quickly learn that you actually have more in common than you originally thought. You also learn what makes people tick and the root cause as to why people are the way they are. Having that knowledge and experience I believe makes me a more informed citizen, more compassionate, and a better contributor to society."

Gantt mentioned that after she retired from the military, she started her own business called the Gantt Clinical Research Institute, LLC (www.ganttclinicalresearchinstitute.com). She went into detail about how her organization provides clinical research education and consulting services to novice researchers, as well as supporting other organizations that don't have formal research training programs in place. "As a researcher, I still conduct research and have received over one million dollars in federal funding for my work in the area of complementary and alternative medicine initiatives for military healthcare. I am currently conducting a study at Womack Army Medical Center located at Fort Bragg in North Carolina that is testing an innovative sound technology called Binaural Beat Technology. This technology is marketed with the claim that it has the ability to change one's brainwave patterns.



So, I put it to the test and my previous study published in the *Journal of Nursing Scholarship* showed that the technology did indeed work in reducing stress. Now, I'm assessing its efficacy on sleep quality."

Gantt is also a member of the UCF College of Nursing Dean's Advisory Board and is excited for the college's proposed move to the Lake Nona Medical City campus. She is also a member of the board of directors for the Mother's Milk Bank of Florida, where mothers from around the state donate their breastmilk, and once the milk is screened and pasteurized, it goes to babies in neonatal ICUs.

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.*



Travel: Milan

ARTICLE AND PHOTOS BY DEBORAH BULLEN

"I went daily to the cathedral of Milan, that singular mountain which was torn out of the rocks of Carrara. I saw the church for the first time in the clear moonlight; dazzlingly white stood the upper part of it in the infinitely blue ether. Round about, wherever I looked, from every corner, upon every little tower with which the building was, as it were, overlaid, projected marble figures. Its interior dazzled me more than St. Peter's Church; the strange gloom, the light which streamed through the

painted windows – the wonderful mystical world which revealed itself here – yes, it was a church of God!" – Hans Christian Andersen

How could I describe it any better? Of course, you will see the *Duomo* when you go. It would be unthinkable not to visit, much like going to Paris or Barcelona only to pass up *Notre Dame* or *Sagrada Familia*.

Another "must do" on your list will be to see Leonardo da Vinci's *Last Supper* in *Santa Maria della Grazie*. Be sure to make a reservation ahead of time – the whole experience takes less than 45 minutes, but it's worth it if only to marvel that it's survived at all. Between the disintegration that started shortly after completion to the bombings during WWII, it is truly a miracle that it has endured. If you are interested in more da Vinci



Having a espresso with our guide, Luca Martinelli.



Galleria, Italy's oldest shopping mall and major landmark of Milan.



Milan Duomo by day.

history and a recreation of his engineering feats, there is an exhibit in the *Galleria* (which is to the right of the *Duomo*) that shows *The Last Supper* as it would have appeared in the late 15th century.

We hired a tour guide, Luca Martinelli, on our second day there to give us an overview of the city. Recommended by my sister-in-law, Luca takes large or small groups on tours all over northern

Italy. Now, we've toured cities on our own with only Rick Steves (or, a long time ago, Fodors) as our guide. We've also taken a week-long group tour once, a long time ago, when I was with an airline. I'm not knocking those, but this is far and away the best way to learn and familiarize yourself with a new place. Luca is knowledgeable and genial, as you'd expect from someone who does this for a living. But he goes the extra mile by making dinner reservations, and, in a more subtle way, he made us feel a part of Italy's culture. Here's an example of my meaning: We never felt rushed or tired though we were with him from 9 a.m. to 6 p.m. (except the 45 minutes in *Santa Marie della Grazie*). We stopped for lunch, and it was unhurried; we stopped a few hours later for espressos (with grappa), and that, too, was totally relaxed and lengthy, and yet we managed to see most of what was important and hear what to do on our own the next day.

It's our tendency as Americans to hurry up and see everything – we are go, go, go; Italians savor the moment. Also, with a guide, you are able to save your legs by hopping on and off trolleys and the metro without thinking about where you're going every moment, so you can look and listen and enjoy (stress-free) the many picturesque areas.

Our third and final day was spent shopping in the morning (I'm sure you know Milan is a fashion capital with

spectacular high-end shopping areas as well as areas for the more economical shopper), then to the da Vinci exhibit I mentioned, and at the Sforza Castle in the afternoon. The Sforzas were to Milan what the Medicis were to Florence. You can read more about it in the recently published biography on Leonardo da Vinci's life by Walter Isaacson. Another good read before you go is *Beneath a Scarlet Sky* that takes place in the more relatable time period of 1938-1945.

We ended our evening with a delightful dinner on a side street in the *Brera* district, the artistic heart of the city, also brought to our attention by Luca, our wonderful guide. Text, write or call me if you want to be connected with him.

Milan is an easy city to walk. The public transportation is great, but you don't need it to get around as long as you have comfortable shoes and the time. Parks, monuments, shops, cafes and sites are everywhere you look.



"Grande Disco" by Arnaldo Pomodoro, one of 6 Grande Disco sculptures throughout the world.

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Nona Ventures: Knockerball Lake Nona

BY NICOLE LABOSCO



Photo by James Rayner

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!

Previously featured in a business spotlight, Knockerball Lake Nona is the perfect way to combine good times and good company. After months of planning, I was finally able to gather nine friends and take over the up-and-coming popular sport. This sport features inflatable balls that you climb into and then proceed to run and bounce around. The main sport Knockerball focuses on is soccer, splitting players into two teams of five (the black team and the red team), and then having a free-for-all with a normal-sized soccer ball. We gathered at Ariel Apartments right here in Nona to meet Steven Sierra and Carola Martinez, the owners of Knockerball Lake Nona.

Chaos ensued as soon as the whistle blew. Don't get me wrong, it was

FUN chaos. Enclosed in a plastic bubble, we charged at each other until we collided. I felt like I had a target on my back whether I had the ball or not. Immediately, I was knocked to the ground (pun was definitely intended there). My so-called friends had all attacked me. What kind of thank you was that for inviting them?! Either way, I couldn't help but laugh as I bounced and rolled around on the ground figuring out the quickest way to get back on my feet and into the action. I wanted revenge!

We continued to play for another minute or so and then quickly realized how hot it was, not just outside in the dreaded Florida summer, but also in the Knockerball itself. We were told it would get hot, and to get some airflow, we would need to lean forward to allow the breeze to come through the top hole of the ball. They weren't joking.

After taking a quick water break and getting some fresh air while hearing what our next game would be, we all slipped right back into our Knockerballs and were quickly chasing down a giant inflatable soccer ball. This was a bit more challenging, in my opinion. I couldn't get all of my weight behind the enormous soccer ball while in my own personal bubble without falling down. I was quickly and easily run over by the opposite team as they got the ball past my team's line, winning the game.

Leading up to the biggest moment of the day, it was now time for one versus one. In this final event, individuals choose their friend (or sworn enemy) and charge directly at them, like a game of chicken. My friends went one by one, and there was always a good matchup. Somehow and

for some unknown reason, I decided that going against Andrew would be a great idea. "Couple's therapy," as Steven and Carola put it. I knew I was going to get destroyed, and yet I

still was ready and willing to do it. Maybe it was all for the video? I have no idea ...

I said a quick prayer as I geared up for what I can only guess Andrew was looking forward to all day, maybe even for our entire relationship. My heart was pounding, and my breathing began to get heavy. The whistle blew, and immediately the rest of what was to come felt like a scene straight out of a movie. Everything seemed to be in slow motion. I ran as fast as I could in the short distance I had as Andrew charged full speed at me like a freight train without any brakes. I forgot how quick on his feet he was.

Next thing I know, I'm mid-air parallel to the ground and then upside down. He completely demolished me, and the footage we have of that very moment is now Andrew's new Facebook profile video. He's a little too proud.

All I could do was roll around on the ground laughing and then yell, "Oh my God!" as everyone else laughed at my embarrassment. We all got a great laugh out of that, though, that's for sure. My pain was the rest of the group's pleasure. Would I do it again? One hundred percent yes, just not against Andrew

All the stops were brought out for this beautiful game of Knockerball, and it attracted quite the crowd. Residents in the apartment complex were out on their balconies wanting to take part in the game as well, laughter ensuing all around.

So, there you have it, I got knocked around



Photo by James Rayner



Photo courtesy of Knockerball Lake Nona

by friends, flew in the air and bounced on the ground, and did nothing but laugh the entire time. I had a lot of fun playing Knockerball and look forward to the next time I get to play, but maybe next time it'll be during the winter ...

Be sure to check out the Knockerball Lake Nona video from my game-play experience! For more information on Knockerball Lake Nona and to plan your next Knockerball party, visit www.knockerballlakenona.com and [facebook.com/knockerballlakenona](https://www.facebook.com/knockerballlakenona).

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



Photo courtesy of Knockerball Lake Nona



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DOG OF THE MONTH



Nona

Owner: Tara Wilson

Breed: King Charles Cavalier Spaniel

Nona is a sweet King Charles Cavalier Spaniel and proud Lake Nona pup. In February 2018, Nona celebrated her 10th birthday; she keeps her puppy-like figure with long walks through Randal Park and chasing after her tennis ball. Basking in the Florida sunshine, cuddling with her family, eating carrots, and finding the squeaker in a brand-new toy are a few of Nona's favorite activities.

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Nona Your Neighbor: Emily Durham

ARTICLE BY VANESSA POULSON
PHOTOS COURTESY OF
EMILY DURHAM

This month's Nona Your Neighbor subject is Emily Durham. Durham is a personal trainer and fitness coach, as well as a wakeboarder and a competitor on the last four seasons of *American Ninja Warrior*! Check out some more awesome stuff about Emily below!



NHN: What brought you to Lake Nona?

ED: We moved from Colorado in pursuit

of warmer weather and more lakes. Before purchasing a home, we were asked to house-sit a home for a friend on Lake Whippoorwill for the summer. We fell in love with our neighbors and the community and knew that this was where we wanted to live.

NHN: How long have you lived here?

ED: Since 2010.

NHN: Where are you from originally?

ED: I am from Denver, Colo., and my husband is from East Texas.

NHN: What do you do for work?

ED: I am a retired professional wakeboarder and now work as a part-time fitness trainer and a full-time mom. I also work with my husband at our non-profit organization called This is My Story. And for a hobby, I also train for American Ninja Warrior and have competed on the show for the last four seasons.

NHN: What's the most exciting or crazy thing that's ever happened to you?

ED: My whole life has been pretty exciting. I've traveled the world with wakeboarding, won countless titles and events. I've experienced the gift of having children. And I've gotten to compete on the show American Ninja Warrior. My life has been pretty exciting all the way around!

NHN: Could you tell us a bit more about your experience on American Ninja Warrior? How did you end up getting on the show?

ED: I applied for the show four seasons ago and ended up getting a call back right away. I hadn't trained specifically for [American] Ninja Warrior but thought it would be fun to try. I ended up doing pretty well and absolutely loved it and have been hooked on it ever since. Since then, I have made every

show and hope to continue.

The show itself is a big Hollywood production with the lights and cameras, which can be pretty nerve-racking, and so I try to use the nerves and adrenaline in my favor. It's also filmed through the night, so sometimes you can end up competing anytime from 10 p.m. to 6 a.m. One season, I actually competed at 5:30 a.m. I was really tired!

NHN: What has been your favorite moment on the show so far?

ED: My favorite moment was competing in Miami this year. I did pretty well, and I just had so much fun getting to compete in the finals. I also love the interaction with all of the kids who are fans. They look up to us ninjas so much, and I love the positive role models that are in this sport. To be healthy, strong and to keep trying no matter what obstacles you might face in life.

NHN: What is your favorite thing in Lake Nona?

ED: The "small" feel of the community. That I know my neighbors.

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

ED: I'm just excited to have so many new stores and restaurants so close.

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

ED: I think it's going to keep growing. It's such a great spot!

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

ED: This is a great place to raise a family.



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



In the Garden: How to Get the Most Out of Your Summer Garden

ARTICLE AND PHOTOS BY AMBER HARMON

We're in the home stretch as far as the summer gardens go. Anyone who has held out to this point and is still producing vegetables really understands how and what to grow in Central Florida in the summertime.

In our Laureate Park Gardening Workshop, we harvested some beautiful petite white eggplants. Eggplants really thrive in the Florida heat, just like okra and peppers. Those are all a safe bet to grow through the summer. These vegetables are all heat-tolerant.



Eggplant Harvest

The next major challenge in the summertime garden are the pests. All the rain pushes the ants up from underground and into our garden beds. Remember our ant psychology – only place the organic

granules around the mound and not in it. Anything placed in the ant mound is automatically a foreign object and will not be brought to the queen for food.

Ants are just one of the many bugs you might find in your garden this time of the year. From mealybugs to aphids, an infestation can happen before you know it. The key to treating bugs is getting to the root of the issue. A plant will only have bugs when it's under stress, which typically leads to three basic causes: water, fertilizer and seasonality. Either over-watering with all the afternoon rainstorms or under-watering because of the hot days. In the summertime, the garden typically needs to be watered every day. Use organic fertilizer every six to eight weeks. Be sure to use a fertilizer specifically for vegetable gardens. Also, periodically amend the soil with compost. Finally, make sure the vegetable plant is intended to be grown in the heat of our summer season.

No matter how hard we try to give our plants what they need, it is all too common to have plant stress in the summer garden. Be observant and a plant detective to get to the root of your plant's issues. Notice leaves wilting or browning. This is typically a sign of under-watering. The plant can literally burn up in the summer heat. Over-watering from the afternoon showers can also cause browning of leaves and yellow spots on plants like tomatoes. You'll have to know what has been happening in the garden to properly diagnose these types of issues.

Most herbs really struggle in the summertime. Continuing to grow basil, parsley, thyme and oregano will be a challenge during the summer. The way to extend the growing season as much as possible is to plant these herbs where they will be in partial shade from other plants in the garden. Herbs like rosemary and mint are also heat-tolerant and can grow all summer long. The good

news is fall is right around the corner, and there will be no limits to choices of herbs that we will be able to grow.



Okra

The growing seasons in Florida are different than anywhere else in the United States. We can typically grow all year round. Summer winds up in the month of August. The first week of September is typically when fall planting can begin. Our

fall season lasts six months. When everywhere else in the country is closing up their gardens in December and January due to all of the snow and hard freezes, we are harvesting our fall veggies like broccoli, cauliflower and carrots. Let's hope this year we don't get another hard freeze like last year that takes out our eggplants and tomato plants. That happened last year for the first time in seven years. Then, we will continuously harvest our vegetables from September clear through February.

Amber Harmon is the Owner 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 www.MyNonasGarden.com for more information. "We make organic vegetable gardening easy!"

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My Nona's Garden



Our organic, vegetable gardens are Simple, Self-Watering and Sustainable!

Call for information about our Garden Service: (407) 593-8196
www.MyNonasGarden.com

Nona Motors Ride of the Month: Jason Jones' Nissan Skyline GT-R

BY BRITTANY BHULAI

Make: Nissan
Model: Skyline R32 GT-R
Year: 1990
Mileage: 66,486
Price: \$26,000
Horsepower: "I'm yet to dyno it, but she's probably in the mid fives right now."
 - Jones



Photo by Chris Bhulai

Background:

At the end of February 2014, Jones' mother had passed away due to kidney failure. His family decided to fly her back to Grand Cayman, where his father, who had passed away six years prior, was buried. During this time, his wife had given birth to their

third child. The next few months were hectic for him as he had to juggle work, the kids, his newborn, and cleaning his mother's house. He was also in charge of handling her will.

Telling the story himself, he says, "Fast forward to November. I'm trying to get in contact with the lawyer in Cayman (it's a British territory, so I had to deal with lawyers for the U.S. properties and one for the Cayman properties), but I'm getting nowhere, so I decided to take a trip back down, pack the family in the car, and we start heading on I-4 west to Tampa International." On the way there, Jones gets in a car accident with his family. He ends up going to the doctor to discover what they called irreparable nerve damage in his C3-C5 vertebra. He spent the next year in discomfort and pain and became an irritable person. He was working a fast-paced job that paid well at the time. Eventually, he resigned due to the limitations his body placed on him.

One year after his mother's passing, Jones was car hunting since he had some money saved up from his job. A buddy of his, Frank, at Hi-Rev Motors in Oviedo told him about cars that they were importing. Jones responded with, "Alright, well, show me what you got." They had a black R32 with white BBS's on. Jones wanted to pick that one up, but it was for another customer. Hi-Rev Motors told him they had another one coming in. It was bone stock and "absolutely beautiful," according to Jones. He says that this R32 is a "grade four." The Japanese have a grading system, and it's on a scale from one to five. When he went to pick it up, he looked all around. He checked for rust and there was none. The body and paint were in check.

This is his first right-hand drive in the States. Even though he is from Brooklyn, his mother is from Grand Cayman in the Caribbean, and he spent a lot of time there. "I grew up with right-hand drive; it's easy from my point of view. However, it takes a little bit to shift with the left," said Jones.

What led him into picking up a liking for cars was a job that he had as a 19-year-old (he is now 35) driver for Pizza Hut. It created a lot of wear and tear on his 1993 Mitsubishi. It became expensive to keep taking the car to shops for maintenance, so he eventually learned how to fix the car himself.

Concerning the R32, he says, "The car is an absolute gem, I mean I absolutely love it. She is the perfect street car, which is

exactly how I want to keep her." He plans on keeping it until he runs out of money or she can't move anymore. He is currently looking at an Evo 3, which is another right-hand drive in addition to his R32. He says he would be receiving it through Hi-Rev Motors again.

The GT-R owner would also like to thank Imty Deen from MT Fabrication. Jones says without his knowledge, he would be sitting with just a shell. He has also chosen to name his car "Yumi."

Placing his thoughts together, he says, "I remember the drive home being such a joy, that for the first time in months I forgot how much I was hurting, how depression had a tight hold on me and for that hour drive, none of that mattered. So, from then, whenever I feel like the pain is too much or the depression kicks in, I grab my keys and go for a spin."

Mods:

- Mishimoto 2 core radiator
- Mishimoto dual 15" fans
- Custom 4 core Intercooler w/ 3.5" piping
- K&N Intakes
- Tial BOV
- MAP Sensors
- Garrett GT2860 -7 turbos
- Apexi Downpipe
- HKS Hi Power Exhaust
- Apexi electronic boost controller
- Custom Intake manifold w/90mm Throttle Body
- Splitfire Coil packs w/Wiring Specialties harness
- Brian Crower Valves/Springs/Retainers
- HKS 272 Cams Intake/Exhaust
- HKS Adjustable Cam gears
- Gates Racing timing belt
- Nismo Thermostat
- Nitto Head Gasket
- Cometic Exhaust Gaskets
- ARP 2000 Head studs
- ARP 2000 Main studs



Photo by Jason Jones

- CP Pistons
- Manley Turbo Tuff I beam Rods
- Jun Crank Collar
- Nissan N1 oil pump
- ID 1000 Injectors
- AEM 320 fuel pump
- AEM Fuel pressure regulator
- Custom Fuel Rail
- Full Race push/pull vacuum line kit
- Custom breather
- Haltech Platinum Pro Stand Alone ECU
- Custom Flex lines with AN fittings
- Clutch Masters 725 twin disk Clutch
- EBC Red stuff brake pads
- EBC Slotted Rotors

Future Mods:

Frank from Hi-Rev Motors has connections with Haltech and AEM, so he is going to get a Haltech race pack for the Haltech standalone management that he has. He also has a set of coilovers that are custom made that he intends to put on. In addition, he has some black SSR wheels that will also go on.

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



Fashion Dose: Fringe-It-Up!

ARTICLE AND PHOTOS BY ABIGALE LEWIS



As the summer blazes by, the school year is ahead. August can be very stressful and chaotic, however, you will survive! Take care of yourself by expressing your individuality. Fashion Dose promotes the undeniable inner fashion-lover within your DNA. Don't worry, it can be administered to attentive individuals anywhere, anytime! Here are a few ways fringe is making a statement on the runway and the internet.

To be or not to be Boomerang-worthy, top-brand designers from Free People to Alexander Wang will have "Instagrammers" twisting and turning for more likes. The multi-color fringe is a vibration of fresh and fun looks into summer fashion shows. Fringe-like fabrics are a hit to boost your followers. With the rise in streetwear fashion, everyday looks can be revamped by simple additions. Kimonos, blouses or even handbags with fringe add a whimsical sense of individuality. Just imagine swinging around and the fringe following your every move.

Fringe-it-up in different ways like Gucci or Dior, full-on fringe handbags, jackets and dresses fully embellished for a great night out in the Lake Nona Town Center. Designers from this month's shows all showcased their new garments advocating diversity in streetwear trends of fashion. Wearing a fringe-like dress with a pair of Gucci loafers adds chic to streetwear. Release the taboo of fabrics or brands that advocate conformity.

Stella McCartney eyewear brings fringe to a new level this season. The latest fringe sunglasses by McCartney feature brown metal square frames, tinted lens, and acetate fringe, gold-tone chain trims that hang from your peripheral. You can also get them in white and black. Live



bold and beautiful with a pair of sunglasses that will have you whipping back and forth, showing off your trim. Check out FarFetch.com, luxury fashion right at your fingertips with exclusive brands from Alexander McQueen to Valentino. Stella McCartney's eyewear is on the website alongside other luxury brands that are curated specifically for turning heads.

Educate yourself with fresh-off-the-runway styles, like incorporating a multi-color fringe jacket with your favorite denim destroyed shorts, high-waisted all-white trousers or even a violet, sheer-midi dress. To stand out, add bold reds, greens and yellows that will bring simplicity into greatness with your style. So, cheers to timeless dinner-time Boomerang action.

To discover exclusive designers standing out is bomb, however, finding global online shopping websites that are trendy and practical is atomic. AliExpress.com is my new-found love with trendy new items from apparel to technology. Searching for the jaw-dropping dress for a wedding, yacht party or even a birthday celebration, check out the tassel bodycon bandage dresses in vibrant yellow. Turn heads while you twirl confidently, sending fashion into motion. Or if



you're just looking to spice up your black cocktail dress for under \$50, check out AliExpress.com. Download the app and start racking up on great deals and fashionable trends before summer is over.

For any inquiries to style up your favorite fringe look, keep in touch via Instagram, @AyStrawberry.



ReThink Life: A Conversation About Life, Leadership and Relationships

How to Tame Your Temper

BY RODNEY GAGE, LEAD PASTOR



Pastor Rodney Gage

Did you know that back in 2006 Orlando ranked number one as the “Angriest City in America,” according to *Men’s Health Magazine*? They studied the top 100 cities and yours truly, “Orlando,” was the city that was the most ticked off. Fortunately, we’ve cooled off since then. According to the latest study conducted in 2016 by thrillist.com, Orlando wasn’t even on the list!

Anger is a real emotion we all struggle with from time to time. How we express it is often what gets us in trouble. Ralph Waldo Emerson once said, “For every minute you remain angry, you give up 60 seconds of peace of mind.” Most people don’t realize that anger is controllable. If you don’t believe me, have you ever been in an argument with a family member where the tempers were hot and the phone rings? Suddenly, you “pause” your anger, answer the phone and say “hello” in a “delightful way.” When the other person asks, “How’s it going,” you respond by saying, “Oh, great!” As soon as you hang up the

phone, you return to your heated argument. Whether we care to admit it or not, anger is a choice. We can choose to let anger control us, or we can choose to control our anger.

There can actually be a good side to anger. Anger can be evidence of love. If someone were to hurt someone you love and care about, like your spouse or one of your children, it is only natural to feel anger. If you didn’t feel anger, someone might accuse you of being heartless as if you didn’t even care. Some believe hate is the opposite of love. However, apathy and indifference are the opposites of love. The problem is NOT anger, the problem is what we do with our anger.

Let me share three things you can do to tame your temper.

1. Understand What Is Causing Your Anger.

Typically, there are three warning signs or symptoms as to what is driving our anger:

- **Hurt:** Many of us have been hurt or wounded physically, verbally, emotionally, or relationally, resulting in anger and resentment.
- **Frustration:** We can get irritated and angry when something or someone is standing in the way of achieving our goals or keeping us from moving forward in life. When things don’t work out as hoped, we allow our frustration to turn to anger.
- **Fear/Insecurities:** Anger and insecurity always go together. When we feel threatened, attacked, trapped or stuck in a difficult place, it causes us to feel fearful and insecure, resulting in anger.

2. Think About It and Talk About It Before You Act on It.

Tension and tempers always go together. Taking a step back and reflecting on what is actually causing you to feel angry can help you gain a better perspective and help you deal with your anger in a healthy and productive way. Unfortunately, most people choose to deal with their feeling of anger in one of these three ways, which are

not good:

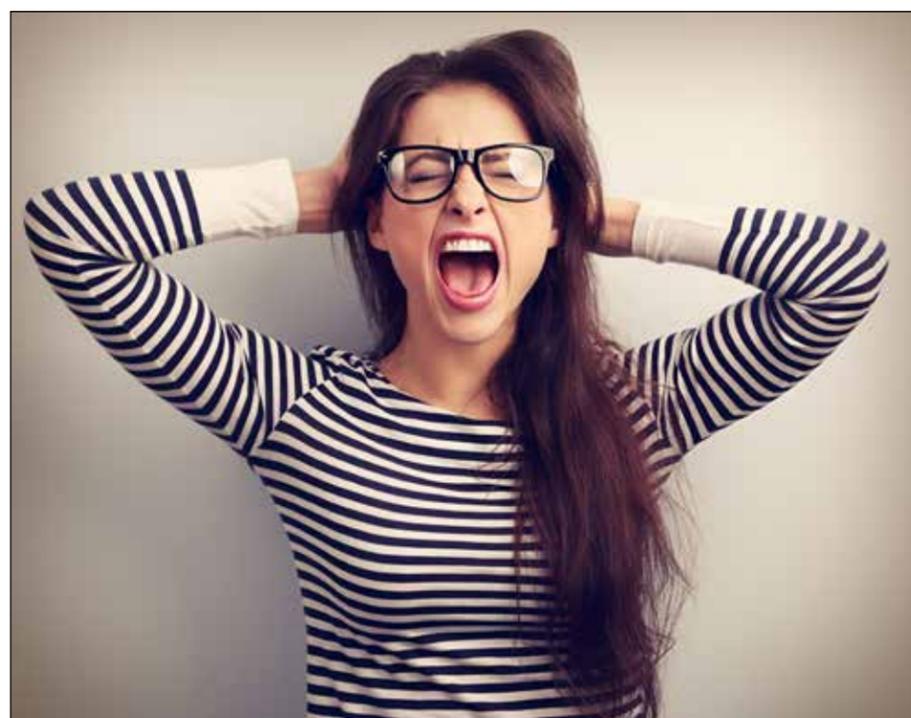
- **Suppress It:** These people hold it in and store it up over long periods of time until it eventually explodes. It’s like a Coke can after being shaken. When you finally pop the top, it spews and foams everywhere and makes a mess. You definitely don’t want to be standing nearby when that happens.
- **Repress It:** These people tend to deny that they’re mad. When you press them to admit if they’ve been hurt, frustrated or feel fearful about anything, they tend to deny or pull back from their emotions. Sometimes, these people wear their emotions on their sleeve but won’t admit or talk about what they’re feeling.
- **Express It:** These people are a bit more obvious. They tend to act before they think. They usually say things or do things they later regret, especially when they hurt someone they care about verbally, physically, relationally and emotionally. This is never a healthy or productive first response to dealing with our anger.

The best way and the most productive way

to deal with anger is to think about **how** and **why** you’re feeling angry and ...

- **Confess It:** Admitting to yourself and to the other person(s) that you’re feeling hurt, frustrated or even fearful is the best and healthiest way to deal with how you feel. Not only does it help you gain a more accurate perspective on what’s really going on with a situation or person, but it helps them to know and better understand how you’re feeling as well. This ultimately can bring healing, reconciliation, restoration, peace and patience, which is the opposite and a better outcome for our feelings of anger.

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.



Mama’s Turn: Signs of Middle Age

BY SHARON FUENTES

It is hard to believe, but here it is ... another Mama’s Turn column from me. While you might just call this August’s issue, I call it the month I turn 49. To be honest, this birthday is kind of a non-event as I’ve been telling people I was “almost 50” since I was 40. Adding years always elicits a “wow, you look good for your age” response, and I am not against shortening my life span for a compliment. But while I have been saying I am 49 for a while, suddenly there are these daily reminders that I really am:

1. When I am asked to input my date of birth on a website, I need to scroll WAAAAY down now.
2. I have changed the type size on my computer screen to 16 point, and that is with my reading glasses on.
3. No one IDs me ... ever.
4. My knees make these horrible sounds every time I bend down and then attempt to get back up.
5. When I go swimming, I can no longer just look at my fingers to see if they are all prune-like and wrinkly as a sign it’s time to get out ... BECAUSE THEY ARE ALWAYS PRUNE-LIKE AND WRINKLY.

6. I have been known to call my husband on my cell phone to complain about how I can’t find my cell phone!
7. “Mom, finish your sentence,” my 17-year-old pleads. “Please, just finish your sentence.” (Apparently my mind wanders mid-thought? Wait, what was I saying?)
8. Going out to dinner at 5 p.m. still feels too early, but a 9 p.m. movie seems really, really late.
9. Drinking wine on my patio with friends is more appealing than happy hour at a crowded bar.
10. I have suddenly become invisible to any man under 60.

There are some positive flip sides to all these “getting older” things. For instance, I finally am starting to not sweat the small stuff so much. I have learned to “lighten up,” to be more free-spirited, to try and focus on the positive and, most of all, to always find laughter. For example, after years of worrying if my children would turn out okay, and if not, if we would have enough bail money, I have learned to let go. I did what I could, and now it is time to accept them for who they are, their choices, their actions which they are responsible for. Turns out, they are amazing people! Of course, I am still



resisting the urge to remind them constantly of all the blood, sweat, tears and outrageous amounts of chocolate and wine I consumed to get them there. But then I think about how fun it will be when they learn this for themselves when they have their own kids one day. Say, that’s another advantage of getting older. You can be snarky and people just blow it off as sassy and cute. I think I am going to like this whole middle-aged thing!

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.



Finding Now: The Mirror of Yoga

BY ODETTE VACCARO



Odette Vaccaro

Yoga has become an essential part of my life. Not only do I physically feel better after I practice, but yoga has also taught me about myself. After many years, I now recognize that our yoga practice mirrors our approach to life. Watching our reactions during practice

can help clue us into how we take on just about anything we do.

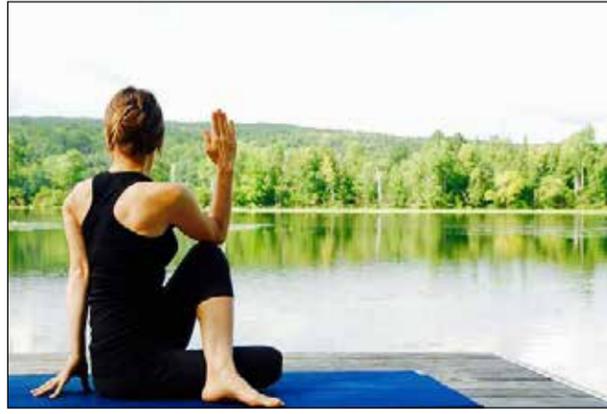
Even more, translating what we learn from yoga to our lives off the mat can give us a fresh, new perspective. How can our practice help us to actually be better not only at yoga but at life?

Breathe.

There is nothing more therapeutic than our own breath. If you've ever practiced mindfulness, relaxation or stress management techniques before, you've experienced the power of your breath. In yoga, we breathe and link our movements to our breath. No matter what we do, we never sacrifice the breath in order to achieve a pose. Our breath is the one non-negotiable and our root during practice. The same is true in life. When we allow our breath to flow fully and effortlessly, our days seem calmer and our mind better prepared to meet daily challenges. Even when faced with difficult situations, keeping our breath full and mindful enables us to better problem-solve and more patiently meet challenges.

Flow.

On our mat, every day is different and no practice is ever the



same. The same is true of life. One day, a headstand might be effortless, but not in the cards the next day. Your balance might be impeccable when practicing eagle or tree pose today, but you might wobble back and forth constantly the next time you step on the mat. That's because the same person does not step on your mat twice. We are new every day, and our practice reflects

that. Falling out of a pose doesn't mean we're losing progress; it might just be an off day. The tricky part comes when we place expectations on our "performance" and then judge ourselves. In reality, some days are better than others, and that is not a bad thing.

When we observe without beating ourselves up, we allow our body to get stronger, learn from the pose, and perhaps even make it easier to get in that pose on your next try.

Most of us are guilty of beating ourselves up for not "achieving" what we expected. This constant judging doesn't make us better people. In fact, it probably makes us shy away from trying again or taking on new challenges. Maybe we need to take a cue from our yoga practice. Just flow.

Turn It Upside Down.

It's always good to look at things from another point of view.

Inversions in yoga can provide many benefits for your circulatory, immune and parasympathetic system. In life, taking a step back and allowing ourselves to see things from a different perspective can lead to some inspiring shifts and a-ha moments. This can literally give us a new outlook on life.

Be in the Moment.

While practicing yoga, we focus on what the body is doing on the mat and nothing else. This kind of focus and mindfulness also has a myriad of benefits when it comes to our thinking. Allowing our attention to anchor in the present moment always helps to diminish overwhelm and stress and generally encourages creativity and better problem-solving. It's also about stepping on the mat or into our



In yoga, we learn to be at ease through an uncomfortable position, without resisting or becoming tense. And isn't that an essential skill we need to be successful in life? Just as we develop flexibility in the body, we're able to do the same in the mind.

"Yoga is a mirror to look at ourselves from within." – B.K.S. Iyengar



Ask Lady Nona: Where Is My Village?



There is an old story of a town that had a wooden statue in its center that locals would visit and vent to about their experiences, issues and secrets in a way to get them off their chest. We created Lady Nona's column as a twist on that. We see this platform as a way to converse. Whether it's about love, sex, family, work, marriage, or

motherhood – ladies, we are here to listen, share, heal, discuss, laugh and be proud of who we are as mothers, daughters, sisters, friends and, most importantly, as women!

My goal is to have this column represent the statue in the village and represent the village itself. I guess in this case it will be the "hood," not the village. Alan Webber, former editor of the *Harvard Business Review*, stated that "conversation is the means by which people share and often create what they know." Dialogue allows for collective learning and inquiry and helps us navigate complex social issues, which can lead to a shift in thought, perception and action.

We have heard it a million times before ... "Communication is key." My husband's thoughts on communication when I bring it up: "You are right, communication is a problem in relationships, there is too much of it." Cue my eye roll!

Because of my obsession with people-watching and analyzing human behavior, I realized that no matter what your specific deal is, so many people have experienced it as well. You are not so strange after all. There is comfort in that. So, we want to hear from you, and we want to talk about it.

Although people tend to share their miseries more than their happiness, we are aiming to keep this column positive so that we are not feeding into the rants and issues, but rather airing them out and letting them go.

As for me, I am a Lake Nona resident, a mom/stepmom, a wife, a writer, an entrepreneur, an activist, and a public servant with a Master's degree from George Washington University. I wanted to remain anonymous for the Lady Nona column so that its content can be raw and real. I pull stories from my life and the lives of the people I know to start a conversation that we can all enjoy and possibly grow from. It was only fair that you, too, have privacy so you can participate freely and share openly. Therefore, all your questions and comments will remain anonymous as well.

I moved to Orlando (Lake Nona) in 2012 and, by chance, met the most amazing man. By the age of 32, I had already kissed a bunch of frogs, so I trusted my instincts that he was a prince and got hitched after three months. My husband, let us call him Mr. Nona, is from a different culture than I, different background, different faith and came with a seven-year-old son. If you are or have ever been married, you know how challenging it is to make a marriage work. So, you can imagine how "challenging" a marriage can be when you have all these differences and a little baggage. Not sure when or why the word "hard" was officially replaced by "challenging," but I am just going to say it: being married, being a mom, working, keeping up with the house, keeping up with my appearance, and my sex life is dang hard! Exhausting, really. I know there are some Type-A personalities out there who make it seem really easy. I think it must be Adderall.

My son was born when I was 36, relatively late. At that point, I was a new wife, a new mom, and a stepmom with no family and not too many friends around. This got me thinking of the old proverb, "It takes a village," and I thought, where the heck is my village? I didn't just need the village for the kids, I needed one for me!

This column will be a collection of stories mixed in or inspired by your contributions on a monthly basis. We expect you to ask questions, share experiences, enlighten us, warn us, and make us laugh.

I'll also pose a question to get the conversation started in an effort to delve into the Lake Nonian psyche and get to know the people who live in this awesome neighborhood we call home.

Question for September's Issue:

We will start with an easy one ...
If it weren't for having children, would being married be a priority for you?

Submit your answers to this month's question, or share your own experiences, questions, and thoughts to Lady Nona by filling out the online form here: nonahood.to/askladynona. Your submissions will be anonymous.





VillageWalk Resident Isabella Meléndez, 9, Wins U.S. Kids Golf 2018 FL State Championship

BY VANESSA POULSON
PHOTOS COURTESY OF CAROLYN VEGA-MELÉNDEZ



Isabella Meléndez of Lake Nona recently won the U.S. Kids Golf 2018 FL State Championship for Girls, ages eight to nine, and is off to compete in the World Championship in August!

Check out our Q-and-A with Isabella and her mom, Carolyn, about her accomplishments and everything she hopes for in the future!

NHN: What was it like to win the U.S. Kids Golf 2018 FL State Championship for Girls eight to nine?

IM: It was an amazing experience! I was proud that I did it.

NHN: Was she expecting to win the tournament?

CM: Yes. You definitely don't know if you've cinched the title until all of the scores are submitted from the different pairings in the respective age division. Someone who had a relatively good round the day(s) prior, could have had a fantastic final round, giving another an opportunity to claim that top spot. Upon submitting her final scores at the end of the last round, she was ecstatic that she had secured 1st place and we were all beyond proud! All of her hard work paid off.

NHN: Who was there at the tournament?

CM: Beyond her Daddy Caddie, Carlos, #golfteammelendez carries an entourage of people, including her grandparents, aunts, an uncle, cousins, and of course, her mom. However, her biggest supporter is her little sister, Sofia, who is always cheering her on at every hole.

NHN: Had she [Isabella] ever won a championship before?

CM: No, the U.S. Kids Golf Florida State Championship is her first time. However, at age 7, Isabella placed 26th in her age division at the U.S. Kids Golf 2016 World Championship. At age 8, Isabella placed 13th in her age division at the U.S. Kids



Golf 2017 European Championship, followed placing 15th in her age division the very same year at the U.S. Kids Golf 2017 World Championship, earning her an automatic invitation to the 2018 event, which will take place August 2 - 4, 2018 in Pinehurst, N.C.

NHN: How long have you been playing golf?

IM: I started when I was three, but I have been competing since I was six years old.

NHN: What would it mean to you to win the World Championship?

IM: It would mean that I am a step closer to achieving my golf dreams.

NHN: What does her golf dream look like?

CM: Seeking to move up in global rank at this year's U.S. Kids Golf World Championship, Isabella has her eyes set at placing within the top ten spots. Competitive golf has taken Isabella all around the world. From her home state of Florida to the states of Georgia, North Carolina, New Jersey and California, Isabella definitely enjoys traveling to different courses. She has even had the opportunity to represent Florida/USA in Scotland. It's important to us that Isabella have balance in her life. After all, she is only 9 so whether it's a local tournament or one that takes us abroad, sightseeing and doing fun things other than golf is part of her childhood experience, too. From touring the castle that inspired Hogwarts in Harry Potter, body surfing in the Pacific, or catching the latest movie at Disney Springs, a family adventure of sorts is always but a tournament away.

NHN: If she meets that dream at 9 years old, what's next?

CM: Continue to work on technique, endurance and consistency to ultimately claim one of the coveted top 5 spots, if not 1st place, the following year and whatever aspirations and respective success this turf life brings her thereafter.

NHN: What's your favorite thing about golf?

IM: Making memories at each and every golf course.

NHN: What would you like to do when you grow up?

IM: Be a professional golf player in the

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LPGA (Ladies Professional Golf Association).

best. She is young and although very talented, there is still a lot of work to be put in for the long journey ahead.

NHN: What has been the biggest challenge for Isabella while playing golf?

NHN: What do you hope for her in the future?

CM: As parents, we hope for her to be happy and successful at whatever she decides to do.

NHN: What's one piece of advice you'd give to Isabella or other young golfers?

CM: Have fun!



Something to Cheer About At Lake Nona Youth Sports

BY VALERIE SISCO

Two, four, six, eight . . . here's some news the kids in Lake Nona will appreciate.

Brandy Sellers is the new cheer director and head coach for Lake Nona Youth Sports, which is for students in grades K-8. The football and cheer season will kick off in August, and online registration is now open.

Even though this will be Sellers' first season coaching in the Lake Nona community, she can't remember a time when she wasn't involved in the sport of cheerleading, either as part of a squad or as a coach. Growing up in the small town of Boron, Calif., on the edge of the Mojave Desert, her parents enrolled her in her first cheer lesson at the age of four. And once she got to try out pom-poms and megaphones, Sellers never looked back, continuing to cheer through her senior year in high school.

"I loved cheering as a student, and I have enjoyed coaching my daughters' cheerleading teams as well as softball and soccer," Sellers stated. "I'm very excited to lead our competitive cheerleading teams this season with the opportunity to rock the sidelines as we cheer on the Lake Nona Jr. Lions football teams."

The Jr. Lions are part of the Florida Youth Football and Cheer League (FYFCL), with AAU clubs (Amateur Athletic Union) throughout northern and central Florida. The FYFCL-certified coaches work with young athletes all season long to prepare for competitions and the chance to compete for a national title in football and cheer. The Lake Nona High School coaching staff also shares expertise and collaborates with Jr. Lions coaches, building relationships and getting to know the young students.

"I'm so pleased that Lake Nona High School cheerleaders will be serving as mentors for our Jr. Lions cheerleaders this year," Sellers said. "We'll be working with the Lake Nona High School coaching staff, too, to help prepare our young athletes for the competitive level when they try out for high school cheer."

The sport of cheer, like many other sports, gives kids an opportunity to also learn life skills. They learn to develop trust in their teammates, contribute to the success of others, and discover the importance of preparation, developing a positive attitude and having mental toughness. Through sports, they can make strong friendships and enjoy a sense of community with their teammates and their families.

Sellers is already experienced in offering encouragement since she volunteers her time as a mentor for Take Stock in Children in Osceola County, helping students build a solid foundation of values and academic skills and develop their self-esteem and confidence. "Being a part of our future generation is important to me because I'm able to share my knowledge of cheerleading to help young kids gain confidence and recognition that are keys to their success," said Sellers. "Volunteering my time to help kids set goals and see them accomplish them is so rewarding to me."

Getting involved in the Lake Nona community is important to Sellers and her family since they decided to move across the country to central Florida three years ago. Sellers' husband, Jay, retired from the U.S. Air Force, and she is enjoying volunteering her time and investing her expertise with students after spending 13 years working for the Department of Defense and NASA in California. The couple and their three daughters, Haileigh, 18, Presley, 7, and Khloe, 4, couldn't be happier now that they're adjusting to civilian life.

"We are looking forward to Brandy's leadership with our cheer teams this season," said C.R. Dunnivant, president of Lake Nona Youth Sports. "We know she'll help us build some great new relationships and partnerships so we can enhance our athletes' skills."

And that's something we can all cheer for. Visit LakeNonaYouthSports.org for registration information.

Valerie Sisco lives in Lake Nona and is the author of the blog, gracewithsilk.com.



Lake Nona Youth Sports

"Home of the JR Lions"



"WE ARE MAKING A DIFFERENCE FOR THE YOUTH IN OUR COMMUNITY. COME JOIN US."

Football & Cheer Registration Closing Soon!!!

Upcoming Events

- **Cheerleading** – REGISTER NOW, registration closing soon. Mascot (Age 4), 6U to 14U (ages 5 to 14).
- **Football** – REGISTRATION OPEN for Flag (Ages 5-6) and 14U (Ages 13-14). Registration closing soon.

Important Dates:

- **8/25/2018**-First Football and Cheerleading Game.
- **Lacrosse Boys and Girls** – Speed Lacrosse League for new and experienced players going on now. Check out website for updates and more information.
- **Wrestling** – Please check the website for updates for programs this fall and Spring 2019.

Opportunities to Help

Give back to your community by participating as an **Assistant Coach**. Opportunities available for **Football, Cheer, Lacrosse and Wrestling**.

We are always looking for those wanting to make a difference in our community! Let's work together. Just send us an email.

lakenonajrlions@lakenonayouthsports.org

Fundraising and Marketing Opportunities:

- "**Sponsor a Child Program**" – Local families in financial need.
- **T-shirt sponsor** opportunities to market your business.
- **Corporate and Personal Sponsorships** available.

Please email: lakenonajrlions@lakenonayouthsports.org for more information.

Website LakeNonaYouthSports.org

Nonprofit 501c3



**Ask The
Lake Nona
Orthodontist**

David R. Lach, DDS, MS, PA.
Specialist in Orthodontics
and Dentofacial Orthopedics

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NOW OR LATER?

Q: DEAR DR. LACH: I have a 7 year old who has crowded teeth and I was told that I should have some of her baby teeth removed to make space in her mouth. If I do this, will she still need orthodontic treatment? I am seeing many children in my neighborhood who are getting started with orthodontics much sooner than they used to. Why are people doing this when baby teeth are still present? Can't I wait until all the permanent teeth grow in?

~ Sally H.

A: DEAR SALLY: The answer is ...maybe. As you know, all children are not alike, even within the same family. Therefore, the American Association of Orthodontists recommends that a certified orthodontic specialist should screen a child for orthodontic problems, no later than age 7. At this important age, an experienced orthodontist can determine if the jaw bones are going to be big enough for all of the permanent teeth to grow in correctly. If the jaw bones ARE big enough and growing evenly, treatment can often be postponed until all the permanent teeth grow in at age 11 or 12. If the jawbone is NOT big enough, it can be widened by a device called an EXPANDER, if done early and at the right time. Braces may still be required following the expander, but for only about half the amount of time normally required. If you have a child who is 7 years old and you are unsure about their teeth, be sure to have a free evaluation by an experienced orthodontic specialist. This is often the simplest and easiest way to find out which is the best approach for your child. After all, every child is in fact unique.



Dr Lach is a specialist in Orthodontics and Dentofacial Orthopedics for adults and children with over 27 years of experience in Central Florida and has transformed nearly 20,000 beautiful smiles. Dr. Lach has also been awarded the distinction as Lake Nona's only Platinum Specialist of Invisalign clear removable aligner treatments which designates the highest level of training and experience.



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QUESTIONS?

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Swimming Upstream

BY DEBORAH BULLEN

When I was a kid, my summer was consumed by our club swim team. My brother, David, and I no sooner finished swimming lessons than we raced up to the swim team coach to ask if we could try out for the swim team. We made it. Everyone did. But we were overjoyed, nonetheless.

We spent every day walking to the pool with our friends at 8:30 a.m. and arriving back home at 12 p.m. for lunch. How our mothers must have loved that. Swim team practice was two to two-and-a-half hours of swimming laps, mock races, kickboard exercises and more laps. It's the same today from what I can see at the YMCA. We were tired, and we might have cheated a little on how many laps we actually swam, but it was still a whole lot of laps.

I wonder now, when there was no indication that I'd get any better at this, why I was so consumed by it, each and every summer beginning at age six or seven and continuing until I was 13. Of course, I was part of something larger and when the team won, we all celebrated. But I was never entered into too many events (sometimes throughout the whole swim meet, I'd have one event). Oh, and minor detail here, I never came in first place, rarely took second, had a whole bunch of yellow ribbons for third, and

sometimes lost. And yet, faithfully, willingly and even fiercely, I went to practice each and every day with the hope that this would be my break-out week.

At weekly swim meets, we'd cluster in our age groups, eying the older kids with awe, each with our packet of Jell-O (for energy, of course), and we'd lick the wrapper clean, as if pure, flavored sugar could propel us to the finish line while taking precious seconds off the stopwatch.

I even remember praying about it every night. (Please, God, make me a fast, great swimmer.) I wanted so badly to win – to be fast, admired, praised, celebrated. In retrospect and with age comes the knowledge that it was the approval and praise I wanted more than anything. It seemed to me that the coolest kids (and therefore the most well-liked kids) were the best swimmers. And I was always competi-



Learning Leadership Through Sports

BY SAMIA SOLH

Sports are a big part of the All-American lifestyle. Families rally for their state team, their alma mater teams, their fantasy teams and their kids' leagues. Here in Lake Nona, we are blessed to live near the USTA and Sports City so that a healthy lifestyle involving sports is literally in our backyards.

If you have ever committed your child to a sport on a team, you know that it's an actual commitment! With evening practices, early weekend morning games, long drives to tournaments, and tons of expenses, participation is quite an obligation. Do you sometimes wonder if it is worth all the effort? Especially if your child isn't that enthusiastic about it, either, it makes it easy to waive it off and say, "Fine, just forget it," and thinking, "Is it such a big deal if they don't play sports?" The answer is, absolutely!

It's not a coincidence that most leaders and CEOs have played some sort of sport growing up and not necessarily at a high-level. Even Mark Zuckerberg, who one wouldn't exactly peg as an athlete type, was a high school fencing star. Even if your child isn't performing well, it still has great benefits beyond building self-confidence and getting exercise.

So, if you succeed in ignoring the tired voice in your head saying, "Is it really worth it?" here are some of the things

your child will gain:

Learning the importance of WE over ME, where the collective success is more important than individual success.

Experiencing the association between hard work and growth. Learning that there is no home run moment, and that success comes from the repeated act of greatness.

Learning how to follow so they can learn how to lead: You can't be a chief without being a warrior first.

Learning how to WIN, not just how to lose: The saying goes, "When you are green, you are growing, and when you are ripe, you are rotting." In the right competitive environment, sports help kids learn to stay humble and acknowledge that there is always room to grow.

Experience getting knocked down and getting up, literally, and fighting through that.

As for girls and young women, according to an article published on CNBC.com, "If you want to be a CEO later, play sports now." Referencing a

series of Ernst & Young studies, it is even more common for female executives to have played a sport. A survey of 821 high-level female executives was conducted, and the result came back revealing that 90% of them had played sports. For women holding C-suite positions, the number is even higher and comes in at 96%.

"Playing sports teaches you important life skills at an early age, skills like time management and organizational skills. More importantly, it gives you the chance to experience camaraderie and the ideology of working collectively for a common goal," said Lake Nona resident, exercise physiologist, and coach Anthony Wishart.

In life, we all strive to find a role and excel at it. That is something that sports allows children to experience at an early age, and it has long-lasting effects into adulthood. So, if you are a parent who is struggling with the kids' sports schedules, just remember that the benefits are going to be well worth the trouble.



Obsessed Cycle: Going For Gold

ARTICLE AND PHOTOS BY
MATT TROY JONES



A couple of months ago, I bought a new bike. This one was no ordinary road bike. It's what's known as a "track bike," which is a single-speed version of a road bike that cannot coast (the pedals move as long as the wheels are moving). This track bike is a Specialized Langster 10th Anniversary edition, white frame with blue and red accent stripes; a very clean, simple design. Having only one speed and a fixed gear makes this bike a totally unique ride that takes some getting used to. The purist wouldn't even have brakes on the bike and would apply back pressure to the pedals to slow and stop the bike, but in my case I prefer safety, so I had front and rear brakes in-



took the bike out and tested it to see what maximum speed I could clock on an all-out sprint. Remember that this bike only has one gear, which is based on how many teeth are on the front chainring, and the rear cog. A larger ring in the front and fewer teeth in the back makes for a higher top speed potential, but from a standing start can be a struggle just to get going, whereas the opposite will enable faster acceleration but limit top speed.

During my test run, I was able to get up to 28 mph before I was pedaling so fast I risked damaging my knees.

enough to get pulled over for speeding in the neighborhood, which would probably be the only speeding ticket I would proudly accept with honor.

Now that this bike is in its final stages of completion, the last and probably most important requirement for any project bike is to name it. Therefore, I officially declare this bike to be named Goldmember. Obsessed Cycle is now working on a video featuring the "Goldmember" track bike, which should be released by the time this edition of *Nonahood News* hits the press. Please hop over to Ob-



stalled. Then I had an idea, or more so a vision ... this bike is made for fun, so why not add some flair?

After a minute or so of some very intense deliberation, I decided to add some gold features to the bike because, well, because it's ridiculous. So I had Winter Garden Wheel Works install some gold bar tape and gold brake lines. I liked the outcome, but that wasn't enough to satisfy the Mr. T in me, so I ordered some gold wheels from State Bicycle Co. and a gold chain from KMC. Now, it was starting to look like something, but why stop there? Amazon and Google shopping searches became my new best friends for the next few weeks as I found more gold parts for the bike. In came a gold bottle cage, gold seatpost and seatpost clamp, and gold mounting screws for the chainring.

Then I realized something ... this bike looks super bling, but had I lost the intention of the "track bike"? Track bikes are made to be raced on a velodrome track; they need to be able to achieve very high speeds. So I

This was about eight to 10 mph less than my flat ground capability on an 11-speed road bike. This simply would not do, so I decided to change the gearing setup from the standard 48t front and 17t rear to a 52t front and 16t rear. I then went out on the Sunday group ride with Nona Cycle to test the new limits. During the fastest sprint of the day, I managed a 33.3 mph max speed at 130 rpm, which was definitely the cadence limit of what my knees could handle. This is much better than before, but now I have to find the absolute limit, therefore a new 14t rear cog is on the way, and I expect to be able to comfortably ride up to 36 mph on flat ground, plenty

essed Cycle on YouTube and Facebook to check out the final product! Also, to stay up to date with what's going on with Obsessed Cycle, please follow, like and subscribe to our YouTube, Facebook and Instagram pages. There's plenty more to come!



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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Nona Cycle: Ride Predictably – Safety First

BY DEBRA LOWE



Photo by Debra Lowe

Bicyclists have two major safety threats: cars and ourselves.

Over the past month, there seems to have been an increase in the number of local cyclists involved in crashes. Unfortunately, the outcome of a cyclist connecting with a motorized vehicle is always the same, it's

only the extent of injury to the rider that varies. Seeing the posts on Facebook about fellow cyclists who have sustained injuries is a reminder of how easily it could be any of us.

Riding a bicycle in Florida can be deadly, and a recent study has put the state at the top of the list of the most dangerous places to take your bike out on local roads. The Governor's Highway Safety Association's study shows Florida had the nation's highest proportion of bicyclist fatalities at

7.4 percent in 2015. Researchers also found that bike deaths across the country are on an incline – 12.2 percent – and are outpacing the overall rise in traffic fatalities. The study used 2015 data because it was the most recent complete data available.

Florida's roadways were built with cars in mind, not cyclists. Decades ago, it used to be children who died most often in bike fatalities. Now, it's adults. The study found the average age of those who died in 2015 to be 45. A Centers for Disease Control and Prevention analysis from 2008 to 2012 found our state had the highest rate of bicycling deaths in the continental U.S. In 46 percent of crashes, the driver was found to be at fault, while cyclists were at fault 30 percent of the time. Crashes at these locations typically involved drivers turning left or right, or cyclists and drivers pulling out into an intersection with cross traffic.

In part, the rise in bicycling deaths can be attributed to the dramatic increase in the number of cyclists taking to riding on the road. When I took up cycling four years ago, I rode exclusively on bike trails. With so many to choose from within a reasonable drive from my home, I had no desire to compete with vehicular traffic, and so the only time I did have to "share the road" was when I participated in an annual century ride held

in Tucson, Ariz. I quickly became hooked on cycling and realized in order to become a better cyclist, I needed to expand my training beyond the relatively controlled environment of urban trail systems.

In December of last year, I began riding with Nona Cycle, and it has changed my life for the better. I've met like-minded people who have offered assistance, guidance and encouragement. I enjoy the fellowship of our weekly rides, post-ride Starbucks and the connection we have via social media. Because of Nona Cycle, I was able to raise money to fight diabetes by participating in Tour de Cure this past spring and will fundraise and ride in support of our local Ronald McDonald House this fall.

Our 30-mile-ish Sunday Signature Ride begins in Laureate Park and travels along Narcoossee and Rummell roads into St. Cloud and back on Narcoossee to the finish. We're a large group, and I tell myself there is safety in numbers ... but all it takes is one distracted driver or an unintentional error from one of us. One of my many fears while riding is that I'll make an error while in the pace line that will injure someone else. Anyone who rides with a group should always "ride predictably," know and follow the group's rules, and be knowledgeable of universal hand signals. If you don't know, it's easy enough to do a Google search or ask your fellow riders for clarification.

I don't focus on the vehicles barreling along behind us on Sunday mornings, although I



am certainly aware of them. It's easy to tell who respects cyclists and who sees us as a nuisance. Those who follow the three-foot law and allow us to cross as a group at intersections obviously are willing to "share the road." Then there's the group who seems to speed up as they go by, horns blaring, and not a chance in the world of giving us an extra inch of road. While they are definitely a concern, the ones we worry most about are the distracted drivers who are doing something besides focusing on what's happening around them. We've all been guilty of not being 100 percent engaged while driving, however, I've found that the more I ride on the open road, the more cognizant I am of cyclists while behind the wheel of my truck.

I implore everyone to do their part to reduce the statistics of Florida cyclist fatalities – when you are on two wheels under your own power or behind the wheel of a 4,000-pound vehicle. Sharing the road is not going to ruin your day, but living with debilitating injuries from a cycling accident or the guilt and regret of taking someone's life through your carelessness is something you can never undo.



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



Lake Nona Middle School Students Win AAU National Championships

ARTICLE BY BRITTANY BHULAI
PHOTOS BY DAVID SATTERFIELD



Lake Nona Middle School students Alana Baerga, Kate Satterfield and Chanelle Rahbany recently won the AAU (Amateur Athletic Union) National Championship for volleyball in Orlando. They also qualified for the Girls Volleyball Junior Olympics in Detroit and finished in the top eight out of the top 68 teams in the nation.

The girls play for OTVA Volleyball Acad-

emy (Orlando Tampa Bay Volleyball Academy) in Orlando. In the last three years, the girls have traveled to Atlanta, Philadelphia, St. Louis, and Kansas City. When they travel to compete, there are about 200 teams in their age group. They all battle to see who will come out on top. Harold Baerga, Alana's father, follows the girls and supports them along with the other parents. "The unique thing about this year was they were the underdogs, but as the season progressed, they were getting better and better," says Alana's dad. When they went to Atlanta, they came in seventh, and in Philadelphia, they came in third. He

says that it was quite the accomplishment for them to win first place in Orlando.

Each of them found themselves pursuing volleyball in different ways. For Alana, both of her sisters played volleyball when she was little. She would join in and play with them. Growing up, she asked her parents if she could play competitively, and it went on from there. As for Kate, she attended NorthLake Park Elementary



School and got involved in Nona Sports for almost three years. She then moved over to OTVA. Chanelle's interest flourished because her sister used to play at OTVA. She became familiar with the coaches, fitting right in.

They consider themselves almost like sisters. Their bond keeps growing. When they are playing on the court, they can read each other's moves, and they are familiar with each other's game. According to the girls, another reason why they value one another is that it is rare to find a group that stays together for as long as they have.

These young Lake Nona residents are going into 8th grade next school year and are currently all honor students. They aspire to make varsity in their first year of attendance at Lake Nona High School.



In their opinion, the one challenge they face is their physicality in lacking height. However, they say they always come out on top over their competitors because they put their heads together and easily out-smart their opponents.



The Lake Nona Book Maven Review: *I Found You*

Author: Lisa Jewell
Genre: Fiction (Mystery, Suspense)

Lisa Jewell's books were recommended to me by a friend in my book group. I picked up the first one I saw in Barnes and Noble, and it turned out to be her latest. It had a four-star rating on Goodreads, so I decided to give it a try and I'm glad I did. I needed something compelling to read after one too many literary and non-fiction books in a row.

This novel takes place in England and is comprised of three stories, two contemporary and one from 1993. Jewell adds to the suspense in the stories themselves by limiting each chapter to only one of the three stories and occasionally using little cliffhangers at the end of a chapter. Because the next chapter picks up one of the other two stories, I was often tempted to read ahead

to find out what happened next in the story from the chapter I had just finished.

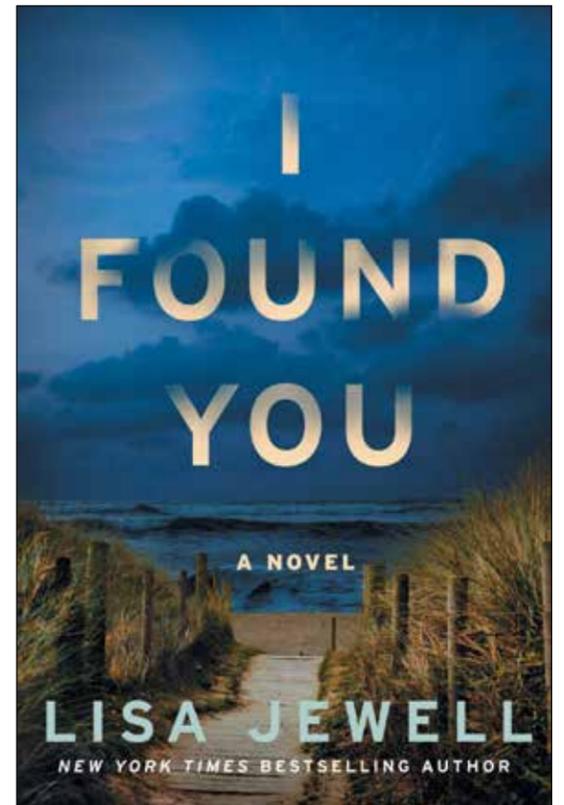
One of the contemporary stories is about a 40-ish single mom, Derry, who lives on the coast. One morning, she finds a man sitting in the cold on the beach outside her cottage. When she approaches him, he says he has no idea who he is or how he got there. The second story takes place in 1993 and introduces a family with two teenage kids. They spend summer vacations in the same place on the coast every year. It seems like a simple story until the daughter begins seeing a young man who really causes her brother concern. In the third story, Jewell introduces Lily, a young woman from Ukraine who recently married an Englishman after a very brief courtship. They live in the London suburbs, where she presents herself to the police because her husband just didn't show up from work one day and is missing. In the process, Lily and the police find out she really didn't know her husband very well at all.

All three stories continue playing leapfrog over each other until the individual mysteries begin to gel and you start to think you might have figured out who did what – but you'd probably be wrong. For those who like more gentle mysteries, I warn you

that there is a nasty fight and a little coarse language, but it is all in character, so it's not a surprise.

Yes, I do like character-driven novels, and this one fits that bill. The writing is good, and the plotting is very good – I read the book in two days because I couldn't wait to find out what happened next in each of the stories and if/how they all fit together in the end. But occasionally, I did find myself saying, "Oh no, don't do it!" and of course the characters did anyway – so some readers might find that aspect frustrating or even a bit far-fetched.

I can't say much more about the individual stories or I might spoil it for you, but I am going to read another Lisa Jewell book soon. I'll look for one of her more highly-rated suspense novels, maybe *Then She Was Gone*, since a suspenseful, quick read provides a great escape, and Jewell just does suspense so well.



Orlando Ballet Announces Shane Jewell As Its New Executive Director

ARTICLE BY BRITTANY BHULAI
PHOTOS COURTESY OF ORLANDO BALLET



Shane Jewell.

The Orlando Ballet has named Shane Jewell as their new executive director. The company has faced significant changes on the operational side, having six executive directors before Jewell in just the last couple of years. Their current goal is to expand and show the community that Orlando Ballet is here to stay. "I wanted to be a part of that positive change. Orlando Ballet is perfectly poised for significant growth," says Jewell.

Officially beginning the position in June, he brings to the table an ample amount of prior experience. Born and raised in Oklahoma, he grew up in the arts, performing in musical theater. He then went to a company that presented national touring Broadway shows right out of col-

lege. He started at the box office and worked his way up to touring with the show as a company manager and stage manager. After some time, he moved on to become the executive director of a music festival called OK Mozart in Bartlesville, Okla. After a little over three years, he then joined the Oklahoma City Ballet as their executive director.

According to Jewell, Oklahoma City Ballet faced similar consequences as the Orlando Ballet. Oklahoma had almost closed their doors about three years before he arrived on their team, and Orlando nearly closed their doors two years ago. The focus in Oklahoma's case was to rebuild the trust within the community to show that they were a sustainable company. Orlando now has the same agenda under the lead of their new director. Orlando Ballet is currently a \$6.5 million company, and Jewell's objective is to boost it to a \$9-10 million company.

"How that company looks is going to be based on the community response to us," states Jewell. He goes on to say that when they almost closed down two years ago, they were saved by the community. The city answered "yes" to wanting a professional ballet company in Orlando. Gauging what the locals want is not only done by tracking ticket sales of shows, but it is also done by surveys, town hall meetings, and small group meetings. It is all a matter of getting out there and getting people's opinions.

The company is breaking ground on a new facility this September. It will be named the Harriett's Orlando Ballet Center. The building will be a 38,000-square-foot facility undergoing a 12-month construction process. Jewell comments that currently, the company operates out of five different buildings, which can be challenging communication-wise between administration and dancers. They intend to place everyone under one roof except for a south satellite campus.

Some features the new structure will have include two studios that can be transformed into one ballroom. It can fit about 400 guests for dinner and can also be turned into a smaller theater space that can seat about 200.

The director also states his opinion on working with Orlando Ballet's artistic director, Robert Hill. This is Hill's 10th year working with the Orlando Ballet, and Jewell could not be more honored to work with some-



one like him. Jewell says he has a healthy rapport and a great line of communication with Hill. He hopes Orlando knows how lucky they are to have someone of his stature running the company. He adds, "I can honestly not just call him a colleague but a friend in a very short amount of time. I'm incredibly excited about working with him."

Jewell also pays attribution to the board of directors in the past, saying that the company would not be where they are to-

day without their efforts. Jewell's closing remarks were, "What we create with this company is going to be our legacy, and it's a very gratifying thing to take this company and we can grow so much. And we can always look back in our lives when we see where the Orlando Ballet has ended up in 15 years down the road, we can say, 'I was a part of that.'"





Short Stories: A Million Miles Away, Part Two

BY BRITTANY BHULAI

*Continued from the July 2018 edition of
Nonahood News...*

After the cloud of smoke settled, I stood there in awe. My cat was nowhere to be found. My time machine worked!

My mind was racing rapidly. Both of my hands were shaking from adrenaline. Now that I knew my creation was capable of executing its function of placing objects into the past or into the future, it was time to test it on myself.

I clutched the remote in my hand that operated the system and made my way through its metal sliding door. The door sealed shut. I was its nucleus, controlling its blast that would send me flying through time with the remote I held. However, I was vulnerable to its mercy. The one flaw in my gadget, I suppose, was the fact that I couldn't manipulate whether it sent its subject in the future or back through history. It was like rolling dice.

I took a long and deep breath, glanced down at my remote and hit the green button. The machine began to shake violently. The laser gun above me lit up. Power surged through its generator. Before I could make another move, I was struck.

I couldn't tell if I was alive or dead. I saw blackness. Darkness filled all the space around me. I couldn't feel my arms or legs. I was numb. I could still breathe, though. It felt as if I was floating in a vacuum of some sort. Could this be a black hole? No, I said to myself. That's impossible. But was I even on Earth at this point? Maybe, maybe not. Suddenly, a strong exhaustion fell over me. No longer was I conscious.

I woke up to a loud thud and a pounding head shortly afterwards. I opened my eyes and looked all around me. My body had floated all the way up to the roof of the capsule. There was a light coming through the crack of the door of the time machine. I guided my body down to the door. Where was I? A red square flashed next to the door. Pushing it would retract the steel slates, revealing to me my mysterious destination. I pressed it.

Boy, did the curtains fold back, my friend. A billion stars were all around me. In the distance, I could see the moon and I could see Earth. I hovered out onto a rusty red dust. As soon as my body was no longer sheltered by the machine, I sank to the ground.

I was not alone. The beings around me were no aliens. They were humans. Hundreds of humans were everywhere. It looked like a New York City scene. There

was a bustling crowd walking to and from places and tall buildings erecting toward the heavens with automobiles zooming back and forth. The only differences were, there were no roads or pavement, just red clay. There also lacked a blue sky. There was no atmosphere.

A colossal billboard stood the tallest over everything in the distance. It read, "WELCOME TO MARS: WHERE ALL LIFE FORMS ARE WELCOME."

I was speechless and confused. It felt as if this were all a dream or something you saw in a thriller film. I was a hair away from pinning it to be an episode of *The Twilight Zone*. No, no. This wasn't a figment of my imagination. This was real! This was the future.

I proceeded forward into the crowd of people. I bumped into several until I finally collected myself. My brain was so scat-

tered and lost. I was in shock as to what humanity had become.

There was a building that read "Info Center." There was nothing futuristic about the building. It appeared normal, as they all did. When I walked in, a poster had bold blue letters that spelled out, "PHOBOS: THE CAPITAL OF MARS." Under it sat a stack of newspapers. I took one. The first thing that my eyes read was the top right corner of an article on the booming population. Above, its header had a publication date. It read, "Year 3005."

Tune in next month for Part Three of the A Million Miles Away series.



Meet the Press: Sophia Rogers

BY NICOLE LABOSCO
PHOTOS COURTESY OF SOPHIA ROGERS

Sophia Rogers is one of the staff writers for *Nonahood News* and is also a local realtor. She was born in Chicago and lived in Ft. Lauderdale for elementary and middle school but moved back to Illinois for high school. She then moved to Orlando with her parents her senior year of high school.



Extrovert or Introvert? Extrovert. Unless you see me in a baseball cap ... then I'm in full introvert mode.

Indoors or Outdoors? Outdoors since I'm pretty much always cold, and indoors is always cold.

Sun or Snow? I love the sun.

Dogs or Cats? Both.

Vans or Converse? Converse.

Coffee or Tea? Coffee.

Adventurous or Laid Back? Adventurous. However, you will never find me riding the StarFlyer on I-Drive. Ever.

Canon, Nikon or Sony? Canon.

Books or TV? Books. A good book can take you on a journey or even change your life.

What brought you to the Nonahood?

We moved here in 2012 from the Hunters Creek area in search for better schools and fell in love with the community vibe and the vision for Lake Nona. I truly believe in the future of Medical City and feel blessed to be a part of it. Our kids have attended Moss Park Elementary, Lake Nona Middle and High, and Sun Blaze Elementary. Our youngest starts Innovation Middle in August. We found exactly what we were looking for.

What's your favorite hobby?

Painting wood furniture, especially with chalk paint. I talk for a living, so I enjoy this quiet, creative time. Repurposing old furniture with paint gives me life!

What's your biggest dream?

To visit Machu Picchu, Peru.

NHN: Where do you see yourself in 10 years?

In 10 years, our youngest will be 21, so I'll be definitely traveling more. Look for me as an author and successful real estate broker.

What are you most excited about in Lake Nona?

I'm really looking forward to Nona Adventure Park, Earth Fare, the new Fitness and Wellness Center and Town Center completion.

Who's your biggest inspiration?

I'm inspired by those who overcome adversity and use it as a platform to coach and motivate. Motivators like Les Brown, Gary V, Simon Sinek and Tony Robbins inspire me. God first, though.

What's your favorite book?

A book from my first college business class. Written in 1936, it is the foundation of how I operate personally and in business: *How to Win Friends and Influence People*, Dale Carnegie.

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

Recently I was asked to do a short video promoting Lake Nona. It was one of those times where you're like, wow, I'm being asked to do something pretty cool. I have a fear of public speaking, so naturally I didn't want to do it. Then I thought about how I would feel if I said no. Would I be ok with it or would I have regrets? So, I agreed to do it. All I remember is standing in front of the video camera with hot lights beaming at

me, the videographer telling me not to look into the camera and forgetting everything I had rehearsed.

Describe one of your most memorable experiences.

Driving to Beech Mountain, North Carolina, to meet my family for Christmas in 2015. At first, it sounded like a simple plan to load the car in the morning and drive up after work. The drive through Georgia, South Carolina and North Carolina went smoothly. What I didn't realize was

that Beech Mountain, N.C., is the highest point on the East Coast at 5,506 feet in the air. The twists and turns as I drove up the mountain made me dizzy and sick. But I made it to our perfect cabin safe and sound. What an experience.

Check back next month to meet another Nonahood Staff member!



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Book Review: Mistborn: The Final Empire

BY AARON VAIL

Author: Brandon Sanderson

Publisher: Tor Publishing, 2006,
541 pages

After decades of many great fantasy books published, it might seem difficult to come up with something original. Sanderson really opens a new mechanic in his otherworldly fantasy in the *Mistborn* series. Allomancy is the ability that some people have to “burn” bits of metal they’ve consumed within a small vial of liquid. By burning different metals within one’s body, a different effect is created. If you burn iron, you can pull other metal objects toward you. Burning steel pushes metal

away. Burn pewter and enhance your physical abilities to run faster or punch harder. Some people can utilize one of the eight different metals, but there are rare people called Mistborn that can burn all eight.

This is all really a backdrop to the main story, which is that of a young girl, Vin, whose only known a life of fear: fear from being beaten by either her brother or her thief guild master. Life is not easy, and trust is not an option. That is until her guild master is killed and she joins a new group whose leader, Kelsier, has a mad scheme to overthrow the current ruler of the world and free all those in slavery, which is almost everyone.

Kelsier is a Mistborn who trains Vin, who is also a Mistborn, to become a master at a skill that, until now, she has barely understood. But learning these new skills isn’t the limit to the part that Vin will play in this new endeavor. She’ll also go undercover as a Noblewoman to infiltrate the inner circle of the elite. Here, she’ll learn about the comings and goings of the other Houses in power. She’ll also get to create some mischief along the way.

Vin’s previous life of living on the streets and thieving for the next meal is almost forgotten as she’s engrossed in weekly balls, dancing, extravagant food, and learning what it means to have true friends who want the best for you.

Can she learn to trust others or even fall in love? Is she the Mistborn they’ve been waiting for who will overthrow The Lord Ruler?

Sanderson does an amazing job of creating a world unique in history and design. These characters are rich in background and personality. It was refreshing to read something devoid of wizards, dragons, and massive wars that devour cities. There’s a good reason Sanderson was chosen to finish the *Wheel of Time* series after the original author’s passing.

If you’re looking for something new, or are one of the dozen people on Earth who’ve not read this series yet, I highly recommend this book.



At the Movies: Jurassic World: Fallen Kingdom

A CONVERSATION WITH AARON
AND ELAINE VAIL
PHOTOS BY UNIVERSAL STUDIOS
AND AMBLIN ENTERTAINMENT, INC.

The \$5 billion *Jurassic Park* franchise about a theme park featuring cloned dinosaurs originated in the late 1980s when author Michael Crichton began writing first the screenplay and later the book. The rights to the novel were purchased by Universal Pictures and Amblin Entertainment before the book was even published.

The first two films were based on Crichton’s novels, were directed by Steven Spielberg, and were released in theaters in 1993 and 1997. *Jurassic Park* became a benchmark of computer-generated representation in the film industry. Though Spielberg remained on the project as executive producer, *Jurassic Park III*, released in 2001, was the first film of the franchise not to be directed by Spielberg or to be based on one of Crichton’s novels.

Fast forward to 2015 as a new trilogy begins and a new park is reborn, raised up from the ashes of the original park on Isla Nublar 22 years later. This time, a luxurious resort was the center of the genetically-engineered dinosaur habitat off the coast of Costa Rica and was named *Jurassic World*. This beautiful film (that is one of Elaine’s favorites) broke all box-office records by generating more than \$500 million worldwide during its opening weekend alone. It is the highest-grossing film of the franchise so far, was the second highest-grossing movie of 2015, and is still among the top five highest-grossing films of all time.



That brings us to the recently released *Jurassic World: Fallen Kingdom* with a reprise performance from Chris Pratt and Bryce Dallas Howard (oh, and Jeff Goldblum ... can’t leave him out of this historic occasion!). Three years have passed since the catastrophic events at the *Jurassic World Resort*. Turns out, there is an active volcano on Isla Nublar that could destroy all those dinosaurs left behind (so, I guess the resort was doomed no matter how you slice it). Howard’s character and previous operations manager of the deserted park, Claire Dearing, founded an activist group



called the Dinosaur Protection Group in an attempt to save the animals from yet another extinction.

When the government refuses to intervene, as always, a wealthy mystery man comes to the rescue. As it turns out, John Hammond (the original character in the original series who is the founder and owner of *Jurassic Park*) had a partner who had parted ways with him after a disagreement about human cloning. Sir Benjamin Lockwood (portrayed by James Cromwell) has everything figured out, has a private island for relocating the animals where they can live in peace, has all the funds to put this massive operation into motion, and approached Dearing the day before the volcano erupts. With his financial advisor, Eli Mills, doing all the legwork, Lockwood sends Dearing on a Noah’s Ark journey that will change the world.

Aaron: The *Jurassic Park* series has been a great franchise over the years. I’ve loved ... some of them. I remember seeing the first one and how amazing it was. Not just in terms of special effects, but in terms of it being an original story. The special effects are getting better, and this one is simply incredible!

Elaine: Yeah, I remember finding the first trilogy entertaining, but I really loved the 2015 *Jurassic World*. It was an incredible movie. However, *Fallen Kingdom* left me feeling slightly disappointed. It wasn’t a bad movie, and there are parts that are so beautiful and cinematic that I am very grateful I saw them in a theater rather than waiting for only a filler or a transition movie, like its whole purpose was to set us up for the third and final *Jurassic World* movie.

A: We saw this over a week ago so my mind may be slipping, but I don’t remember the main characters much. It seemed like there was so much going on in the last half of the movie that they weren’t main players.

E: That’s another reason I was disappointed. I really love Chris Pratt and Bryce Dallas Howard, both as individual actors and their onscreen chemistry in this series. They did not have as big of a part in this film as I had expected, and that made me sad.

I also felt frustrated over some of the new characters. I don’t feel there was enough character development. Sir Benjamin Lockwood, Maisie (Lockwood’s granddaughter) and Eli Mills (Lockwood’s aid) were, in my mind, presented in such a way that I felt like I should have already known who they were as if they had been in the first three movies but I’d forgotten them. I felt a little confused, like I had missed something. I understand that the mystery of Maisie and her past was intentional (and maybe the only unexpected part of the plot), but Lockwood, the live-in-nanny, and Mills really threw me off.

A: I agree. Too much attention paid to the dinosaurs and their plight rather than the people trying to save them.

E: I really love science fiction and I am easily entertained, not usually overly critical of unbelievable worlds and settings. It doesn’t take much for me to accept and embrace the worlds that are created. BUT, if a show takes place on planet Earth, I expect the basic laws of physics and general laws of nature to be followed or else it mentally pulls me out of the world they’ve created and it’s no longer believable to me.

What I mean by this is that I can accept and embrace the presence of dinosaurs, but I become annoyed when a dinosaur chasing the main characters can’t fit in a tunnel until they are safe, and then all of a sudden the creature can easily bust through. Or how conveniently these dinosaurs have evolved in a way that their taste for human blood is exclusive to “bad guys” who are the only ones eaten (I say with tongue in cheek).

A: I got tired of the “escaped-by-the-skin-

of-their-teeth” scenes. It started with the guy running from the T-Rex or whatever and the helicopter and just kept going from there. I think there were at least seven different scenarios set up just for that. It’s fake suspense, and I don’t care for it.

E: I think the other disappointment for me was that even with all the advancements in technology and computer animation (there were some stunning scenes!) and top-notch acting, if the plot and screenplay are painfully predictable, you just sit there shaking your head. It’s always the financial advisor to the wealthy philanthropist who has his own corrupt agenda. Of course, the IT guy can hack the entire security system in under five minutes, but the inept mercenary working for the corrupt financial advisor can lock the main characters into a deathtrap with the same security system he couldn’t operate five minutes prior. And, of course, no one ever listens to Dr. Henry Wu, who has been the biotechnologist and geneticist since the first novel and film! Like he knows what he’s talking about when he says the prototype is too dangerous!

A: Don’t get me started. As a programmer, nothing takes me out of a story faster than the young IT kid who can master any sys-



tem in an instant. It doesn’t work that way. Is the system Windows, Mac OS, Linux, Unix? And you need special software to even compile the code ... just stop insulting me already. LOL.

E: Ultimately, yes, if you are into this series, you have got to see the film. There are relevant political themes paralleling issues we’re dealing with today. The acting is good. There are some exciting and breathtaking scenes. It just isn’t one I will purchase and watch over and over; probably just a rental once more before the next one is released to refresh my memory.

Like I said earlier, this movie felt like its whole purpose was to set the stage for the Neo-Jurassic Age where humans and dinosaurs have to learn to coexist in *Jurassic World III*, and I am definitely looking forward to that one. Director and writer Colin Trevorrow has had a plan since 2013 on how this story would begin and end with the intention to make this trilogy more of an arc rather than an episodic experience like the first trilogy. So, I am hopeful that in 2021, the final *Jurassic World* will knock my socks off.

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

- 1-4 38th Annual National Veterans Wheelchair Games
- 3 EOCC Friday Escape at Drive Shack (2-5 p.m.)
- 5 Back to School Extravaganza at Innovation Middle School (11 a.m.-2 p.m.)
- 7 First Tuesdays | Business After Hours with LNRCC (5:30-7 p.m.)
- 9 LNRCC Breakfast Connections at Lakehouse (8-9:30 a.m.)
- 13 Inaugural Mac and Cheese Cook-Off at Monday Market Lake Nona (4:30-8:30 p.m.)
- 14 LNRCC Contagious Connecting (8-9:30 a.m.)
- 16 LNRCC Membership Meeting (10-11:30 a.m.)
- 23 EOCC Coffee Club Nona (8:30-9:30 a.m.)
- 24 LNRCC Business Luncheon (11:30 a.m.-1 p.m.)

Save the Date:

- Sept. 8 2nd Annual Law Enforcement Heroes Gala (6-9 p.m.)
- Sept. 29 Run Nona 5K (4:30-9:30 p.m.)
- Oct. 14 9th Annual Ride-For-RMHCCF in Lake Nona
- Nov. 3 Relay for Life Lake Nona
- Nov. 24 Small Business Saturday (10 a.m.-7 p.m.)

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

LIVE + LOCAL
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Crescent Park in Laureate Park
facebook.com/pg/learnlakenona/events/

ART AFTER DARK
Fridays 6-9 p.m.
Lake Nona Town Center
Food Trucks on first Friday of each month
facebook.com/artafterdarklakenona/

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