

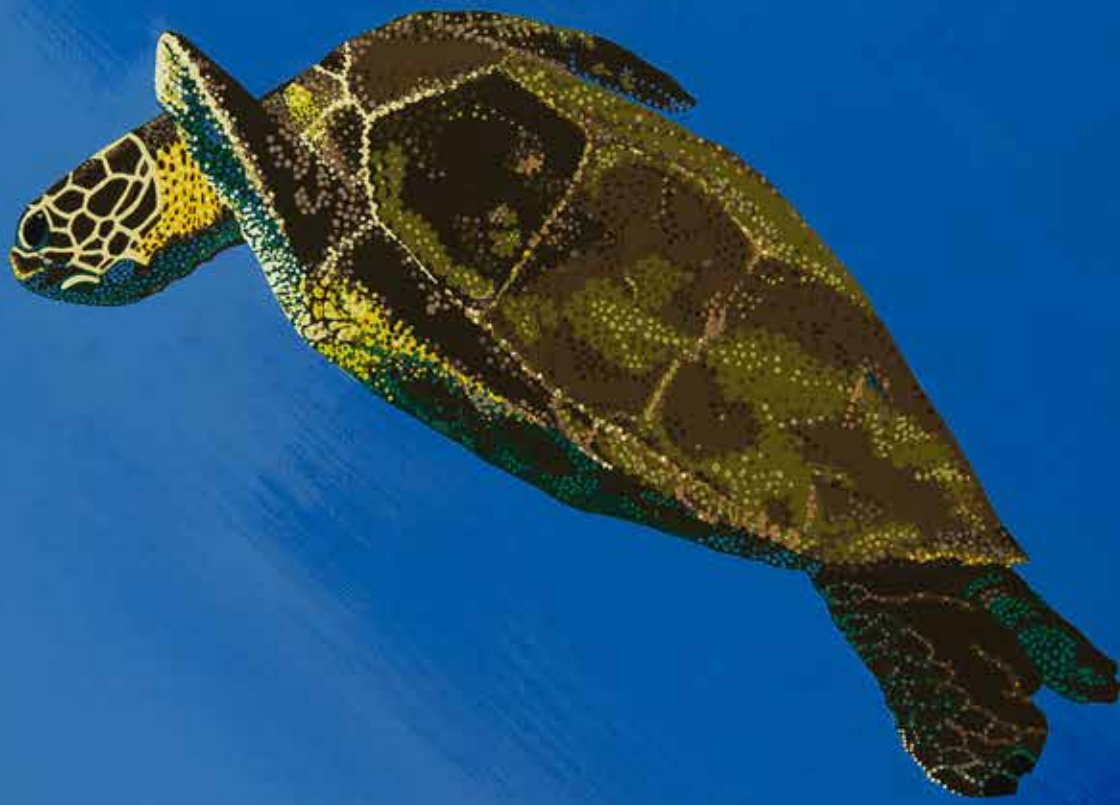


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## THE ARTIST: ESTHER GREGORY

ON PAGE 14

Esther

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# PUBLISHER'S DESK

## Orlando: You Don't Know The Half of It!

BY RHYS LYNN

Why would ANYONE want to live in Orlando?

I've spent most of my life in Florida, and that's what I used to think. The reason? Growing up while watching TV shows giving away the cliché "Fabulous Disney Vacation" in a sunny Orlando, Florida, tourist trap. I thought that's what Orlando was. Someplace people flew or drove to

just as a means to visit Mickey. I never wanted to live here in a million years.

So how did I end up here? My wife, Jenny, and I needed a change; the neighborhood we were living in was in decline. We wanted a better place to raise our family. Our youngest daughter was heading into middle school, so the time was right to make a move.

We asked around, looking for ideas for where to relocate. Someone said, "Hey, you should move to Orlando!" I said "Noooooooooooo!" They said, "Well, come and check out what's going on in Lake Nona."

So we did. And something really clicked.

Six years ago, there wasn't much here, but there was potential. And, as a bonus, it was far enough away from the core of Orlando that I had such a distaste for. We obviously fell in love with Lake Nona – that part was easy. We've met such amazing people here and have had such incredible experiences. How could you not love this place?

Everyone has a story here. I think that's what I love the most about *Nonahood News*. It allows us to tell sto-

ries worth telling that might otherwise go untold. The fact that we're in one of the most interesting, exciting places in the world is just icing on the cake.

Over time, a funny thing happened. I started learning more about Orlando. I was lucky enough to stumble into involvement in a video production called *Brunch Bros*. It's a really fun series that focuses on two bros finding the best brunch around. One episode even had a special guest appearance by our own Mayor Dyer – how cool is that? Through that production, I was exposed to a larger cross-section of Orlando than I'd ever before seen.

Earlier this year, something else opened my eyes about Orlando. I saw a post on the Nextdoor app advertising something called the Mayor's City Academy. The Mayor's City Academy is a 12-week whirlwind tour through all facets of the City of Orlando. I have to say that is was an incredibly eye-opening experience.



We went everywhere from waste treatment plants to fire and police departments, and from

botanical gardens to city hall. I learned more about Orlando in those 12 weeks than I had my entire life. I am finally coming around – I'm not just



proud to live in Lake Nona, I am also proud to live in Orlando.

I think the city's catchphrase "You Don't Know the Half of It" is entirely appropriate. If you have any desire to learn more about Orlando, I highly encourage you to look into the Mayor's City Academy. It is a big time commitment, but if you are selected, it'll be worth the time, and you get 12 free dinners out of it AND validated parking everywhere you visit.

I think I'd like to close by saying thank you. Thank you to everyone in Lake Nona for allowing us to tell your stories. Thank you to Mayor Buddy Dyer for charting the course for *The City Beautiful*, a place Jenny and I hope to live out our "happily ever after."



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## Lake Nona – You’re Now Part of Our New Academic Health Sciences Center

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



Dr. Deborah German

When classes began at UCF last month, the Lake Nona community became part of the university’s new Academic Health Sciences Center (AHSC). And I hope you will be as excited as I am about the opportunities that lie before us.

This new center brings together all of UCF’s health-related colleges and programs with the goal of increased opportunities for interprofessional education, research and patient care. Medicine is a team sport – and the best way to care for our patients is



to work and communicate together.

The AHSC includes the UCF Colleges of Medicine and Nursing and creates a new College of Health Professions and Sciences. The new college is comprised of programs like social work, athletic training, physical therapy, kinesiology, communication sciences and disorders, and population health. The diversity of these programs shows the many unique ways we as healthcare providers care for others.

So what does this center add to our university and community? When I think about these questions, I think in terms of knowledge. The currency of a university is knowledge. Knowledge in transmission is education. Knowledge in discovery is research. And knowledge in service or practice is clinical care. As an Academic Health Sciences Center, we, like all parts of the university, participate vigorously in education and research. Clinical care – knowledge in service and practice – is what uniquely bonds us together. It is the special way we engage with and serve our community.

With a new university hospital opening in 2021 and a UCF Cancer Research and Treatment Center on the horizon, our new structure brings together our health education programs with Student Health Services and UCF Health, our multispecialty practice. So, we create a cluster of UCF

clinical care that is integrated with our educational and research missions.

This cluster yields synergies we’ve already witnessed. For example, we’ve selected a shared electronic health record system for UCF Health, Student Health Services and UCF Lake Nona Medical Center, our new hospital. With this shared resource, a UCF student getting primary care at Student Health who needs a heart specialist can have their records seamlessly sent to UCF Health. And if that student

needs to be hospitalized, his or her records can easily transfer to UCF’s hospital. With such a system, all of that student’s healthcare providers – at three different UCF locations – will be sharing the same data. That means better, more seamless care. This system also provides opportunities for research and education.

Our goal is to have heightened integration and communication in all missions: education, research and patient care. We’ll be able to expand interprofessional education. We’re already doing some of that. Multidisciplinary students currently work together to care for Orlando’s underserved at Knights Clinic, a free clinic at Grace Medical Home. We do the same thing in outreach clinics for farmworkers in Apopka as pictured above. Our new structure will allow us to expand these kinds of community programs. Improved communication and clinical collaboration will help students better identify programs and training that will help them reach their goals. It will

encourage more and better communication between faculty. For example, a nursing faculty member who needs to partner with a neuroscientist or a dermatologist for a research project will be better able to coordinate with fellow UCF research and clinical colleagues. And this new structure will help us work together to meet the healthcare needs of our community – today and tomorrow.

We are just beginning this journey, and as Medical City at Lake Nona grows, so will opportunities for collaboration. We’re currently working on a plan we hope will bring the College of Nursing out to Lake Nona in a building adjacent to the medical school. We hope other programs will follow.

The creation of our Academic Health Sciences Center has already shown us the power of bringing people together with unique and diverse backgrounds who are all passionate about providing outstanding care to patients and training the next generation of healthcare providers. And as a new school year begins, we’re poised to take on this exciting adventure – for our university and our community.

*Deborah German, M.D. is the Vice President for Health Affairs and Founding Dean of the UCF College of Medicine. To learn more, visit [med.ucf.edu](http://med.ucf.edu).*



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# Mayor Buddy Dyer Speaks on Progression, Innovation and Collaboration

The Past Shapes a City, the Present Influences a City And the Future Defines a City

ARTICLE AND PHOTO BY NICOLE LABOSCO

Mayor Buddy Dyer made his keynote address at a business luncheon on Friday, July 27, in Lake Nona's GuideWell Innovation CORE building. The Lake Nona Regional Chamber of Commerce holds a monthly business luncheon sponsored by yours truly, *Nonahood News*.

Buddy Dyer has been mayor of Orlando since 2003 and served in the State Senate for a decade before becoming mayor. He was born in Orlando and really emits his care for the city when speaking about its past, present and future. He mentioned how Orlando is one of the fastest-growing cities, a city that has created the most jobs and the number one ranked travel destination. *Forbes* ranked the City Beautiful as the number three spot for realty. Just look at how quickly our home of Lake Nona has developed.

The mayor's speech had a focus on diversification and collaboration on current events we hear about occurring in the rest of the country, such as coming together as a community after a mass shooting attack like Pulse or the current struggles with some members of the police department around the country. "I couldn't have been more proud of the way that our community responded to the darkest tragedy. A tragedy that I don't think anybody could even have imagined that could occur. And we, if we weren't the type of com-

munity that we already were, I don't think we could've come together in the fashion that we do. And this is a community that embraces diversity and inclusion and equality ... we have scored 100 percent on the equality index, uh, for the last three years in a row, um, we are looked to from around the country as one of those shining lights that sets an example for other communities."

Mayor Dyer continued, "Just this past week ... we passed something called the Trust Act, and that basically says we're going to have unbiased policing. We're not going to – and we already had this, but we, we're doing an emphasis – but it says regardless of your color, your race, your religion, your sexual preference, your status on immigration, we're going to treat everybody fairly and treat them the same and not treat them differently in a traffic stop." Orlando is the first city in the Southeast of the United States to adopt the Trust Act.

Mayor Dyer mentioned that Orlando has the most modeling/training facilities in the world, which comes as no surprise as more and more headquarters and companies choose Lake Nona as their new home. With increasingly more eyes set on Orlando and the Lake Nona area, that means more construction to keep up with the many demands of being in the constant spotlight.

"On the economic side, we have the great benefit of having one of the all-time great brand names in Orlando. You can go anywhere in the world and they might not know Florida, but they know Orlando. But then the next thing they know is Disney, Universal, SeaWorld, so we are trying to make sure we accelerate our efforts to let the world know that we are a great place to do business as well, so the E.D., Orlando Economic Partnership, has a campaign that's called 'Orlando, You Don't Know The Half Of It' playing off of you do know one half of it, but you don't know the other half."

The mayor described the development of the Creative Village, which is progressing downtown and is ultimately the reason why the old Amway was imploded, leaving about 70 acres to create an industry cluster in digital media and innovation. "You only have one chance to make 70 acres right, and we want to do it right," Mayor

Dyer stated.

He continued, "In the Southeast part of our city and probably the downtown of our city are the areas where a lot of that innovation is happening, and we're receiving great notoriety worldwide on our innovative approach to things. But more importantly than that, what our community, our region has is a culture of collaboration. And we have made some great things happen because leaders in our community from all segments – from the business community, the local government community, the philanthropic community, our great university and community college, so the academic community – are willing to put personal differences aside, they're willing to put partisan differences aside, jurisdictional differences aside, and work together for the common good. And when I say common, not common as in ordinary, but common as in a shared vision for making a great community."

What seems like a never-ending project with absolutely no improvements or progression is the infamous restructure of I-4. "Did you notice I-4 is under construction?" Mayor Dyer jokingly asked the audience. The entire crowd laughed.

Ten billion dollars is currently going toward redevelopment of infrastructure in Orlando, and I-4 is a huge part of that. The mayor talked about the growth of our international airport to accommodate our ever-growing tourist and resident population and questioned how the city can

get SunRail to the airport to connect to the Brightline to ease some of the transportation issues Orlando and Lake Nona residents face.

Mayor Dyer mentioned that Orlando is striving to be both the smartest and the most sustainable city in the Southeast of the country through Green Works Orlando and self-declares that Orlando is number one. By working toward that long-term goal, the city has set another objective of running entirely on sustainable energy by 2050.

Orlando will continue to be an inspiration for other cities in years to come. And with so much change happening in the blink of an eye, it's easy to see that we don't know the half of it.



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# City of Orlando: A Memo From Commissioner Jim Gray



## Narcoossee Road Update

Plans to widen Narcoossee Road from four to six lanes between the Beachline and Highway 417 are still on schedule with improvements set to begin in January 2019. In addition to expanding Narcoossee's road capacity, we will redesign the intersections at Lake Nona Boulevard, Moss Park Road and Dowden Road to better accommodate today's traffic patterns.

Final engineering is complete, and construction bids will be procured in the next two months. In the meantime, expect to start seeing isolated construction projects along the route as contractors begin to relocate utility and communication lines in preparation for the road construction in January.

Our city traffic engineers continue working with Orange County and the Central

Florida Expressway authorities to explore options to improve traffic flow in all directions at the Narcoossee Road/417 interchange. We recognize this as a major access point that often creates traffic congestion and gridlock.

Finally, please understand that all the professionals involved in this expansion recognize the importance of Narcoossee Road to our local traffic flow. They have assured me every effort will be made to keep traffic moving as efficiently as possible during construction, and I pledge to monitor their efforts to make sure that happens.

## Road Signs

As area businesses continue to open and new home subdivisions start construction, we have an increasing number of signs being placed in the right-of-way along our streets. I certainly recognize this is a quick,

inexpensive way to advertise, but the City of Orlando has an ordinance prohibiting the placement of these signs. Experience tells us that if our Code Enforcement team does not pick up these signs quickly, then the number of signs grows exponentially. I encourage everyone to please follow the rules and let's keep our neighborhoods free from the clutter of signs on every corner.

It's election time, so I encourage everyone to exercise their right to vote! Here's wishing you a very healthy and happy remainder of 2018!

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



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## Behind the Scene: Earth Fare's Food Philosophy

BY SOPHIA ROGERS  
PHOTOS COURTESY OF  
EARTH FARE

Earth Fare, Lake Nona's first all-natural and organic supermarket, opens soon at 13024 Narcoossee Rd., and we are elated to share the news! From healthy produce, meats and seafood to beauty and everything in-between, guests are guaranteed to shop with confidence in every aisle. The 24,000-square-foot store is quickly approaching its grand opening date.

It all began in 1975, before eating healthy was popular. Earth Fare opened its first 1,200-square-foot store as Dinner for the Earth in Asheville, N.C. Founded by Roger Derrough, he chose this name originally because food grown ecologically is good for the Earth. As the city's first health food store, the message was simple: offer real food to enable people to take back control of their health. In 1993, Dinner for the Earth became Earth Fare. That first full-service store is still open, and the company has grown to more than 45 stores, primarily across the Southeast. Lake Nona will be



first time in more than two decades. Studies are showing that we are moving in the wrong direction. 'Live Longer with Earth Fare' was a direct response to this crisis. We empower Americans to take back their own health through their food choices. 'Live Longer with Earth Fare' is a rallying cry for Americans to choose the cleanest, healthiest foods – the kinds of foods found at Earth Fare," says Aker. Hence the Earth Fare saying: "We read the labels so you don't have to."

A program that sets Earth Fare apart is their "Love Local" program. Prior to moving into a new market, they put a call out to local farmers and vendors. It is an opportunity for Earth Fare to not only sample local products but also learn the backstory. "We want to know why Farmer Joe is do-

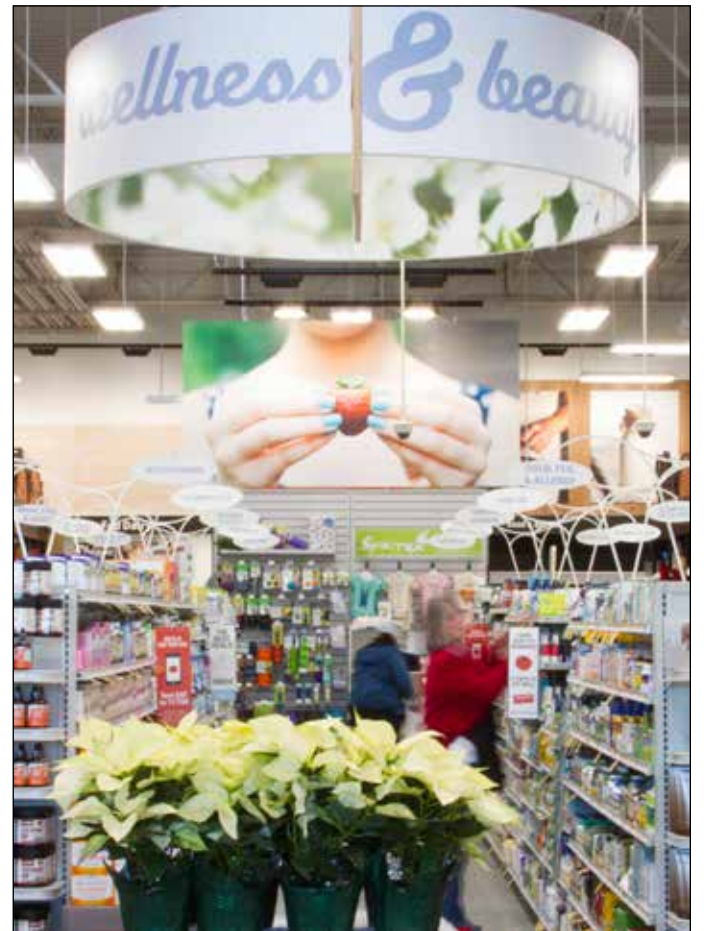
"Traditionally, local for a grocery store is considered regional, so we took it a step further and kept it within 150 miles," explains Aker. How can you spot the local products? Look for the "Love Local" signs throughout the store.

How does Earth Fare know what the Lake Nona area community wants? There is a Community Advisory Board in place that acts as a voice for the community. "It is very unique for any company to plant roots in a community and then turn to the community for feedback on what their needs are," says Aker. In other cities, 20-25 individuals are accepted onto the Community Advisory Board. The Lake Nona location accepted 30 members, mostly due to the outpouring of support and involvement within the community. Aker shares, "The Community Advisory Board in Lake Nona has contributed to our success."

Jennifer Morgera, R.T., Certified Personal Trainer-NASM, Fitness Nutrition Special-

ist, and Earth Fare Community Advisory Board member, shared with us her sentiment on representing the Lake Nona community. Morgera says, "The power of community to create health is far greater than any physician, clinic or hospital. I'm happy to say we can start that with Earth Fare."

Having Earth Fare open will make it easy and affordable to support quality health at home. Through Earth Fare's Clean Food Security program, you will find daily "Meal Deals," perfect for families on the go with the average cost of \$2.50 per person. You'll find choices such as \$5 rotisserie chickens,



Florida's ninth location.

In the beginning, organic dried bulk foods and wellness products were the focus. As Earth Fare's product selection has grown, its commitment to clean, healthy food has only become stronger. In 1993, hydrogenated oils were banned from the store's inventory. Next, in 2001, artificial sweeteners and sucralose were banned. Then, in 2004, high fructose corn syrup was also banned from their shelves.

Today, Earth Fare offers a "Boot List" which names more than 150 ingredients that are banned from their stores. When they say you can shop safely, this is truly what they mean. Earth Fare pledges that all foods are free of added hormones, antibiotics, artificial fats and trans fats, high fructose corn syrup, artificial sweeteners, artificial preservatives, bleached or bromated flour and artificial colors or flavors.

Shoppers could actually shop blindfolded and leave with a cart full of healthy food! That is Earth Fare's commitment to clean – free from harmful ingredients and chemicals that have been shown to be detrimental to our health.

Laurie Aker, the spokesperson for Earth Fare, took the time to share what makes Earth Fare different and how the store makes healthy eating accessible to everyone. "According to the National Center for Health Statistics, in 2015, life expectancy for Americans actually declined for the

ing what he does," says Aker. "We like to get as many local products into the store as possible. The screening process is rigorous, and food must meet our food philosophy and strict quality standards," she adds.

And When Earth Fare says local, they truly mean it. Hyper-local within a 150-mile radius is the target. The search for local includes everything – not just produce.



free of antibiotics and hormones, and \$6 16-inch pizzas made with olive oil, not butter, and vine-ripened tomatoes, all offering a phenomenal flavor profile. Add in a full-service cafe, fresh sushi, organic smoothies, 10 for \$10 meat and seafood, 10-minute appetizers ... no excuse to hit the drive-thru once this store opens!

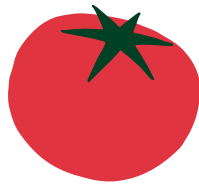
In closing, Aker adds, "Earth Fare is a full-scale grocery store that has the highest quality standards in the industry, making shopping easy and accessible in a one-stop shop. In terms of overall health and well-being, we found that Lake Nona is a perfect match for Earth Fare."

There is so much more to share about this unique store. Follow *Nonahood News* for grand opening details and visit EarthFare.com to learn more about Earth Fare's food philosophy.





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BY EDWARD A. RODRIGUEZ



Edward A. Rodriguez

During a seminar in Mexico, I was speaking about setting goals and a young woman named Ericka stood up and said, "What I desire the most in my life is to get my doctorate degree." I asked her, "What will that give you?" She replied, "Happiness." Then I asked, "How long will that take?" She answered, "Eighteen more months."

As you read that dialogue, were you able to spot the hidden message that Ericka is giving herself every time she thinks about getting her doctorate degree? Perhaps you have said or heard others share similar expressions such as the following:

"I will be so happy when I get my dream house."

"I will be happy when I create my own company."

"I will be happy when I increase my sales by 35 percent."

"I will be happy when I have a loving spouse."

"I will be happy when I reach my goal."

"I will be happy when he stops making me angry."

The main issue with the statements above is that in order to get a dream house, reach your goal, increase your sales, get a doc-

torate degree or any other of these determiners, it takes time ... and yes, you were right if you guessed that the hidden message Ericka was giving herself was that she will not be happy for 18 more months!

What if Ericka were to decide to be happy now? Will that make her a better student? Will she be able to enjoy the journey more fully? And, as a result, could she have a better chance of getting a great job if that's what she wants to do after receiving her doctorate?

*"There is no path to happiness. Happiness is the path." Buddha*

When we were born, the umbilical cord was cut, and now it seems we have it on our hands trying to attach it to other people, things or accomplishments to make us happy. It's no wonder we keep going to things outside of us to try to derive happiness only to end up jumping to the next thing because our newfound happiness was short-lived. Has that happened to you?

Happiness is something YOU BRING to what you want to accomplish, to a relationship, to a goal, to a career, or to your college years because that is your true essence. I am not saying that we are not supposed to feel anger, pain or other feelings associated with being human ... I am referring to your "default" feeling – the one you rest on for your normal living.

What would happen if you decided to be happy now? Would you get the dream house faster, increase your sales faster, or have better possibilities of attracting a great spouse because your natural essence is being a happy person rather than it being attached to a person or a thing?

Well, Edward, then, how can I increase my happiness?

Everybody is different, and if I were in front of you, I would ask you a few more questions to answer that more specifically. But, let me share the following items that represent a great start for anyone to increase their happiness:

1. Be gentle with yourself. Sometimes, we are very hard on ourselves while being very flexible with others.
2. Flex your rules for feeling happy. If you



can be other than happy for no apparent reason, you can choose to be happy "just because" as well.

3. Don't put the responsibility of YOU feeling happy onto something or someone else. Cut the "umbilical cord."
4. Accept "what it is" and don't let "what it is not" control you. Some problems will take longer to solve than others. Why wait to feel happy when you solve them? Maybe feeling happy about your ability to solve your problems will help you to resolve them faster.
5. Count your blessings. As part of your morning and evening rituals, consider writing down a minimum of three things you are grateful for. Even though there may be reasons for not feeling good in your life right now, see what happens when you feel a deep sense of gratitude. For me, this has been magical. As William Penn said, "The secret of happiness is to count your blessings while others are adding up their troubles."

As you integrate the five points above into your life, you may realize that being happy is your essence and that you gain more in

life when you feel good now rather than postponing your happiness.

Get In-Powered!

*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](mailto:info@EdwardRodriguez.com).*



# Get Traction: Enter the Danger

BY CHRIS WHITE, CERTIFIED EOS IMPLEMENTER, TRACTION IN FLORIDA



Chris White

Great executive leadership teams are built on a foundation of vulnerability-based trust. They check their egos and politics at the door when they meet to discuss company issues. Because they individually have a mindset to fight for the greater good, collectively they hold each

other accountable and call each other out when necessary. Sure, discussions can get heated, tempers flare, people get louder, but healthy conflict and a willingness to enter the danger is critical to building a strong, cohesive team.

One of my favorite authors on the subject is Patrick Lencioni, and one of my favorite books he's written is *The Five Dysfunctions of a Team*. In the book, he lays out the structure to build a healthy, cohesive team.

## 1. Absence of Trust

We all know that if you're dependable, you'll earn



trust. Lencioni goes beyond this and speaks to vulnerability-based trust. This means you're willing to be vulnerable with your team without the fear of it being used against you.

## 2. Fear of Conflict

When leadership teams rarely have conflict, it tells me "artificial harmony" has set in. Healthy conflict focuses on constructive arguments instead of destructive attacks on individuals. Healthy teams don't avoid the tough issues, they put them first.

## 3. Lack of Commitment

Commitment requires clarity and responsibility. When teams show mutual respect, everyone weighs in on the discussion and arrives at a solution together, all team members have had a hand in crafting the decision which achieves clarity of the commitment. It's when team members defer to one another that buy-in occurs. Buy-in means that, even though I may not be getting what I want, my opinions have been heard and I can support the team's decision without feeling neglected.

## 4. Avoidance of Accountability

Not holding your team accountable to the commitments they made is a trap. A major pitfall is not clarifying expectations. Not offering constructive criticism or feedback leads to feeling resentful that those commitments aren't going to be met. Great leadership teams have very clear deliverables for each commitment, and they hold each other accountable by asking clarifying questions that may challenge their teammates.

## 5. Inattention to Results

When team members start to prioritize their individual agendas ahead of the company's goals, the team loses focus. In order to stay on track, teams meet weekly to track their results.

If you notice any of these dysfunctions in your company or team, read *The Five Dysfunctions of a Team* and start building a strong, healthy, cohesive team that builds trust and doesn't avoid conflict, is committing to decisions, holds each other accountable, and stays focused on tracking results.



Lencioni's dysfunction theory with Hindrances and Countermeasures

*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](http://www.tractioninflorida.com).*



# Nona Growth: Amazon Fulfillment Center

BY SOPHIA ROGERS  
PHOTOS COURTESY OF AMAZON

Join us as we welcome Amazon, the Seattle-based e-commerce giant, to Lake Nona. Located near the intersection of Boggy Creek Road and 417, the 855,000-square-foot building is hard to miss. The warehouse is massive!

Amazon is known as the company that delivers everyday items with the click of a button or Alexa command. Known as a “disruptor” for its innovation, Amazon has boldly changed the way consumers buy

Alfred shared a tiny bit about Launch Day, the day the first group of new hires enters the building. It is a huge event, she says. No media is invited; only employees, managers, mascots from local athletic teams, and, of course, general manager Mike Bauer. Alfred says Bauer is passionate about fostering a positive employee culture necessary to support Amazon’s success.

In terms of benefits, Amazon associates receive highly competitive wages and comprehensive benefits, including health care that is effective on the first day on the job, up to 20 weeks paid parental leave, a 401(k), and company stock awards. Amazon offers full-time employees innovative programs like Career Choice, where the company will pre-pay up to 95 percent of tuition for courses related to in-demand fields regardless of whether or not the skills are relevant to a career at Amazon.

Associates will also have the opportunity to engage with Amazon Robotics, which empowers a smarter, faster, more consist-



ent customer experience through automation. Amazon Robotics allows the fulfillment center to house 50 percent more inventory. Improving storage capacity within the fulfillment center means Amazon can have more customer products on hand, providing a vast, in-stock selection for customers. Amazon Robotics also reduces processing times from what could take up to several hours to mere minutes, enabling faster shipping times to customers. According to their website, “Amazon Robotics has a dedicated focus on research and development to continuously explore new opportunities to extend its product lines into new areas that will redefine what ‘Now’ means and allow Amazon to continue to offer customer experiences that will delight and amaze.”

Known as the “Amazon effect,” local real estate near the facility has seen an uptick in interest as well. High profile projects near Amazon in Lake Nona include KPMG’s \$450 million training complex and

Tavistock Development Group’s phase two of the Lake Nona Town Center.

The grand opening date has not yet been announced. Stay tuned to *Nonahood News* for more information on this exciting addition to Lake Nona!

*Sophia Rogers is a six-year 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](mailto:sophia@nonahoodnews.com).*



and sell products online.

Brenda Alfred, operations public relations manager for Amazon in Florida, expressed excitement as we spoke about Amazon’s future impact on the local area. As an employer, Amazon seeks to directly impact the needs of the community, especially all things STEM-related (science, technology, engineering and mathematics). Recently, Amazon selected Osceola Science Charter School (OSCS) to receive \$10,000 worth of equipment to make a significant impact on education. (Check out the May 2018 edition of *Nonahood News* for the OSCS story by Nicole LaBosco.)

This time last year, *Nonahood News* reported Amazon’s fulfillment center coming to Lake Nona. Fast forward to today, the four-story fulfillment center has already begun hiring. Once complete, the facility will employ more than 1,500 associates, with up to an additional 1,000 temporary associates during the holiday season. Nationwide, Amazon employs more than 200,000 full-time associates at more than 100 fulfillment centers across North America.



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## Work Well: Mindful Moments To Promote Wellness at Work Conscious Breathing

BY NATALIA FOOTE

It's Monday morning. Perhaps you took some time out on Sunday to prepare and get yourself ready for the week, but you didn't anticipate your child waking up, or your dog getting sick, or the beeping of the low battery smoke alarm. It's Monday morning, and although you planned to have an easy start, life seems to be flooding and taking over. Perhaps you wake up dreading that the work week is starting all over again; your brain races to that meeting, or that phone call, or that deadline. The thoughts are swirling; you haven't left your house yet.

Stop. Breathe in. Breathe out.

You've been sleeping, driving, eating, reading, working, simply going about your day, but how often do you pause and notice your breath? According to the National Heart, Lung, and Blood Institute, a res-

piratory control center at the base of your brain controls your breathing sending ongoing signals down your spine and to the muscles involved in breathing. These signals ensure your breathing muscles contract (tighten) and relax regularly. This allows your breathing to happen automatically, without you being aware of it. It's a good thing you haven't had to consciously think about your breath; your brain allows you to live your life while it handles the very important job of keeping you alive. By taking some simple, conscious breaths, however, you will be able to calm the race in your head and ease through the many transitions of life.

Conscious breathing is very simple. Exhale all the air you have and allow your body to naturally ask you to inhale. As you inhale, think, "I am breathing IN." Then, as you exhale, think, "I am breathing OUT." That's it! Inhale and exhale eight times and notice your body and mind ease with each breath. You may simply want to think, "IN," and, "OUT." You may only do it for three or four breaths. It's okay. This can be done in the car driving to or from work, it can be done while at your computer or before making a call. The beauty of conscious breathing is that it can be done almost anywhere at any time.

Various breathing techniques have been practiced for thousands of years. According to Zen monk Thich Nhat Hanh, "Our breathing is the link between our body and our mind. By concentrating on our breathing, we bring body and mind back together."

Science has also proven the importance and benefits of conscious breathing. One study, BREATHE: a one-day retreat to reduce burnout among mental health

professionals, found that six weeks after a day-long training, staff reported significant decreases in emotional exhaustion and depersonalization with significant increases in positive views toward consumers. The study concluded that the brief intervention was feasible, acceptable to staff, and could improve burnout and staff attitudes. Another study, The Effect of Diaphragmatic Breathing on Attention, Negative Affect, and Stress in Healthy Adults, found a significant decrease in negative effect and increased sustained attention as

well as lower cortisol levels as compared to the control group.

Breathing is a beautiful, natural process that reminds us we are alive. Noticing your breath throughout the day will help you reset and move forward. So, continue to read the *Nonahood News*, notice the air coming in and out, and allow your mind and body to come together.



## Fitness and Organizational Culture, Part 3: When You Get Off Track, Get Back in the Right Direction

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 third in a four-part series on just four of the principles I have learned and teach from iron distance racing that relate to building and maintaining a winning culture in organizations.

### Principle #3: When You Get off Track, Get Back in the Right Direction.

Training for an iron distance race is a very long and tedious process. One of my mentors in the sport puts it this way, "The race is the reward for all the long, painful hours of training required to perform at your highest level." Training for a race that consists of a 2.4-mile swim, 112-mile bike ride, and 26.2-mile run takes a great deal of fo-

cus, stamina, and dedication for five to six months leading up to race day. The word "no" becomes a normal part of your vocabulary. Friends and family members don't understand why you can't go out on Friday night, or why you are already asleep at 8 p.m. on Saturday night because you need to recover and be ready for a 16-mile run Sunday morning when you just finished seven hours of training earlier that day.

The stress is not just physical, it's a great deal mental as well. Following your training schedule becomes one of the most important aspects of your life during that time, but it doesn't always go as planned. Things happen ... life happens ... and sometimes you just get off track. When one, two, or even three workouts are missed in a row, it can be very easy to get frustrated, feel like you have lost all momentum, and give up. In times like these (and they will happen), when you get off track, you have to do what it takes to regain your focus and pick back up your training plan and keep going.

Likewise, when you are trying your best to focus on the culture of your organization by providing a great place for team members to work, distractions happen. Projects get in the way, busy work gets in the way, conflicts get in the way, deadlines get in the way. You get the point. In his book, *The Principle of the Path*, author Andy Stanley puts it this way: Your direction, not your intention, determines your destination. We can have all the best intentions, but intentions get nowhere when we get off track by distractions.

I understand that sometimes distractions are unavoidable. Things just come up that must be taken care of. That's part of running a business, and that's not a bad thing. The danger is allowing distractions to be-



come a way of life, so to speak, and allowing them to keep you off track for long periods of time. You can tell when this happens because you will start hearing (and possibly telling yourself) phrases such as, "I was gonna ...," or "I meant to ...," or "We'll get back to it someday." These and other similar phrases are paved all along the path of good intentions that leads to nowhere. If you have defined the culture that will help your organization thrive, set goals for that culture, and communicated that culture, the things that you do every day (your direction) will either help you achieve or maintain that culture (your destination), or they will be taking you off track and in the opposite direction.

Yes, we all get off track at times. I get off track with my training schedule, I get off track in my business, and you will get off track in your pursuit of trying to reach the

"culture" goals in your organization. Just remember, it's not the end of the world, and it's definitely not the end of what you are trying your best to do to build and maintain that winning culture. You will get off track, but when you do, get back in the right direction as soon as possible and keep building a culture that allows people to thrive.

*Travis is the founder and chief culture consultant of Ultimate Synergy, a company based in Lake Nona that consults with organizations to help build and maintain a foundation for a strong and winning culture by taking care of people and focusing on team dynamics.*

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# Creator Mindset: On Tolerance

BY NIR BASHAN



Nir Bashan

I've had two interesting experiences at the drive-thru this last week, on complete opposite ends of the spectrum. For my first experience, I was at a drive-thru waiting in a line of cars to order a salad. There were a few folks in front of me, but it wasn't too long of a line. But, before I could take my foot off the brake and move up to the order window, someone who was not in line quickly pulled in front of me – out of nowhere – and ordered.

Now, you might dismiss this as yet another day in Central Florida. Or, you might think that the correct response should be to get angry or be upset. And that's human nature, right? Someone cuts in front of you in line, and it's not fair. So you get angry. And you demand justice!

But, the ability to fight our human nature is what makes us so unique among all animals. Other animals cannot make that choice; only we can. And it is a source of immense value once you learn how to harness its power.

Any proper study of the Creator Mindset mandates creativity. And creativity cannot come from a preordained view of the world. In other words, you need tolerance. Tolerance will give you the ability – no matter what the situation might be – to solve problems creatively. There is no Creator Mindset unless one fights their human nature.

In this case, cutting in line is just not fair. Human nature pulls us toward anger, frustration or some other form of retribution. Why should that guy get to go first while I was waiting? I was playing by the rules. That guy wasn't, so he deserves to be punished.

Creativity forces us to view things just as they are, not by interpreting things as happening specifically to you. There is nothing personal going on here per se. That guy



would have cut me off just as soon as he would have cut you off. So why do we view these things as happening specifically to us, personally affecting us?

It is in this internal fight – between nature and nurture – that the Creator Mindset offers its most profound influence. It helps us think about tolerance. What would drive this person to do this? Was the person in a hurry? Bad mood? Or just plain mean? Is it because that person is going through something or carrying a heavy load?

Now, I am no saint. And the response to fight the incredible gravity of your instincts takes a lot of effort. It's a tall order as it's far easier to be angry or upset, to cave into our instinct. It's probably what we have been doing our whole lives.

But, we can all use a bit more tolerance these days. Patience has seemed to wear thin no matter where I look. There seems a race to demonize the other side or act expressly with feelings, especially in politics. These feelings are easily part and parcel to human nature and, to the Creator Mindset, represent a retrograde in human development, a slide back into the darkest days of humanity. It is a regression into a less-developed, less-thoughtful, and perhaps most importantly, a less-creative human experience.

So back to my drive-thru story. The same week, I was in another drive-thru picking up coffee. As I pulled up to the window to pay, the cashier told me that the car in front of me had paid for my order. "Wow," I thought. That's never happened to me before. I was half expecting someone to cut me off in line again. Surprised, I asked the cashier why they had paid for me. The gentleman told me that they were just being nice. "Pay it forward," he said. So, I did. I paid for the guy in line behind me.

So, is this second experience yet another day in Central Florida? Should the correct response here have been to get doubtful or pessimistic? After all, who pays for a stran-

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ger? What do they want? Again, tolerance helps us understand motives – or at least helps tolerate them. And fighting human nature is a long and worthwhile road. Not one of instant gratification, but of a long sequence of events that, when added up, unleash the true power of the creative mind.

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](http://nirbashan.com) for more information.



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taylor morrison  
Homes Inspired by You

## The Artist: Esther Gregory

BY VANESSA POULSON



Eden 1

Esther Gregory's story of artistic discovery began in 2010 when she found herself with a friend inside an art museum while going through a difficult time in her life. Whilst looking at all of the paintings, admiring the artistic talent and detailed work that went into each of the paintings, she became suddenly inspired to pursue an artistic venture of her own.

Of course, Gregory had doubts at first. She was overwhelmed with responsibilities, had no artistic training, no desire to return to school, and money was tight. However, Gregory started painting anyway, starting with acrylics and copying a collage she had made from magazines in her college dorm 20 years earlier. She also managed to make friends with an art teacher who offered her many wise words of encouragement while she worked through discovering her artistic style and getting a footing in her creations.

"I literally used my nine-year-old daughter's toy play easel, sitting on a chair because it was so small," said Gregory. "Next, I did a couple of watercolors to see how that

would go, and I absolutely love watercolors, but in the end, I seem to have settled into using acrylics on canvas or wood."

After starting with creating and finishing one painting every 18 months, Gregory is now able to create up to 10 unique pieces each year. Gregory collects upon pages of different painting ideas and inspirations. She has moved on from creating individual pieces to creating different series of paintings. This includes a series called "Eden," which was inspired by the original garden. "That one was helped by my move to the tropical paradise that is Florida!" said Gregory, who was born and raised in England. "It is so lush and colorful here, it was easy to picture a beautiful garden. I have also almost finished an



Eden VII Knowledge

underwater series, which I have been releasing pieces from gradually."

Gregory acknowledges her dream project as being able to someday create something artistic and creative for Disney or Universal. "I would probably need a Harry Potter Time Turner to be able to achieve that, but that's dreams," Gregory joked. "I love the immersive nature of the theme parks, it's pure escapism on a visual level. The murals and decor and artwork [are] gorgeous. I did a commission last year which included a piece inspired by the original concept work for the 'It's a Small World' ride. It was so fun to get into that mid-century vibe."

While working through her pieces, Gregory continues to find new genres of painting that she incorporates into her pieces. Along with selling her original work, she also sells wall art, stationery, decor and reproduced prints of her artwork through FineArtAmerica.com. This site prints Gregory's work to order in a very wide variety of sizes or on various objects like phone cases, throw pillows, t-shirts, towels, and mugs. She also does commissioned work for customers looking to have a custom Esther Gregory piece in their home.



All Hail Mary Blair

"I have developed certain ways of painting that I often use but sometimes do go in a different direction. I love bold colors and simple lines and patterns," said Gregory. "I often use 'dots' and am partial to squares too! I recently started a love affair with what I call 'fractals.' I always feel like I want to simplify what I see or simplify the idea in my mind, occasionally even all the way down to an abstract piece."

When it comes to inspiration, Gregory credits many works of nature and God for giving her the ideas to create her different artistic pieces. Through these avenues, her desire to create something beautiful is grounded in the world around her.

You can find @EstherGregoryArt on Facebook and Instagram. For prints, look for Esther Gregory on FineArtAmerica.com. For purchasing originals or to discuss commissions, email her at esthergregory1971@yahoo.com.

*Featured on the cover: "Under Water II"*

### 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](mailto:nonahood.to.artist).*



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## A Note From the CEO

BY DON LONG

We are happy to announce that Bethany Osborne accepted the position of Communications Manager of the Lake Nona Regional Chamber of Commerce (LNRCC) during the last week of July. Bethany jumped right in and assisted with four ribbon cuttings and three monthly events during the past month.

Bethany brings a broad spectrum of professional experience serving as the research/communications specialist for The Greater Panama City Beaches Chamber of Commerce and event coordinator for various corporations. She holds a B.A. degree in communications from Miami University of Ohio. Bethany's duties at our Chamber will include the management of our marketing and communications systems, event planning and organization, along with general office management and programs implementation.

As mentioned and demonstrated with the events over the past month, LNRCC is growing in every way. We encourage your participation and hope that many community residents would like to join your local business association with an individual membership. You do need to own or even work in a local business. Talk to Madelyn, our business development manager, at (407) 796-2230 to find out more about how you can connect in Lake Nona.

Whatever you do, do not forget Taste of Nona, our signature event coming on Oct. 13 to the Marriott Residence Inn & Courtyard right here in Lake Nona Town Center. This red-carpet affair will feature a broad variety of food and drinks offered by restaurants and specialty cuisine providers from the Lake Nona region. Presently signed up to participate are: Tijuana Flats, Bolay, Nona Social, Meat n' Fire, Fresh Healthy Meals, 310 Nona, Castle Church Brewing Company, Hyatt Regency Orlando Airport, Rubio's Coastal Grill, Rock and Brews, Big-Belly's, Drive Shack, Orlando Food Department Co., Twisted Catering, The Naked Cupcake, Bonefish Grill, Ohm Woke, Jeremiah's Italian Ice, and Pig Floyd's Urban Barbakoa. In addition, you do not want to miss this year's silent auction with awesome items available for bid. All proceeds from the auction will benefit Friends of Fisher House here in Lake Nona. Fisher House supports family members of veterans receiving care at the Lake Nona Veterans Hospital. See more details about Taste of Nona in the ad on this chamber page.

Please also take note of the ribbon cuttings and other events documented on this page. Visit our new businesses or make the leap to connect during one of our other events.

*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](mailto:Administration@LakeNonaCC.org).*



## Upcoming Events

### Sep 04 - First Tuesdays After Hours and Ribbon Cutting at Nona Social

Date: September 04, 2018  
Time: 5:30 PM - 7:30 PM  
Location: Nona Social, 9145 Narcoossee Rd, Ste 107A, Orlando, FL 32832

### Sep 13 - Breakfast Connections - Healthcare Revolution in Lake Nona - Dr. William Felix, MD, CAQSM

Date: September 13, 2018  
Time: 7:45 AM - 9:30 AM  
Location: Eagle Creek Golf Club, 10350 Emerson Lake Blvd, Orlando, FL 32832

### Sep 19 - Ribbon Cutting - Bolay, Lake Nona

Date: September 19, 2018  
Time: 5:45 PM - 6:00 PM  
Media/VIP Event: 6:00 PM - 7:00 PM  
Provided light hors d'oeuvres and complimentary Bol!  
Location: 12711 Narcoossee Rd, Ste 120, Orlando, FL 32832

### Sep 28 - Business Luncheon - Paving the Future of Transportation - Mary Brooks & Emily Brown, Central FL Expressway Authority

Date: September 28, 2018  
Time: 11:30 AM - 1:00 PM  
Location: Ronald McDonald House, 13551 Nemours Pkwy, Orlando, FL 32827

### Oct 02 - First Tuesdays - Exclusive Members-Only After Hours at Hemisphere Restaurant

Date: October 02, 2018  
Time: 5:30 PM - 7:30 PM  
Location: Hemisphere Restaurant, Hyatt Regency Orlando Airport, 9300 Jeff Fuqua Blvd, Orlando, FL 32812

### Oct 13 - Taste of Nona - Annual Signature Event

Date: October 13, 2018  
Time: 6:00 PM - 9:00 PM  
Location: Courtyard & Residence Inn by Marriott at Lake Nona Town Center, 6955 Lake Nona Blvd, Orlando, FL 32827

Visit <https://www.lakenonacc.org/events/calendar/?c=6> for more information or call (407) 796-2230.

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## MEMBERSHIP RENEWALS

July 15 - August 14, 2018

Courtyard & Residence Inn by Marriott Orlando/Lake Nona  
Venkatraman, Giri  
Regenerative Sport Spine and Spa  
Signature Transportation Orlando  
Sorensen Moving & Storage  
Kathryn V. Ross, CPA, P.A.

## NEW MEMBERS

July 15 - August 14, 2018

A Clear Choice Title	Nona Title, Inc.
Celebration Orthopaedic & Sports Medicine Institute	Nona Soccer Academy
LIVURBANSCAPE - Melodi Wood	Hayes, Susanna
LIVURBANSCAPE - Kristy Kisling	Engaged Sounds Entertainment
Compton Builders Inc.	Sakowitz Smiles
Activcore	Edward Jones - Lee-Spears
DIGITAL MEMORY	Sophia Rogers Real Estate
Rhodes + Brito Architects, Inc.	Castle Church Brewing Community
Westfall Law Firm PA	RE/MAX Blue Water - Leslie Burke
Nona's Delivery	FranNet of Greater Orlando
Florida Hospital Centra Care	Jupiter Properties Inc. Central Florida
Legal Solutions FL	Nona Social





Membership Director Arbra Calvert (center left) and the staff of the new T-Mobile cut the ribbon to open T-Mobile's new location at 8256 Exchange Dr., #210, Orlando on July 26. This new T-Mobile location joined the Chamber in May of this year. (Photo by Bethany Osborne)

**6th Annual**  
**Saturday**  
**October 13th**  
**6-9 PM**  
**Lake Nona**  
**Courtyard By Marriott**

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- Live music by Jared Violin & a DJ for dancing
- Silent auction with incredible gifts and services
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Orlando Mayor Buddy Dyer (left) receives a word of thanks and a thank-you gift from Kris Conner, director of programming, (right) after the mayor's prepared remarks and a question-and-answer session. The mayor participated in a Chamber Business Luncheon at the GuideWell Innovation Theater on July 27. (Photo by Don Long)



Debra Sawyer (center right), team leader of Sport Clips, is assisted by Don Long (center left), CEO of LNRC, for Sport Clips' ribbon cutting and grand opening at 9971 Tagore Place, Suite 2, Lake Nona. Sport Clips is a franchised chain of salons specializing in expert cuts for men and boys while also providing ease of online reservations and a relaxing atmosphere. This location opened its doors on Aug. 7 and is a new member of the Chamber. (Photo by Bethany Osborne)



Nicole Finnegan of HMS Certified Public Accountants (center) provides the audience with her part of the "Business Behind Your Business" roundtable discussion at the Breakfast Connections on Aug 9. Other participants in the roundtable included Sean Gerlin, Financial Planning Services (left); Matthew Rosenthal, M.H. Rosenthal Law, PLLC (left center); and Jeff Roche, Innovative Network Solutions, Inc. (right). The panelists guided attendees in how to plan for events, how to create account security, tax planning, and business models, and also participated in an extensive question-and-answer session. Chamber members and guests enjoyed a waffle station breakfast hosted by The Belfry Restaurant at Eagle Creek Golf Club. The Belfry and Eagle Creek Golf Club joined the Chamber in August 2018. (Photo by Don Long)



Sergio Villalobos, owner of NONAride, celebrates the ribbon cutting for his new Lake Nona-centric business on Aug. 10. Villalobos stated during a presentation after the ribbon cutting that this new service will provide convenient online reservations along with safe and dependable transportation for individuals or small parties anywhere in the Lake Nona region. Reservations and more information are available at [www.nonaride.com](http://www.nonaride.com). (Photo by Bethany Osborne)



Sam Eckerson (left center) of Heritage Park Realty and Dr. Linda Travelute, leadership & personal growth doctor of The John Maxwell Team (right center), spoke to Chamber members and guests about "The Big Four Mindsets Top Networkers Embrace & Rocking Your 60-Second Commercial" on Aug. 14 at the Ronald McDonald House. Eckerson and Travelute are two of the organizers for Contagious Connecting, a quarterly networking how-to program presented by the Chamber. (Photo by Bethany Osborne)



Sylvia Araujo (center with scissors), owner of Nona's Delivery, displays the cut ribbon after the business' opening ceremony on Aug. 10. Nona's Delivery will specialize in dependable and convenient delivery services in the Lake Nona area. Customers can find more information by visiting [www.nonasdelivery.com](http://www.nonasdelivery.com). (Photo by Bethany Osborne)

# Never Forget: A Personal 9/11 Story

STORY BY MICHAEL CORTES  
EDITED BY PHILIP LONG AND  
ELAINE VAIL

I was in a great season of life. As an FDNY Firefighter in New York City, I was living the dream! On September 11, 2001, I awoke in my Staten Island apartment ready to enjoy a day off.

Forty-five minutes later, my phone rang, “Mike, turn on the TV! A plane hit the Trade Center!!”

Watching the news, I then called my Dad. “Dad!! Wherever you are, get in front of a TV. That’s no small Cessna.” As I watched, thoughts flashed in and out of my mind. *God be with those people. ... That would be the highest roof rope rescue in the history of FDNY. ... How the heck are they going to knock down that fire?*

*The stairs. ... That’s gonna be tough.* Climbing 70-plus flights of stairs is one thing, but add 100 pounds of gear with the urgency of people desperately needing help. ... Then I saw a second plane, United flight 175, hit the south tower followed by a huge fireball.

“That’s terrorism!” Dad exclaimed.

“Dad, I gotta go.”

As I drove, I heard over the radio, “Oh my God! I think one of the towers just collapsed!” Shortly after that, I heard, “All off-duty NYC firefighters and police officers are to report to work immediately. A major disaster has just occurred in lower Manhattan.”

Just six months earlier, I graduated from the Rock, FDNY’s Fire Academy, the breeding ground for New York’s bravest, FDNY firefighters. But as I now walked north on Manhattan’s West Side Highway less than two hours after the first plane hit, I didn’t feel brave at all.

Around midday, there was no traffic. It was eerily quiet and instead of city sounds, I heard a bad chorus of Scott Pak-Alerts. The whaling alarms rang from high to low, again and again, but they were muffled by the gray dust in the air and on the ground. Each alarm, located on a firefighter’s breathing pack, goes off when a firefighter goes down or lies motionless.

I walked through what seemed like a foot of soot, feeling totally unprepared in my borrowed, one-size-too-big FDNY bunker coat, khaki shorts and sneakers. My mind kept asking myself, “Where the heck are the towers?”

I noticed a soot-covered battalion chief sitting on the cement median in the middle of the road. Battalion chiefs are usually leading in the chaos. This poor brother was holding his head and looking at his feet, clearly in shock. His face said it all.

*We just lost a ton of guys,* I thought. *Man,*

*this is really, really bad.*

The soot and smog thickened. Sheets of paper were everywhere. More heavily damaged FDNY rigs, ambulances, and police cars emerged into sight. I saw buildings all around me with windows blown out. One building was missing a chunk and looked as if Godzilla had taken a swing at it.

I continued toward the what looked like a war zone. As I walked under a partially-collapsed footbridge (which crossed above the west side highway from the World Trade Center), everything went silent for me. There, in front of me, about 20 yards ahead, sat my fire engine, E-23. ... Windows were blown out, all compartment doors open.

It was clear the guys had taken everything they could and bravely ran into hell. I looked at the pile in complete denial. *There’s no way. This can’t be real.*

Still, with the image of the fire engine burned into my mind, a figure emerged from behind the engine. *Is that Tony, my engine company’s driver walking toward me? I wonder if I’m seeing a ghost.*

“Tony!?”

“Mike!” Tony yelled back, waving in relief.

“Tony, where are the rest of the guys?”

He paused and pointed to the smoke-billowing pile. His face went helpless and sad. “They were in there.”

I was wondering how Tony could have survived. Before I could ask, Tony interrupted and explained that the dispatcher had ordered all firehouses with an extra rig to equip it, man it, and get it down to the Trade Center.

*Jimmy, I thought. Jimmy took my spot today. There’s no way he’s gone. He took my spot.*

“Let’s go find them, Tony.”

With urgency, I began to crawl up the rubble to search. The smoke smell was very heavy. The blue sky went dark gray. Utter devastation surrounded us. I was in the middle of what looked like a mini mountain range of burning scrapyard piles.

The piles went up about eight stories, covering 16 acres. Giant, thick, steel beams were twisted and torn. Heavy, thick elevator cable ran out of the pile like thread. My mind jumped back to the thought of those poor souls in the elevators, elevators which I’d ridden on many occasions. A couple of us tried to lift debris. It wouldn’t budge. I felt like an ant commissioned to rescue his brothers under a pile of 2x4’s.

Without my boots and bunker pants, my sneakers gave way. *Oh, crap!* I fell. I saw sharp, protruding metal everywhere. It could easily sever an artery.

I stood back up to scan my surroundings. I looked down. *Am I standing on an ambulance?!* I began to see the sea of first responder vehicles buried all around.

*Be more careful,* I thought. *If you sever an artery, your help is dead. Help won’t get to you today.*

The buildings around us weren’t safe. We were now near World Trade Center 7. The seventh floor of the 47-story building was



Tony who survived from E-23. He told me our guys were in there

still burning out of control from the impact of the exploding plane.

Fearing a potential collapse was imminent, rescue workers were ordered off the pile. Soon after, we heard loud cracks that sounded like claps of thunder followed by a roar blowing out a plume of gray smoke. Forty-seven stories came tumbling down before our eyes, and New York’s skyline was forever changed – again.

As we joined other rescue workers, the looming concern of nearby buildings collapsing down on us grew. Surveyors stepped out to examine the buildings. Every few hours we heard, “Run! The building’s moving!”



Mike Cortes and a fellow firefighter, days after 9/11

*Run where?* I thought. *I can’t run in this smoldering pile.*

The day and night went on with more scares like this.

I saw things throughout those days that I can’t write about.

In the days after 9/11, I attended many funerals. To this day, the sound of bagpipes still unearths buried emotions and brings me back to these memories. The stories friends and families shared about their loved ones inspire me. Sometimes, they alleviated my deep heartache. Yet the hardest funeral for me was Jimmy’s.

Three days earlier, I had received a phone call from my fireman buddy from my graduating class, Rich, who I’d been trying for months to make plans with. I’d given up on the idea of our schedules working out. Out of the blue, Rich was finally available on Tuesday, September 11. I told Rich, “Sorry, I’m working that day.” But, Rich persisted for 30 minutes until I gave in. I called my shift partner, Jimmy, and he was more than happy to swap shifts with me. Early Tuesday morning, Rich actually flaked out on me. I changed my shift for plans that never even materialized.

James Pappageorge (Jimmy) had a fiancee and a son.

His sister, Helen, told mourners that Jimmy was a paramedic before becoming a firefighter. He loved helping others so much that he carried his own medic bag in his car in case, while off duty, he would be prepared if someone needed help. He saved someone’s life that way.

September 11 changed me. It changed all of us. Seeing life through the lens of a funeral recalibrated my focus as to what

matters in life. My second chance compels me to live in gratitude in response to God’s grace. It shapes my choices. It shapes my relationships. As a husband and father of four, the legacy I hope to leave is one that goes generations beyond me in the values our family lives by. It shapes my work. As a coach and realtor, I’ve renamed my team, “The Legacy Team.” I think it helps my customers understand their own “why” and allows that to guide their decisions.

I would be remiss to neglect the overwhelming love and support the entire world gave to the families of those lost and the first responders. It was overwhelming! Local businesses and neighbors fed us meals for weeks. People and other fire-

fighters came from literally all over the world to show solidarity. They saw our pain and vowed to never forget.

Lake Nona has more 9/11 families like ours, right here in our community. I met Ed Jurabe at my son’s therapy center right off Moss Park Road. His brother was Angel Jurabe, who was also killed in the line of duty on September 11, 2001.

Mike Troisi, a former resident of Eagle Creek, is a retired NYPD sergeant who displayed tremendous heroic leadership at Ground Zero that day.

Friends, it’s been 17 years. While I wish this story on no one, I write so that we will **never forget**. I share because people have great worth. Lives are precious, and even the toughest of us can be ever-so-fragile in light of tragedy. Even the strongest of us could go at any moment. I believe we all want our moments to count!

For the next year and a half after that tragic day, the two topics I heard in most conversations throughout firehouses, with friends, strangers, it didn’t matter who, were about God and relationships. While that gave peace and hope for many, others struggled with confusion and the pain of regret, mostly about what was not said to our loved ones lost.

The things most important in life come clearly into focus when we face adversity or tragedy. The things that matter most must never be at the mercy of the things that matter least.

I also learned a huge lesson about bitterness. As a rookie fireman, it’s customary for senior guys to bust your chops a bit. There was one guy who I just couldn’t stand! I didn’t mind the “you’ve gotta earn respect” mentality. But, I just really strug-



Mike Cortes in front of remnants of one of the World Trade Center buildings

gled going to work with him.

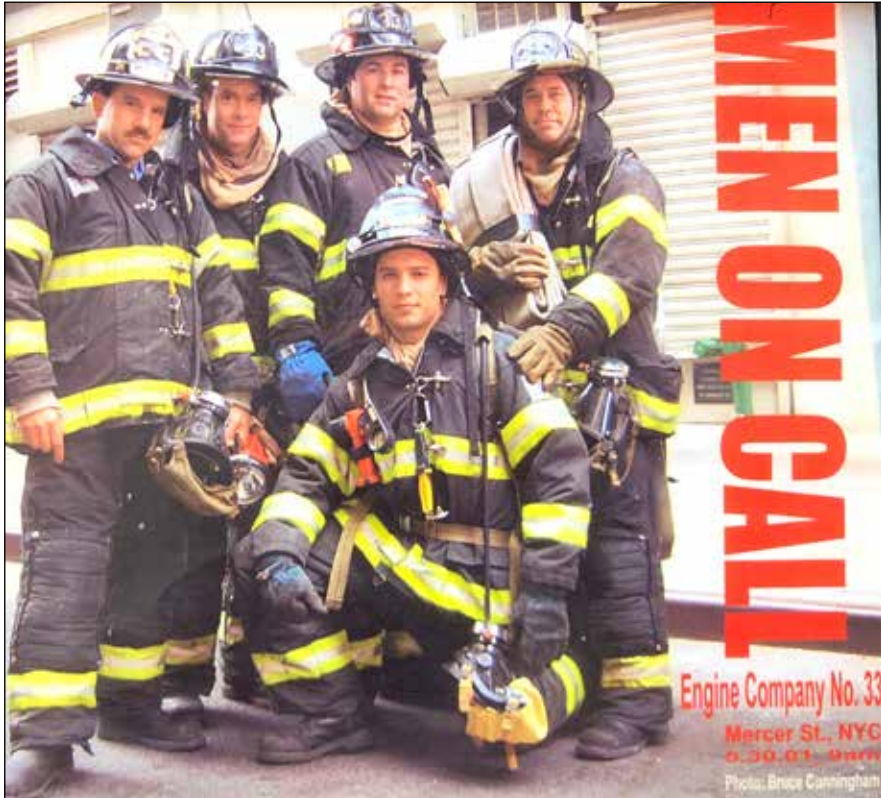
But, you know something? When you think you can't stand someone, and then you lay eyes on his broken widow wondering how she's going to raise her two toddlers without their father, when I looked into the eyes of his kids ... I was crushed. You never forget that. Did I really hate him that much? Oh, how foolish bitterness really is!! In the end, I realized the bitter person loses.

I don't understand why God preserved me and not others on that day, but I know, with the fleeting moments of life I have, I want to love people with all I've got. The hard lesson I

learned is that we're all going to die; we're just not guaranteed the time we think we have. What do you want to be remembered for? What do you want your legacy to be?

Please pray for the families of those lost that day. Together, we can honor their legacy by picking up where they left off, like Jimmy, who actually saved a life, be the friend or neighbor who's there to help and serve with humility. Today is the day to get your priorities straight.

This is my story. This is your story. May we never forget.



Bobby Evans is to the top right, hand on my shoulder, Mike Boyle is the 2nd to the right. Both great friends and mentors. They were killed. When my rotation ended out of E-33, Bobby gave me this picture. Someone weeks prior, 5/30/01, stopped us after responding to a call and kindly asked for a photo. We quickly assembled, he shot the pic (Bruce Cunningham - How I wish I could find him and thank him), didn't think anything of it, then dropped it off one day at the firehouse as a gift. He had no idea how important that picture would be to me and their families.



Mike's graduating class from FDNY's Fire Academy



Present-day Mike and his family. Wife, Sarah, and their children, Jaden, Sydney, Brady and Sadie. The best way to honor those whose lives were lost is to pass on the legacy of love by the way we live our lives each day.

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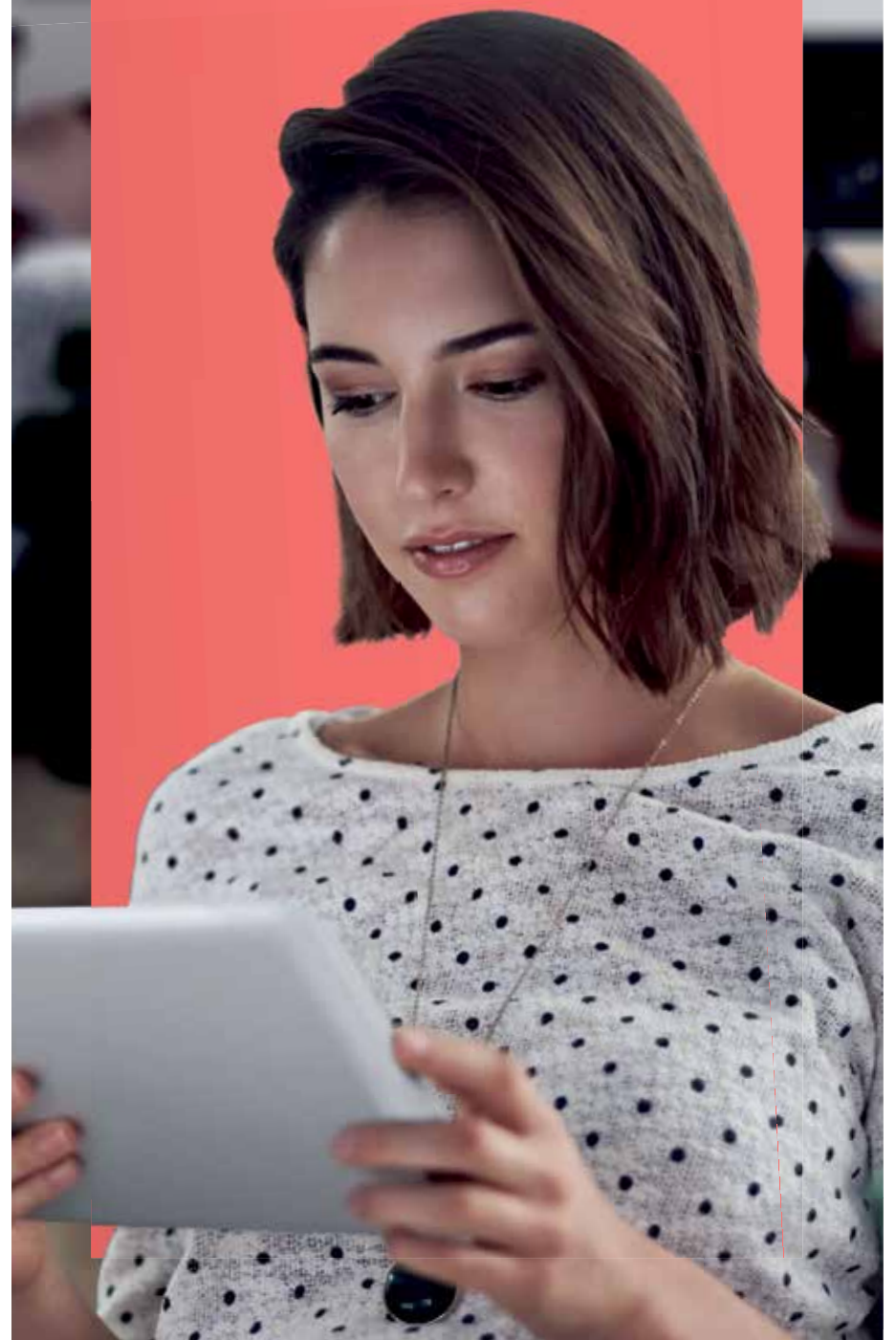
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# Tough Things To Talk About: Coming to Terms With Change

BY VANESSA POULSON

I've always felt that the changing of the seasons was a lot like the changing of who we are as people. For example, as trivial as it sounds, I really do think that people are a lot softer and kinder in the cooler months than they are in the thick heat of the Florida summers. Though who they

are as a whole does not change entirely, I think that just as summer lays down to rest while we move from August to September, the changes that we experience as people and individuals also continue to transform.

The fall months are kind of the pinnacle point for change. Fall brings with it the back-to-school bustle as kids go from starting Kindergarten to even starting their first college classes. Parents are made to cope with empty bedrooms and quiet houses as children start making their own paths toward their own routes of success. Young adults have to face the reality of "adulting" and figuring out everything from bills and managing a budget to food shopping and not having the support network of their parents around them. It can seem as if everything is changing much faster than you would have anticipated it would, and, before you know it, your whole worldview

seems like it's been deconstructed and rebuilt again right before your eyes.

Change is hard, but it doesn't always have to be. I think that the way you approach a situation can make all the difference. Often, it's not always about what the situation is really pertaining to, but more so the way you as a person allow yourself to look at how it makes you feel, address those feelings, and find a new way to approach the change with fresh eyes.

This past year has been filled with a lot of change for me. I transferred universities, moved to two new places, lost family members, and a whole host of other changes that have pushed me into unfamiliar territory. Being afraid of change is easy. Humans are hardwired to be cautious about threats and foreign situations simply because, biologically, that is how we previously had to survive. Now that these unknown situations are no longer

simply about figuring out which plants are poisonous or deciding how we are going to be able to feed our family, it can be harder to have that uneasy feeling go away instantaneously when our situations seem like ongoing change rather than something that has a quick solution.

The biggest lesson that I've learned about change is that you can't put too much pressure on yourself to adjust instantaneously. As with everything in life, there is an adjustment period where you are subjected to relearning your new situation, feeling out what is different, and selecting how you want to respond to the change as an individual. No two people have the same adjustment period, even if the situations of change that both parties are going through are almost identical. Every person does not have the same capacity to adjust to change, the same emotional maturity, or even the same life experiences to completely know what they need to do to feel better about something in their life that is now different than it was before. You as an individual have to allow yourself the opportunity to feel the range of emotions that come from change, growth and unfamiliarity. This is what taps into your own ability to take the situation that might seem scary and unfamiliar and turn it into an opportunity for growth within yourself to become better as an individual.

So, this year, as the summer turns to fall and the Florida temperatures begin to lower, take a second to stay in touch with yourself about how you're feeling with the changing of the seasons. Take a moment to respond and remind yourself that even when things feel bad in the moment, they too will change for the better, even if at first it doesn't seem like it.



# Rising Above: So, You've Got Problems?

BY SAMIA SOLH

Everyone's got problems. The poor, the rich, the single and the married. If you've got a job, you've got problems. If you don't have a job, you've got problems. If you have kids, you've got problems, and if you don't, you've got problems. There is no escap-

ing it. It really seems like the only option we have is to find a way to be happy while dealing with all our issues. Otherwise, we are just waiting to be problem-free before we can be happy, and that can mean missing out on a lot of good moments.

The argument I hear most when someone is encouraged to rise above the issues is, "I can't help how I feel," and that's absolutely true. However, you can help how you react to how you feel. You have the choice to let how you feel beat you into not seeing anything but the issues you have, or the choice to focus on happier, healthier things while

your problems come and go. By realizing you have a choice, you gain some control over your life. You decide if your story is of a person who always complains about their life and uses issues as a scapegoat for failures, or a person who seems to be in a healthy mental state *despite their issues!* The second person sounds like a strong, inspiring person to me, and don't you want to be that person? If you have to commit to a version of yourself, commit to one that isn't miserable.

Besides real medical issues or chemical imbalances in the brain, if you are other-

wise healthy, then you have control and you have a choice of who you are at the worst of times. If you decide to be miserable, then that's on you because there is always someone or something to blame. At the end of the day, you need to ask yourself what kind of person are you: Are you weak or are you strong? Are you behaving in a way that empowers you or holds you back? Are you committed to finding a way to be content and at peace regardless of where you might be on your personal emotional rollercoaster called life?

If you are anything like me, you have a reel of the most embarrassing moments in your life along with all the missed opportunities ... all of the "I can't believe I did that" and "I can't believe I said that" moments perfectly directed in one miserable film that poisons your body and brings you down. This is one self-sabotaging habit that needs to be kicked to the curb. The past doesn't exist anymore, and neither should these thoughts.

At the worst of times, try to remember that you were born with an abundance of strength within – it is just a matter of tapping into that and harnessing it to control all the negative thoughts and to help you focus on all the blessings in your life. There are so many things in life that will work against you, challenge you, and drive you up the wall. Don't be yet another thing in your life that you need to overcome.

*The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.*  
Martin Luther King, Jr.



# Javier Ávila Presents 'The Trouble With My Name' at LNHS

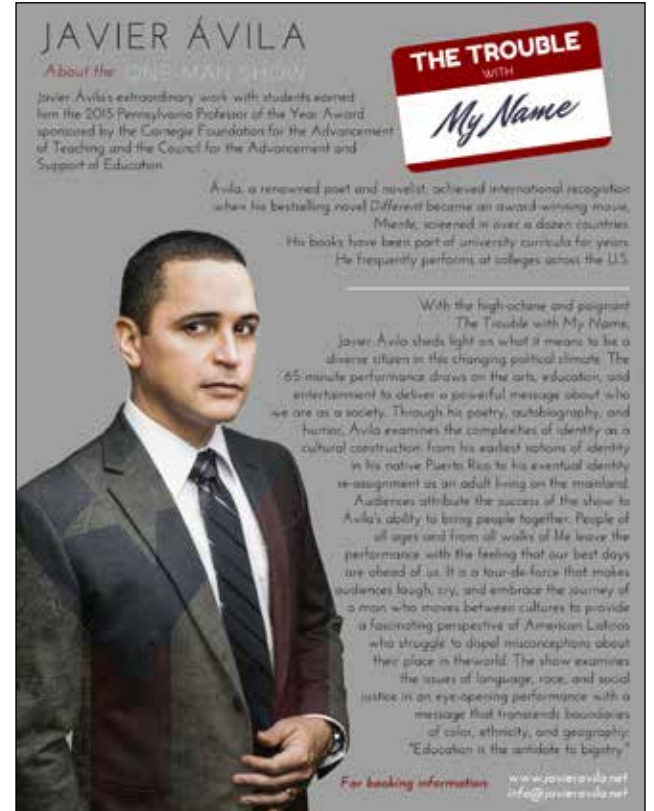
ARTICLE AND PHOTOS BY BRITTANY BHULAI

For the first time ever, the one-man show known as *The Trouble With My Name* performed by Javier Ávila was performed at Lake Nona High School on July 26. The purpose of his show is to highlight the struggles Puerto Ricans face as a minority in the U.S. The inspiration of starting his show came from his realization as a college professor that Puerto Ricans were not represented in the U.S as they should be.

Ávila teaches literature at Northampton Community College in Pennsylvania. When he asked his students about well-known Puerto Rican speakers and au-

thors, his students had no idea who he was talking about. He found himself explaining Puerto Rico to students through story and humor. Students responded well to his method, and he became a popular professor.

Later in his teaching career, he was named Pennsylvania's Professor of the Year in 2015 by Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education, according to [Mepesconference.center-school.org](http://Mepesconference.center-school.org). He was the first Latino to win this award. Ávila said he was honored by the award, but at the same time he was a bit heartbroken that it had taken this long for a Latino to win the award. He was sure that other Latinos before him were worthy of the recognition but were never brought to anyone's attention.



After winning Professor of the Year and popularity with his students, Ávila decided to expand his outreach. His first show was at Penn State. "It went so well. We were not expecting to do so many [shows]. We thought, okay, maybe five or 10 shows and that's it and then we'll go back to our regular lives, and we're up to

70. We have 28 planned for the fall, and we already have shows planned for 2019. So, it's a whole different animal," explained Ávila.

I had the opportunity to attend the show and see for myself the refreshing perspective Ávila's show gives his audience on the Puerto Rican community. Lake Nona High School's auditorium had a good turnout of people. He spoke about his family origins and what it was like coming over to America. He said growing up in Puerto Rico, he never knew he was a minority anywhere else. As he got older and moved to America, he learned that his Spanish came across as having an accent and that his people were considered outnumbered by "the white man." *The Trouble With My Name* not only points these topics out by using humor, but it also addresses how we need to embrace all cultures in our nation and treat everyone as their own person.

Victoria Delahaye, 19, came to see the show. "I feel like there's a lot of history I don't know about. Hearing him speak about it, I feel like I want to know more. I'm not as knowledgeable as I should be about Puerto Rican history and culture," stated Delahaye.

The next show is expected to be in Georgia



at Marietta's New Theatre in the Square on Sept. 15. To follow all the showtimes and learn more about Javier Ávila, follow his Facebook page, Javier Ávila: *The Trouble With My Name* or follow him on Instagram: @thetroublewithmyname.



# Freeberg Foundation Donates to Fisher House Orlando

ARTICLE AND PHOTOS BY BRITTANY BHULAI

is why the Orlando Fisher House struck their interest. This was their first visit to a Fisher House.

The Orlando Fisher House manager, Terri Turner, says they will be handing the funds off to the National Fisher House Foundation to share the donation with the other eight houses that are currently under construction in the country. The grant was solicited by the former Fisher House president, Greg Smith.

Here is a brief interview with the Don & Lorraine Freeberg Foundation :

grants to organizations in specific geographic areas, and when we heard of the new house in Orlando, we were interested in whether we could assist them.

**NHN: What was your first impression of the Fisher House?**

FF: Fisher House Orlando is a beautiful facility that feels like home and not a hotel. Our board members that visited were especially impressed with it being inside the security gates and across the street from the Orlando VA Medical Center.

**NHN: Why are children and veteran organizations top on your list to donate to?**

FF: Children and veterans are both populations that are important in our society. Don Freeberg was an Aviation Cadet in



the U.S. Navy in the 1940s. Specifically regarding veterans, the Don and Lorraine Freeberg Foundation supports organizations benefiting America's current and former Armed Forces members because those individuals give so much of themselves to protect our freedoms and safety.



The Fisher House received a \$300,000 grant from the Don & Lorraine Freeberg Foundation on July 24. This is now the largest check to be presented to the Orlando VA Medical Center's Fisher House.

According to the Don & Lorraine Freeberg Foundation Facebook page, they are a "nonprofit foundation supporting organizations focusing on education, healthcare, children, and veterans," which

**Nonahood News: What drew you to donate to the Fisher House?**

Freeberg Foundation: We were aware of the reputation of the Fisher House Foundation and the houses they make available for family members of patients at military and VA medical centers. Like Zachary Fisher, our family has been involved in the construction business. The Don and Lorraine Freeberg Foundation provides



## USTA: And Now, Back to Our Regularly Scheduled Programs

BY DANIEL PYSER  
PHOTOS COURTESY OF USTA

With September marking the first full month of school, the USTA National Campus also returns to its regularly scheduled youth programming after another successful year of Summer Camp.

All of the programs that have become staples on the courts in Lake Nona will once again be available, with options for players of all ages and skill levels. All available programs can be found at [reserve.ustanationalcampus.com](http://reserve.ustanationalcampus.com).

The Nemours Family Zone, which features 36- and 60-foot courts designed for beginners, has programs for children as young as three, during which parents are encouraged to participate, as well as intermediate programs designed for kids between the ages of seven and 10.

Programming for middle school- and high school-age children is available on full-sized courts for players ranging from beginners to those competing on their school teams and USTA-level tournaments. And, as is the case with all programming, both after-school and weekend sessions are available.

One new addition to the schedule is a more robust high-performance program, geared toward players committed to competition and tournament play. A focus on technique, shot selection, patterns of play, physical conditioning and skills to deal with pressure tolerance will be emphasized.

In addition to the regularly offered train-

ing regimens, the fall will see the introduction of USTA National Campus UTR Match Play events, which will give 18-and-under players the opportunity to compete in competitive matches with opponents of similar ability.

The full complement of USTA National Campus adult programming will also be available in the fall. These include Tennis 101 and 102 for players new to the game, Cardio Tennis and Liveball sessions for those who are fitness-forward, Doubles and Singles Training for those who want to improve their situational awareness on a tennis court, as well as private lessons.

There are also a number of Social Play options, which are match-play events facilitated by USTA National Campus staff and designed for local players to grow their tennis network in a fun yet competitive atmosphere.

The month of September also brings two very unique events to Lake Nona for the first time. From Sept. 20-23, the USTA National Campus will host the 18th annual HBCU National Tennis Championships, an event open to Historically Black Colleges and Universities (HBCU), offering players the chance to compete for a national title as part of their fall season. Both team and individual titles will be distributed. Local Florida universities Bethune-Cookman and Florida A&M are expected to participate.

The following weekend, from Sept. 28-30, the USTA National Campus will host its first USTA-sanctioned wheelchair tennis tournament, where some of the most talented wheelchair tennis players in the country will showcase their skills at the three-day event.

For more information on all USTA National Campus events, please visit [www.ustanationalcampus.com](http://www.ustanationalcampus.com).



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# Childhood Sports Injuries To Monitor

BY FLORIDA HOSPITAL MEDICAL GROUP



William Felix, MD, CAQSM

The enjoyment of watching your child on the field is amplified because you know they're building social skills and physical health while doing something they love. To keep things fun for everyone, parents want to do whatever they can to keep their players healthy and strong.

## Sticks and Stones

Minor scrapes, strains and bruises are expected, but as many as half of all children will experience a broken bone while engaging in sports. "Children's bodies are still growing, so their muscles and bones are different from adults," says William Felix, MD, CAQSM, a sports medicine physician in Lake Nona. "The good news is, their bones can heal faster. This means

the break can often be covered with a cast to heal without surgery."

Though you may assume a broken bone will be obvious to the eye, children's bones are more flexible and rarely break cleanly. "Falling on the forearm and creating hair-line fractures is not uncommon in active kids," says Dr. Felix. "A child may still be able to move their arm and function pretty normally, but if they have continued pain that, for example, keeps them awake at night, take them in for an X-ray."

## Twist and Shout

The most common athletic injury children face are sprains or strains, which are not as serious but shouldn't be ignored. "A twisted ankle may not seem like a big deal, but when it leads to long-term ankle instability, it can put young people off exercise," says Dr. Felix. "Some treatments for youth athletes have shown promise in preventing ankle injury, such as a balance training program and lace-up ankle braces."

Recovery from a sprain or strain is often summarized using the acronym PRICE:

- Protect the area
- Rest
- Ice the affected area
- Compress the area
- Elevate

## Who Is at the Most Risk?

Boys tend to break bones more often than girls — more than 50 percent more often, according to one study.

When it comes to knee injuries, female athletes face a much higher risk. "They are as much as eight times as likely as boys to tear a critical ligament that holds the knee in place, called the anterior cruciate ligament, or ACL," says Dr. Felix.

## When an Injury Can't Wait

Dr. Felix urges a "better safe than sorry" approach when you're unsure about the severity of your child's sports injury. "The difference between a torn muscle or ligament and a broken bone is not always clear. All three involve pain and difficulty moving a body part. If the injury is still painful after a few hours, head to urgent care," he says. "If your child can't move the joint or experiences severe pain or numbness, you should seek immediate medical attention."



**About Dr. Felix**  
William Felix, MD, CAQSM, provides non-surgical orthopedic care including evaluation and treatment of musculoskeletal injuries, platelet-rich plasma therapy, regenerative medicine and prolotherapy to patients of all ages and abilities. At Florida Hospital Health Park-Lake Nona, he regularly treats athletes, non-athletes and kids, including children with special needs. To learn more or schedule an appointment with Dr. Felix, call 407-930-7801 or visit [FHMedicalGroup.com](http://FHMedicalGroup.com).

# Booty Beauty – Your Derrière Is Showing

BY RICHARD O. GREGORY, MD  
PHOTOS COURTESY OF IAS



Although Creole in origin, the word booty, meaning buttocks, was propelled into public awareness through Jennifer Lopez's music. Since then, it has become a fashion statement of pop culture and an allure of the fashion-conscious female. Designers have strived to accommodate the desire for a conspicuous derrière, and plastic surgeons have crafted the "ideal backside" by means of implant and fat grafting. Unfortunately, this surgical modeling enhancement of the female posterior carries with it significant risks and has been the subject of many investigations and cautionary statements in the plastic surgery community.

Any enhancement surgery should be safe as well as effective. This goal has not been achieved before in the "butt lift." Now, the era of high-tech electromagnetic induction (EMI) has introduced the remodeling

of the female buttocks in a safe, noninvasive manner.

A bit of anatomy is in order before discussing the latest enhancement technique of the buttocks. The rounded shape of the buttock is primarily due to the three-part gluteus muscle with a significant overlying fat contour. In some individuals, and often due to the aging process, the buttock becomes flat and nondescript. Attempts to restore or enhance this full and alluring contour in the past have largely involved either placement of a submuscular implant or padding with fat harvested from other parts of the body. Both of these approaches carry significant risks, including the possibility of death.

Electromagnetic induction (EMI) has been found to stimulate butt enhancement, creating a lift-like effect on the buttock. This simple, safe, noninvasive technology called EMSculpt involves the use of a transducer with magnets placed over the buttocks, causing them to rhythmically contract, thereby simulating repetitive exercises that cause muscle enlargement. The 28-minute treatment session is repeated twice weekly for two weeks. This repetitive contraction, which feels like twitching of the buttock muscles (the "glutes"), is created by a magnetic pad placed over the muscle and can be done without removing the clothing. As the muscle enlarges over the several treatment sessions, the patient takes on a new "booty



beauty." Satisfaction rate with this simple, safe and rapid treatment protocol is high and overcomes the fear that many women have about conventional surgical techniques. Buttock enhancement can be accomplished in a safe, simple, painless and non-invasive manner with EMSculpt.

The Institute of Aesthetic Surgery (IAS) has been using high technology such as lasers, radiofrequency and ultrasound for years to

improve the quality of life. We are pleased to be among the very few to offer these life-changing technologies to our patients. Further information can be obtained by visiting our website ([www.iasurgery.net](http://www.iasurgery.net)) or calling for a free consultation (407-409-8000). Information regarding our other innovative treatments to enhance the quality of life also can be found on our website.

More than 420 years ago, a wise Italian plastic surgeon wrote a textbook in which he said that we restore, refashion and remodel those features which nature (God) has given but chance has taken away, not so much to please the eye but to restore the individual to his or her rightful place in society. We at IAS still adhere to that basic tenet of life.

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 such as 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.

**INSTITUTE OF Aesthetic Surgery**

# How to Reduce Your Risk for Liver Disease

BY VISHWAS VANAR, MD - UCF HEALTH



Dr. Vishwas Vanar

Many people equate liver disease with alcohol use. While there is certainly a direct link to alcohol abuse and liver disease, it's not the only factor that contributes to liver disease. Cirrhosis (permanent scarring) is the end stage of chronic inflammation within the liver from long-term damage. Undiagnosed liver disease often leads to liver failure or cancer. That's why it's important to understand the causes, symptoms and treatment options for this condition. Although it generally cannot be reversed, there are steps you can take to slow down the progression of the disease.

## Causes of Cirrhosis

The most common conditions that lead to cirrhosis include chronic alcohol use, viral hepatitis B or C, and non-alcoholic fatty liver disease. Some less common causes include cystic fibrosis, autoimmune liver disease and an abnormal accumulation of iron in the body.

Cirrhosis caused by excessive alcohol consumption usually occurs after a decade or longer of alcohol abuse. However, some people are more prone to developing the disease and may begin to develop scar tissue earlier. In addition, women face a greater risk of developing cirrhosis than men.

Those with chronic hepatitis B or C who don't seek treatment are at risk for developing cirrhosis after about 20 years. Non-alcoholic fatty liver disease usually occurs in people with obesity and may progress to cirrhosis in about 10-20 years.

## Symptoms of Cirrhosis

This condition often goes unnoticed in the early days, since most symptoms don't occur until there is substantial damage to the liver. As cells die and scar tissue begins to take over, it's typical to experience fatigue, weight loss, weakness, and loss of appetite. Late stages manifest as increased bleeding and bruising, yellowing of the skin and eyes, and fluid accumulation in the legs and abdomen. Certain lab abnormalities may point toward a diagnosis of cirrhosis. These typically include elevated liver chemistry tests, low platelet counts, elevated INR (International normalized ratio) or abnormally low LDL (low-density lipoprotein) cholesterol level.

If untreated, you can grow more sensitive to drugs and experience behavioral or personality changes like lack of sleep, forgetfulness and constant confusion.

If you are experiencing any of these symptoms, speak to a doctor or gastroenterologist. You should expect blood tests, imaging studies (CT scan or ultrasound) and occasionally a liver biopsy before the diagnosis can be confirmed.

## Treatment Options

There is no cure for cirrhosis. However, there are ways to slow down the progression of the disease depending on the stage of the condition. After being diagnosed in

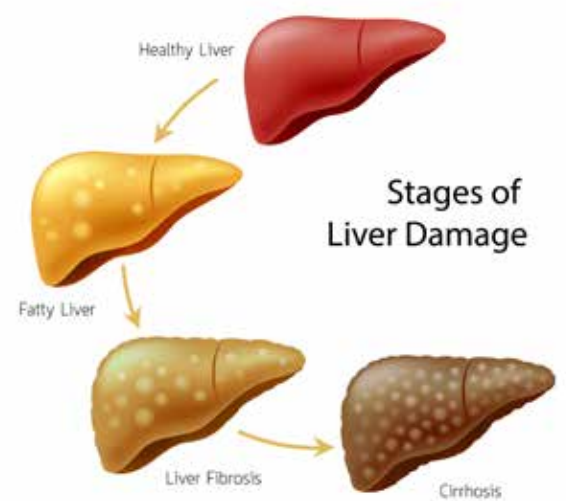
the early stages, patients will most likely be recommended a low-sodium diet, weight loss and avoiding medications/drugs that damage the liver (alcohol, high doses of acetaminophen). Patients should also avoid excessive use of over-the-counter drugs or herbal supplements without consulting their gastroenterologist first.

If caused by hepatitis, antivirals can help. Newer antiviral medications can completely eradicate hepatitis C in as little as eight weeks. Hepatitis B can be controlled, but there is no cure.

Patients with non-alcoholic fatty liver disease are usually recommended to lose at least 10 percent of their weight and control any other underlying diseases (diabetes, hypertension, etc.). There is evidence that consumption of black coffee may help ease symptoms in the early stages of the disease.

Most patients with cirrhosis will need a semi-annual CT scan or ultrasound to ensure they do not develop liver cancer. Additionally, they may need medications or repeated upper endoscopies to prevent a life-threatening bleeding from veins in the esophagus (called esophageal varices).

If the disease progresses to a point in which the liver is near failure or if the patient develops liver cancer, a liver transplant may be the only treatment. According to the American Liver Foundation, people who have a liver transplant have an 86 percent chance of surviving after one year. However, there is a risk that the new liver may redevelop this disease or fail if the underlying disease that caused cirrhosis is not controlled.



## Prevention

In order to avoid developing cirrhosis, patients must limit themselves to no more than one or two alcoholic drinks per day. However, cutting out alcohol entirely is a safer bet. To avoid infection from hepatitis B or C, patients should not use illegal drugs, which contributes to a higher risk of using unsterile needles. Patients with obesity or diabetes should focus on weight loss and controlling their blood sugar levels. Early liver disease can be controlled or possibly reversed with most patients living a normal life.

*Dr. Vishwas Vanar is a gastroenterology and hepatology specialist at UCF Health. He has a special interest in acid reflux, IBD and chronic liver disease. He utilizes innovative endoscopic procedures throughout the GI tract to diagnose and treat patients. Learn more at [ucfhealth.com](http://ucfhealth.com).*



# Namaste With Natalia: Downward Facing Dog Adho Mukha Svanasana

## Your Monthly Yoga Pose

BY NATALIA FOOTE  
PHOTOS BY MICHAEL FOOTE

Downward Facing Dog is a pose used often in many yoga classes. It is used as a resting pose or a transitional pose.

1. Place hands and feet on the mat (or ground) about three feet apart. Imagine yourself creating a triangle with your body.
2. Allow your hands to be shoulder distance apart.
3. Press all four corners of your hands into the mat and feel the energy in your hands as if you are opening two jars. This will motivate the arms to engage and have a slight inward rotation.
4. Release your shoulders so they are away from your ears, creating space for your neck and head.
5. Let your head hang and gaze at your feet, or, if you have the mobility, toward your navel.
6. Allow your feet to be hip distance apart.



7. Press your heels toward the mat, however, allow yourself to bend your knees if necessary. Continue to press your heels toward the ground and your hips toward the sky.
8. Let your navel come in toward the spine.
9. Feel your hips lift and create a spinal release from hip to head, and a leg muscle release from hip to heel.
10. Stay in the pose for about five deliberate breaths, or one minute.

## Benefits:

The pose removes fatigue and brings back lost energy. It aids in relieving stiffness in the heels and shoulders. It strengthens the ankles and opens the shoulder blades.



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Gerald Mattia, D.C. (left) and Daniel Arnold, M.D. (right) of ViscoGen®

The ViscoGen® Clinic offers a wide range of non-surgical treatments for all joints. The signature protocol, however, is a proprietary knee pain treatment called KneeVisc 5®. A comprehensive program that brings together elements of several of the most successful non-surgical techniques developed in recent years, KneeVisc 5® is

both FDA approved and covered by Medicare and most major insurances.

#### A Perfect Partnership

The two doctors – Dr. Dan Arnold, M.D. and Dr. Gerald Mattia, D.C. – are already very well established in the Orlando area. A renowned expert in sports injuries and rehabilitation, Dr. Mattia has worked with literally hundreds of the top golfers and professional athletes in the Orlando region and around the world to keep them at the top of their game. “I have dedicated my whole career to helping patients avoid unnecessary surgeries and to be able to enjoy the life they want to live without pain,” says Dr. Mattia. “ViscoGen® brings together all I’ve learned and developed over the last 30 years and takes it to the next level.”

Dr. Arnold, on the other hand, comes from a long and distinguished career in surgery. However, several years ago he made the decision to walk away from surgery and

focus exclusively on developing innovative, non-surgical alternatives. Dr. Arnold states, “Over the past 10 years, stem cells, PRP, and other non-surgical treatments have made tremendous advances. The science for non-surgical treatments is now here. If I can heal and relieve pain without the complications of surgery, it’s always a better outcome for the patient.”

“Our careers complement each other perfectly to create a practice like ViscoGen®,” adds Dr. Mattia. “Our approach has helped thousands of patients avoid surgery and get back to an active and pain-free lifestyle. As a doctor, it’s immensely gratifying.”

#### Introducing KneeVisc 5®

Developed exclusively by the ViscoGen® team, the KneeVisc 5® protocol takes the latest FDA approved injection-based treatment and incorporates it into a fully comprehensive, five-step plan for maximum results. Using the latest image guidance technology, the injections work to reduce pain and inflammation and re-lubricate the joint for better mobility. The ViscoGen® team then incorporates a series of complementary treatments to realign and strengthen the joint and correct the initial



Actual KneeVisc 5® Patient Procedure

cause of the pain. The goal is to provide not just temporary pain relief, but true long-term relief.

What makes the procedure additionally attractive to many patients is there is no downtime. Each treatment takes less than an hour. You walk out the door and can drive yourself home. Also, because of the protocol’s success, it is now covered by Medicare and most major insurances.

“It’s a wonderful feeling to help a patient suffering with osteoarthritis or some other form of knee pain, avoid surgery, and get back to enjoying life,” says Dr. Arnold. “That’s why we offer our patients a totally free, no-risk consultation. We want to remove all obstacles and make KneeVisc 5® available to as many people as possible.”



## Two Respected Doctors: A Whole New Approach to Knee Pain

BY REN SCOTT

It’s a well-known fact: Knee pain in this country has reached epidemic proportions. So has the number of unnecessary knee replacement surgeries. That’s why two well-known doctors in the Lake Nona community have come together to form an innovative medical clinic dedicated 100% to non-surgical treatments. Located in Lake Nona Village Place, the clinic is called ViscoGen®.

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But at ViscoGen®, Viscosupplementation is just one step in our proprietary “KneeVisc 5® Step” Protocol that allows our Board Certified Physicians to achieve life changing results often unmatched at other clinics.

### WHY VISCOGEN® SUCCEEDS WHERE OTHERS FAIL

The first element that sets ViscoGen® apart is precision. Guided by Board Certified Physicians, ViscoGen® is committed to the most advanced imaging technology. This ensures an accurate diagnosis of each patient and the ultimate precision and effectiveness of each injection. ViscoGen® then implements its Proprietary “KneeVisc 5® Step” Protocol to maximize results:

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- 4 Promote Continuous Natural Healing
- 5 Joint Strengthening



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\*Due to Federal Law some exclusions apply

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# IM=X® Pilates Opening Soon In Lake Nona

Lake Nona Pilates will be opening their IM=X® Pilates studio in the Nona Common complex soon. John and Lucia Cavanaugh are excited to bring the IM=X® Pilates philosophy and formats to the Lake Nona Community.

## What is IM=X® (pronounced IMX)?

IM=X® stands for Integrated Movement Exercise. It's an elite fitness formula that marries the muscle toning and lengthening benefits of pilates with elements of strength and cardio training to increase flexibility, endurance, and muscle tone while strengthening the spine and abdominal core. IM=X® is an amalgamation of proven exercise and movement techniques which are based on decades of research.



body types and fitness levels, regardless of age, weight or ability. There are specialized IM=X® formats designed for weight loss, athletes, pregnancy, golf and people with back pain. And, the IM=X® Pilates studios offer semi-private training memberships (small group) so that you can receive the attention of a certified trainer without the price of one-on-one sessions.

## What kind of results can be achieved with IM=X® workouts?

The combination of strengthening, cardiovascular, and lengthening exercises develops long, lean muscles, improves posture, increases metabolism and adds

## How does IM=X® differ from Pilates?

Joseph Pilates developed the traditional pilates system in the 1930's. He was an amazing inventor, but in the height of his program development, he was working with professional dancers, not the general "fit" public. He also did not have the advantage of modern science to guide his choices in alignment, muscle recruitment and stabilization practices. IM=X® Pilates

updates traditional concepts and practices reflecting the newest research on fitness and rehabilitation. For this reason, IM=X® has been described as the "next evolution of Pilates". IM=X® Pilates adds resistance and cardio training so that you can receive all of the benefits in one program.

The IM=X® Pilates Reformer (Xercizer) sequences are more fatigue-oriented and the "choreography" focuses on addressing the strength of muscle synergies through innovative program options: stretch, car-

dio, abs, upper body, lower body, interval training, pre/postnatal, golf/tennis. Additionally, IM=X® has other unique programs such as IM=X® yoga, ballet bar, cycle/tower, jog board and spinal fitness. IM=X® is a cross-conditioning system that includes pilates moves but adds resistance training and plyometric jumps for a more athletically-oriented workout so you can tone up and lose inches quickly.

## Who can benefit from IM=X® training?

Everyone from fitness beginners to hard-core athletes can benefit from IM=X®. The program has been proven effective for all

flexibility to the spine. IM=X® changes body composition (muscle to fat ratio). It attacks excess bulk in the hips and thighs and tightens the body's core muscles for rock-hard abs. And, since IM=X® targets the pelvic floor, it can prevent and/or help urinary incontinence (UI). Our members consistently report a compelling loss of inches from attending three sessions weekly.



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# Dr. Deepak Chopra Speaks About His New App: 'Jiyo Lake Nona'

BY BRITTANY BHULAI



Last month, Lake Nona hosted the launch of Jiyo, a wellbeing app created by Dr. Deepak Chopra. Chopra is a well-known international figure who believes in alternative medicine. His app helps users master their mind and body and is based on the six pillars: nourish, move, love, meditate, sleep, and grow. *Nonahood News'* Brittany Bhulai had the opportunity to sit down with Chopra and speak to him in an interview.

**Nonahood News: Dr. Deepak Chopra, tell me a little bit about what's going on here today with the app launch.**

Deepak Chopra: Well, I've been coming to Lake Nona for the past four years to the Lake Nona forum. We've seen how this is really an example of the futuristic communities for wellbeing, and over several decades I realize that people may know all the right things, you know why they should sleep better, manage their stress, but they don't do it and somehow they don't feel inspired unless they engage with other people.

And so, the trend right now is wellbeing communities that are both online and offline. This is a community that's focus is wellbeing. It's also a community where you can measure data. This is a perfect opportunity for us to create online/offline communities that share their stories of personal and social transformation in health and wellbeing. We have the resources. We have the content. We have about 40 experts in every area whether its emotional wellbeing, love, relationships, nutrition, exercise, yoga, meditation, just about every aspect of integrated medicine. And we're bringing the experts, but we're engaging with local experts as well so they can create more content and this whole thing can evolve. So for us, this is a great opportunity.

**NHN: There are three versions of the app. There's the Jiyo, the Jiyo Consult and there's the Jiyo Lake Nona app. So, can you explain what the difference is between those three?**

DC: Most of the content, 90% or more of the content, even in the Jiyo Lake Nona app which is just a branch or division of the original app, most of the content that's created is free. When you do Jiyo plus, there may be a small fee, a couple of dollars. You can actually take courses, whether it's in leadership, emotional wellbeing, or a yoga class with a teacher. Then Jiyo Consult, you'll be able to consult the experts in whatever you want. You can get consults in nutrition, you can get an exercise coach, yoga teacher, etc.

**NHN: I know Lake Nona is the second smart city to adopt the Jiyo application. Aspen, Colorado, was the first. Where do you see the third location?**

DC: Right now, there's been a little initiative in Beverly Hills, too. But nothing like this; this is more structured, has more resources, has more science, has more research, data. So, I would say this is the first really futuristic community where Jiyo's been involved.

We have people asking us to go to Dubai, Saudi Arabia, to Rio, to Hong Kong, but nowhere else have we found a community that's already well developed for this kind of thing that's prime for what we are doing.

**NHN: What were the key turning points in your life that led you along this path of wanting to pursue a well-being/fitness mindset? What was your journey like?**

DC: I trained in internal medicine, so I'm an internist. Then my training was in neuroendocrinology, looking at brain chemistry. This was a long time ago, probably before you were born [says smiling], and I realized you could have two patients with the same illness, saw the same physician, got the same treatment, but they could have completely different outcomes. So,

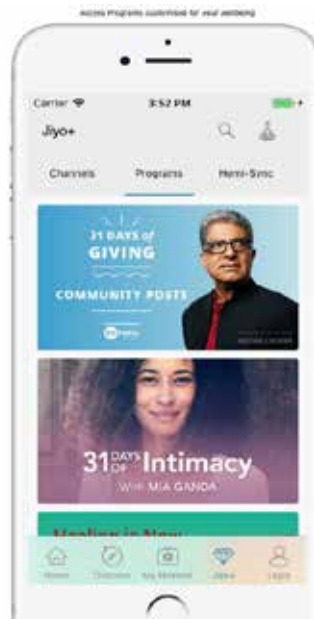


that moved me from just looking at brain chemistry to how does the brain change when we shift internally. When our emotions shift, our consciousness shifts.

So, we all know the biology of stress. What is the biology of love or compassion or joy or equanimity? So, I started looking at what we initially call mind-body medicine, moving from endocrinology to mind-body medicine, but then I remembered mind-body medicine was a part of a bigger system that now we use the word integrative medicine. And so that includes not only mind-body medicine but everything to do with lifestyle, and even that has now expanded to a deeper understanding of what is consciousness, where does experience happen, and how does experience change our biology.

For example, right now people are watching us – their frontal cortex is being activated, their genes are being activated. If we were having an emotional conversation, depending on the kind of emotion, different parts of the brain would get activated. This is revolutionary, to understand that the human body is nothing other than the product of every experience you have that happens to you and even how you interpret that experience changes your biology.

So, we're still evolving in our understanding of human experience and how that influences health, wellbeing, longevity. Only five percent, only five percent of disease-related gene mutations are fully penetrant, which means there's guaranteed disease. Angelina Jolie is an example of that. She was guaranteed to have breast cancer. That's five percent, less than five percent. Ninety-five percent of illness is influenced by how we live our lives.



**NHN: What do you see for the future of the Jiyo app?**

DC: I think, personally, the future of the Jiyo app that's most exciting is bioregulation through new technologies. Looking at the microbiome through artificial intelligence, changing the activity of your genes; human genes, neuroplasticity.

**NHN: When will you be moving to Lake Nona? We would love to have you as our neighbor.**

DC: I'll be coming periodically, but these days, technology, what we do with Lake Nona can reach the world and as we develop more technology like colography, 3D, replication, robots, bots – I'll be here.

*Jiyo is available for both iPhone and Android. To connect with other Lake Nona users, download Jiyo LN. Be sure to watch the video interview with Chopra coming soon on [Nonahoodnews.com](http://Nonahoodnews.com).*



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# EDUCATION

## SCHOOL UPDATES

### LAUREATE PARK ELEMENTARY SCHOOL

BY SUZANNE WORKUM, PRINCIPAL

Welcome back to school, Longhorn Family! We had a busy and successful start to our school year. This year, our school will be taking on a leadership initiative with our staff and students. You will be hearing more about this in the coming weeks, but your students are already stepping up and learning to become leaders in their classrooms.

Laureate Park has such an amazing community of families, and we appreciate all the support you provide us throughout the year. Just a reminder that if you are interested in volunteering at our school, or visiting the campus during school hours, you must be registered with the OCPS Additions program. You can easily do this by going to the OCPS website ([www.ocps.net](http://www.ocps.net)) and selecting Departments, then Community Outreach. You can also receive the link from your student's teacher.

It is with great pleasure that we introduce our Teacher of the Year (TOY) and Support Person of the Year (SPOY). Congratulations to Ms. Brauner (TOY) and Ms. Moss (SPOY). We appreciate all that you both do for our students, families and staff.

Finally, Laureate Park has an amazing PTA that has planned some great events for our school year. Highlights include: continuation of Freeze Pop Fridays; Boosterthon begins Sept. 24; we will kick off our first Spirit Night on Sept. 27 at Pig Floyds; and Nov. 14 is Teach In, where parents and community leaders share their experiences in the classroom with our students.

Welcome back to an exciting school year!



Ms. Brauner (TOY) and Ms. Moss (SPOY)

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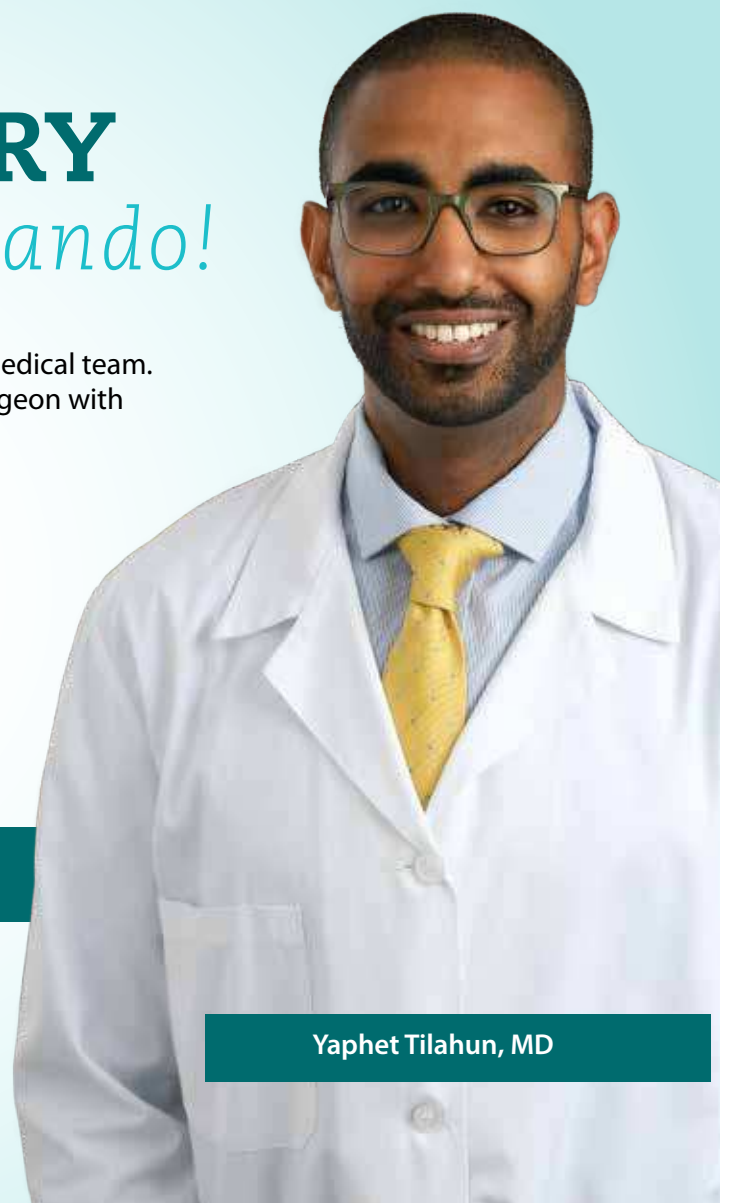
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## Orange County Public Schools 2018 – 2019 School Calendar

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

## SUN BLAZE ELEMENTARY SCHOOL: GOING THE DISTANCE

BY TODD PERKINS, PROGRAM & PARTNERS IN EDUCATION COORDINATOR



Ms. Christine Szymanski, Principal

We are excited to begin year six at Sun Blaze Elementary. As we celebrate the past five years, we do not measure our success based on past merits but look to the future, exploring new and exciting ways to create environments where students are excited and

challenged to learn. Ms. Christine Szymanski, our newly-appointed Sun Blaze principal, is here to help direct and lead our staff in this endeavor. Ms. Szymanski, MetroWest Elementary principal since 2014, brings with her more than 23 years of teaching and administration experience. We are excited to welcome her to the Sun Blaze family and Lake Nona community.

We would also like to welcome Ms. Kathleen Ramsey to Sun Blaze, our new assistant principal. Ms. Ramsey transitioned from Pine Cas-

tle Elementary in June and has been working tirelessly to prepare our campus for the 2018-2019 school year. Ms. Ramsey has more than 30 years of teaching and administration experience. We believe that our school has some of the finest teachers and staff in OCPS. During pre-planning, our teachers embraced this year's theme, *Going the Distance*. They demonstrated their commitment to this theme through training sessions, meetings and planning times. They also had a wonderful time team-building at the Lake Nona Drive Shack.



Hallway Mural

Thousands of parents, students and family members attended our Meet Your Teacher on Thursday, Aug. 9. PTA sold school uniforms and memberships,



Sun Blaze Staff

and Lake Nona businesses were able to promote and share programs available to families. We are so fortunate to have families engaged and involved in their child's education.

We anticipate great things at Sun Blaze Elementary during the 2018-2019 school year and look forward to celebrating these achievements with our students, families and community.

GO, STINGRAYS!

## LAKE NONA HIGH SCHOOL THEATRE DEPARTMENT

BY BELLA FUENTES, SOPHOMORE, PUBLIC RELATIONS OFFICER

This year, the Lake Nona High School Theatre Department will be celebrating 10 years of storytelling. To commemorate this milestone, the department will be producing *The Family We Chose: A Cabaret*. The cabaret will include a variety of performances from past shows and will feature alumni as well as current students. Our alumni have gone on to do such great things, and we are excited to share the stage with them again.

*The Family We Chose: A Cabaret* will be on Saturday, Oct. 6, at 7 p.m. for one night only, so mark your calendars now! The cabaret will be followed by an exciting season of *Elf The Musical Jr.* in collaboration with Innovation and Lake Nona middle schools in December and *The Sound of Music* in the spring.



## BACK TO SCHOOL FUN AT INNOVATION MIDDLE SCHOOL

ARTICLE AND PHOTO BY CHRIS CLARK



With school open for a few weeks already, the fun is well underway at Innovation Middle School! The PTSA hosted the Back to School Extravaganza with Thrive Church on Aug. 5. A fun time was had by all with BMX demonstrations and the chance to dunk our principal, Dr. Maestre, in the dunk tank! On Aug. 6, the PTSA welcomed back teachers with an amazing breakfast. A big thank you to our sponsors: Beazer

Homes, Dunkin' Donuts, and Bonjour Nona.

Coming in September will be Open House at Innovation Middle School. Sept. 17 is for the sixth grade from 6-7:30 p.m. The seventh and eighth grade open house will be held on Sept. 20 from 6-7:30 p.m. Students and parents are encouraged to attend. A few tabletop vendor opportunities are still available for local businesses to showcase their products and services. Please see the PTSA website for more information: [www.innovationmiddleptsa.org](http://www.innovationmiddleptsa.org).

Innovation Middle has a banner program for local businesses to hang signs along the fence by the cafeteria. The PTSA is always looking for other unique ways to partner with local businesses. See our website or send a note to [fundraising@innovationmiddleptsa.org](mailto:fundraising@innovationmiddleptsa.org) if you want a unique way to serve your community and support Innovation Middle School.

Coming in October will be the fall costume dance, including an amazing haunted house. We need help with decorations and volunteers to run the dance. Visit our website and Facebook pages for more information coming soon.



## LAKE NONA HIGH SCHOOL FOOTBALL

BY ANDREW GORDON, FRESHMEN HEAD FOOTBALL COACH, ASSISTANT LACROSSE COACH

Ten years ago, not many would have expected a young football team to be two-year, back-to-back district champions, but that is exactly what Coach Anthony Paradiso and his Lake Nona Lions have accomplished. On the school's 10-year anniversary, the Lions look to continue that high degree of excellence under the skillful arm of veteran quarterback Michael Kern, Moises Aracena's fast running game, and a defense led by Victor Vega. These Lions have all the drive and dedication to begin this championship journey.

During the summer, the Lions worked hard, building the foundations of success through strength training, physical conditioning, and fast-paced, intensive calisthenics to prepare themselves for the challenges ahead. Last year, the Lions achieved an undefeated district record and reclamation of the "Battle of the Beach Lines" title and surfboard from Lake Nona's rival, the East River High School Falcons.

Additionally, the Lions entered the Florida High School Athletic Association football playoffs. However, they were defeated in the opening round. Continuation of the district domination by Lake Nona is the primary goal of Coach Paradiso, along with the advancement into the next round and beyond the playoffs. It hasn't been easy to prepare given the

intense heat of this summer, regular interruptions of practice due to lightning, and reduced practice space because of nearby construction. These detractors won't stop the Lions due to the amount of hard work and guidance of Coach Paradiso's coaching staff, managers and athletic trainers. This support team has helped to allow the football players to minimize downtime due to the issues above, while still achieving a high level of football execution and athleticism becoming of a championship program.



# SCHOOL UPDATES

## EAGLE CREEK ELEMENTARY SCHOOL: HELLO, PANTHER COMMUNITY!

ARTICLE AND PHOTOS BY JESSICA SCULLY, INSTRUCTIONAL COACH

We would like to thank everyone who showed up for our Meet the Teacher Event on Thursday, Aug. 9. It was delightful to see our hallways full of big, bright smiles, children's laughter, and just overall excitement for a new school year!

Our new Media Center furniture is here, and we LOVE it! We are SO excited for our Panthers to enjoy reading, creating and exploring in our Media Center throughout the school year.

Thank you to our PTA for sponsoring the Back to School Bash event at the Belfry to kick off a great year. A great time was had by all. Earlier this summer, our PTA was recognized as a School of Excellence!! Our PTA does so many wonderful things for our school. To kick off the school year,



Media Center

they conducted their annual hugs and kisses for parents, and they provided umbrellas to add additional shade outside for our teachers!! We are so thankful for our PTA.

It was an amazing first day of school at ECE. It's great to be an Eagle Creek Panther! We hope you enjoy these images of our first day of an incredible new school year.



Back to school bash



PTA Sunshade



1st day



### Freshmen-JV Schedule

### LAKE NONA HIGH SCHOOL FOOTBALL SCHEDULE

DATE	OPPONENT	LOCATION	TIME
8/30/18	9 <sup>TH</sup> /JV - BOONE	BOONE	6/7:30
9/6/18	9 <sup>TH</sup> /JV - FREEDOM	NEMOURS STADIUM	6/7:30
09/13/18	9 <sup>TH</sup> / JV - CYPRESS	CYPRESS CREEK HS	6/7:30
09/20/18	9 <sup>TH</sup> /JV - WINTER PARK	WPHS	6/7:30
9/27/18	9 <sup>TH</sup> /JV - EAST RIVER	NEMOURS STADIUM	6/7:30
10/4/18	9 <sup>TH</sup> /JV - TIMBER CREEK	NEMOURS STADIUM	6/7:30
10/11/18	9 <sup>TH</sup> / JV - OAKRIDGE	OAK RIDGE HS	6/7:30
10/18/18	9 <sup>TH</sup> /JV - UNIVERSITY	NEMOURS STADIUM	6/7:30

### Varsity Schedule

DATE	OPPONENT	LOCATION	TIME
8/17/18	KICK OFF CLASSIC - OLYMPIA	OLYMPIA HS	7:00
8/24/18	WINTER PARK	LARRY GERGLY STADIUM	7:00
8/31/18	BOONE	NEMOURS STADIUM	7:00
9/7/18	FREEDOM	FREEDOM HS	7:00
9/14/18	ST. CLOUD	ST. CLOUD HS	7:30
9/21/18	BYE	BYE	7:00
9/28/18	*WINDEMERE	NEMOURS STADIUM	7:00
10/5/18	CELEBRATION	CELEBRATION HS	7:30
10/12/18	HARMONY	NEMOURS STADIUM	7:00
10/19/18	EAST RIVER HS	EAST RIVER HS	7:00
10/25/18	LIBERTY	NEMOURS STADIUM	7:00
11/2/18	**WEKIVA	NEMOURS STADIUM	7:00

HOME COMING = \*  
SENIOR NIGHT = \*\*



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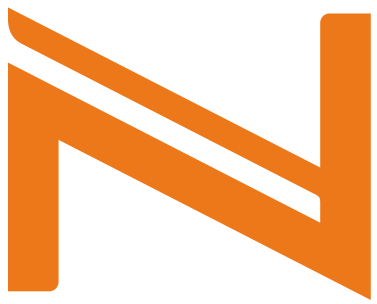
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SEPTEMBER 2018 Volume 3 | Issue 8

entertainment

# HOORAY FOR BOLAY!



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## All Aboard for Lake Nona's First Model Train Show

An Event for Young and Old Arriving Sept. 15 at Lake Nona Middle School

BY MICHAEL MILLS

My name is Mike Mills, and I've been a resident of VillageWalk for three years. I am also an avid model train collector, which has led me to coordinate the Train Show for the Southern Division of the Train Collectors Association (TCA), one of the largest and most respected collecting societies in the world. I, along with a group of toy train enthusiasts (TCA members), will host the Train Meet on Saturday, Sept. 15, from 10 a.m. to 3 p.m. at Lake Nona Middle School.

We'd like to invite the community to come by and be introduced to the fascinating world of model railroading and all of its facets. Best of all, children 12 and under are admitted free along with one adult family member. Admission for those over 12 and all adults is just \$5. All children will receive a welcome gift, and there will be a scavenger hunt, raffles with door prizes and a hands-on play area.

Our hobby is made up of model trains that range from Z (very small) to G Scale (very large). Other scales are N, HO, S and O. Lionel brand has the most well-known O scale trains on the market. Some hobbyists collect items just within one brand or scale, while

others collect anything railroad. Many of us build and operate train layouts that are only limited by our imagination or space. There are even train clubs and individuals who operate outdoors and landscape with real rocks and foliage. An extreme example of this kind of group is close by in Lake Wales. The Ridge Live Steamers are a club that operates on acres of land and runs fully rideable extra large scale trains with more than 17,000 feet of track, trestles

and bridges. Pretty amazing!

Thanks to Thomas the Tank Engine, Brio (a wooden toy company founded in Sweden) and Lego, many of our children and grandchildren have been able to play with trains without being collectors. Thomas and Lego have trains that are electrified and can also be run by remote control. The model train industry as a whole has advanced into the digital age. All the major manufacturers have trains that can be programmed and run with remote controls or computer commands and even through your smartphone. It's incredible how much information is on the internet and YouTube.

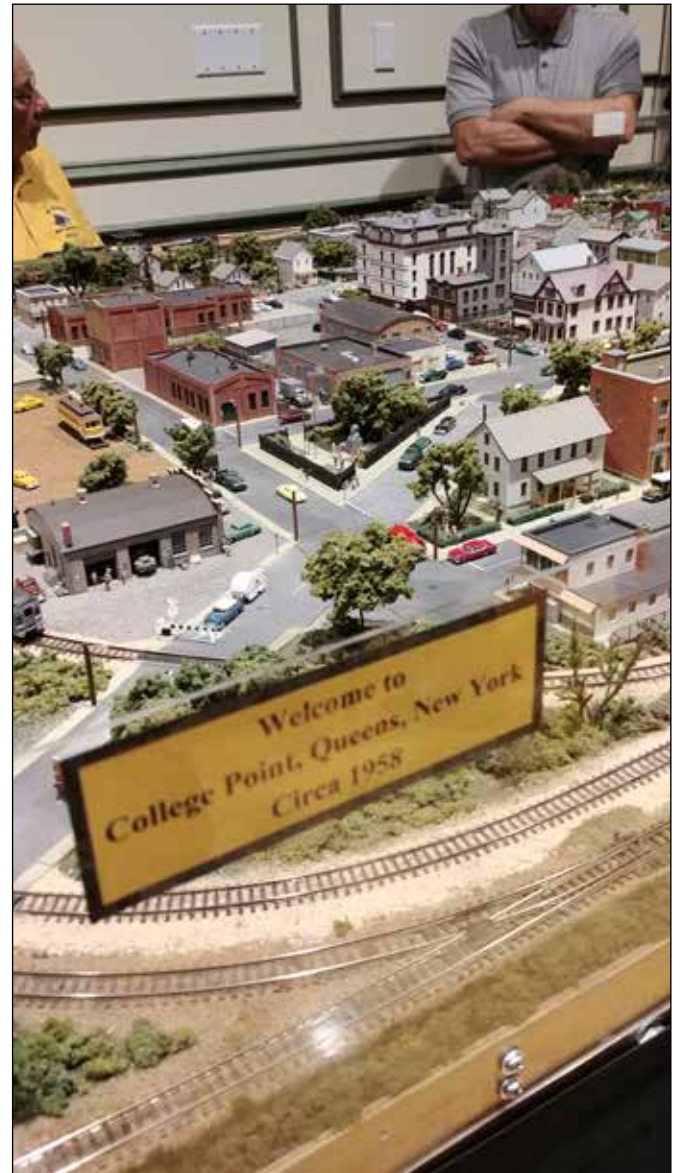
So, what is going to be happening at the Train Show here in Lake Nona? The middle school cafeteria will be filled with 100 vendor tables selling all kinds of trains and related items. The vendors will be TCA members from all parts of Florida. They will bring both new items and old classic trains for sale. There will be rare and common collectibles, and at least one of our vendors will have parts and supplies to keep everyone's trains running. There will be a number of operating layouts to see and enjoy as well.

Throughout the day, there will be workshops on a variety of train-related topics conducted by highly knowledgeable model railroaders. Topics will include scenic techniques, digital electronics and the basics of model railroading. Be sure to sign up early at the entrance desk at the event as the workshops are expected to fill up quickly. Each workshop should run between 30 and 45 minutes.

As a bonus, we are expecting visits outside the venue from some local classic car enthusiasts. Additionally, food and refreshments will be sold by the Central Florida Children's Home and the Lake Nona Middle School PTA as fundraisers. We are hoping for a great turnout so we can have more train meets in the future.



Collectible set, photo by Michael Mills.



HO layout of Queens N.Y., photo by Michael Mills.

For more information about model trains, visit any of these related websites:  
[www.tcasoutherndivision.org](http://www.tcasoutherndivision.org),  
[www.TrainCollectors.org](http://www.TrainCollectors.org),  
[www.Lionel.com](http://www.Lionel.com),  
[www.ridgelivestreamers.org](http://www.ridgelivestreamers.org),  
[www.miniatur-wunderland.com](http://www.miniatur-wunderland.com).



### TCA Southern Division Train Show in Lake Nona

**Where:** Lake Nona Middle School

**When:** Sept. 15, 10 a.m.-3 p.m.

**Cost:** 12 and under free along with 1 adult family member (1 free adult per family)

Over 12 years of age and other adults \$5

For more information, call Mike Mills at 612-382-0325 or email at [FLYERMIKE1949@gmail.com](mailto:FLYERMIKE1949@gmail.com).

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Photo by Bill Trappen - 2016 Venice Meet Overall View.

# Family Fridays: Animal Kingdom Safari And Animal Exploration

ARTICLE AND PHOTOS BY  
VANESSA POULSON



Though many of us have lived in Florida for a while and know the ins and outs of Walt Disney World, the Animal Kingdom Safari is an activity often overlooked for the sake of bigger and faster attractions in the theme park, such as Expedition Everest or Dinosaur. As a kid who moved to Central Florida in 2001 when my dad became a cast member at Walt Disney World, my interests when we visited the theme parks were primarily focused on getting on all of the rides that I could and running into all the Disney characters that I could meet. Yet, mixed in with these fictional characters that visitors can meet is an attraction that caters to the magic of reality that is present in the real world.

Animal Kingdom is perhaps the best of the four Walt Disney World parks that provide people access to learning natural world concepts in a fantasy space. After celebrating its 20th anniversary in April, the park has continued its commitment to environmental preservation and activism by educating the public and funding projects dedicated to preserving the natural environment.

Disney is often labeled as the spot for vacationers to escape from reality and enter a world of fantasy. The Animal Kingdom Safari presents a bit of both the fantasy along with a bit of real-world educational exploration for kids and adults of all ages. The safari-themed ride explores the grasslands on the “African Savanna” and takes riders to see some of the most unique animals that currently inhabit the Earth.

The best part? All of the animals are real, and they’re right in front of your own eyes.

The safari begins after a winding lineup to the safari vehicles where guests are seated in each vehicle in rows. The sides of the vehicles are garnished with large open sides to help promote better viewing for all guests to see the animals throughout the journey. You move in the vehicle with the rest of your group across bridges, through the savanna, past watering holes, and around different environments where the wide variety of different animals live.

Your driver will point out a great assortment of different animals along your journey, including elephants, lions, rhinos, and my personal favorite, giraffes. These animals are kept in sections of the environment that mirror their natural environments back in their original habitats. This helps the animals live a happy and relatively normal life while in captivity and allows for scientists and researchers to effectively monitor their behavior patterns.

The safari concludes by rounding a corner and you being dropped off near the enclosure for the gorillas and monkeys. In addi-

tion to this drop-off point, and true to the name of Animal Kingdom, there are so many other spots throughout the park where you can interact with animals and ask cast members questions about these different creatures throughout the park.

One of my other favorite examples was getting to see the two baby tigers in the tiger enclosure with their mom. These tigers are just shy of a year old and are just as playful as your own household cat. Seeing the two of them, one boy and one girl, was absolutely amazing. With tigers currently being one of the most endangered animals on the planet (their numbers in the wild dwindling to just above 3,890 as of 2016 as compared with the year 1900 when there were an estimated 100,000 tigers in the wild, according to *The New York Times*), it is now more important than ever to continue to educate youth about making intentional efforts to conserve and protect the beautiful animals that inhabit this planet.

Animal Kingdom’s Pandora, based on the movie *Avatar*, also features a unique



conservation and educational message of its own that provides entertainment for kids while also teaching them the value of protecting the Earth in even the smallest ways. The experience is called Connect to Protect and allows families to “participate in conservation ‘missions’ with a digital scientist while exploring the incredible Valley of Mo’ara and helping protect the habitats of at-risk animals here on Earth,” according to *National Geographic*. “After completing one or more missions, guests unlocked a contribution, up to \$10, from Disney Parks through the Disney Conservation Fund. They could then choose how that contribution would help protect or restore habitats important to one of 10 threatened categories of animals: apes, elephants, butterflies, coral reefs, cranes, monkeys, rhinos, sea turtles, sharks &

rays, and tigers.”

If you are looking for ways to reconnect with your family whilst incorporating some of the best ways to teach and learn about the world around us, consider stopping by some of the various pavilions around Animal Kingdom. Not only does this activity promote interacting as a family and working together as a team to make a difference, you can know that your efforts will also have a meaningful real-world impact. What kind of better family time could you ask for?



# Nona's Natural Wonders: Isle of Pine Preserve

ARTICLE AND PHOTOS BY VANESSA POULSON



Nature is calling this fall! As September brings the gradual shift from the brutal Florida summer to the slightly-less-brutal fall weather, being outside naturally becomes much more comfortable as the weather no longer feels as humid. Before you drive all the way out to one of the Florida springs or try to beat the rush of fall tourists to the theme parks, take a look around Lake Nona for some other fantastic natural wonders of our own.

As we continue our journey through some of the best spots around Lake Nona to reconnect with the natural environment around us, Isle of Pine Preserve is easily the next spot that comes to mind. It was originally part of a Florida homestead before developers purchased it. In turn, Orange County purchased it from the developers and created Isle of Pine Preserve.

The Isle of Pine Preserve is located in southeast Orange County off of Lake Mary



Jane Road. The preserve is about 464 acres and features two separate trails, the Blue Trail and the Green Trail. The preserve is also home to a vast gopher tortoise population. You can hike or ride horseback on some of the miles of winding nature trails through some of Florida's unique habitats. While journeying through the trails, there are plenty of opportunities to view wildlife. You can also have a picnic on the shoreline of Lake Mary Jane or in the actual Isle of Pine that inspired the name for the property.

This preserve is tucked quaintly inside of the Isle of Pine community past Moss Park. Drive through the beautiful meandering roads that reside under a canopy of trees and greenery all the way to the lush entrance to the preserve. Parking is incredibly easy to access at the preserve, and it is free for all visitors.

The trail is quite overgrown with natural shrubs and forestry, so whether you are hiking through the trails or riding horseback, I recommend wearing jeans or other long pants as well as closed-toed shoes like boots or sneakers. Bug spray and a bit of sunscreen on all your exposed skin is also a must. This can help offset some of the other natural creatures that inhabit the forests (mosquito bites and ticks are things that should definitely be avoided). You should also be on the lookout for wild boar. I have not run into any on my hiking journeys into the preserve, but I've come across many others who have had numerous encounters with the often aggressive pigs.

My favorite venture to the Isle of Pine Preserve occurred a few weeks ago when my



boyfriend and I went around the sunset time frame. The sky was quite clear and lit up the most beautiful shades of orange and pink. When you're inside the preserve and you're far enough from the bustling

roads and noisy suburbs, the sunset is all the more precious and perfect because it is the only thing that you have to focus on at that moment in time. It can be really hard to appreciate the little things like that when there are so many other things to focus on while you're supposed to be stepping away from it all. We were able to take some incredible pictures of the trees against the burnt orange sky, as well as listen to the sound of the crickets beginning to play their night time melodies. It was dreamlike and completely serene. I highly recommend stopping by the preserve at dawn or dusk and watching as the sun rises or sets up and over the treeline. Photos really don't do it justice for just how stunning it is.

As the seasons continue to shift from summer to fall, check out the Isle of Pine Preserve and capture some of the little moments that can only be experienced when getting back to and taking in some of the best natural wonders.



# Mickey's Not-So-Scary Halloween Party 2018

ARTICLE AND PHOTOS BY BRITTANY BHULAI

Fourteen trick-or-treat locations, Hocus Pocus Villain Spelltacular, and Monstrous Scream-O-Ween Ball? Sounds like Mickey's Not So Scary Halloween Party, and I got the chance to take a media tour through the Disney's Magic Kingdom to check out what this year has in store for us.

This was my first time attending Mickey's Not So Scary Halloween Party. Disney did not disappoint and brought their best to the table. I was awed by the fall-themed decorations and overall atmosphere. Walking down the entrance toward Cin-



cludes a full event collection of Emporium, Curtain Call Collectables (costume pieces), a full event collection of Big Top Souvenirs, and Frontier Trading Post (event trading pins).

There are six major entertainment bits throughout the night that you don't want to miss: Hocus Pocus Villain Spelltacular, Mickey's "Boo-To-You" Halloween Parade, Happy Hallowishes Fireworks, Monstrous Scream-O-Ween Ball, (new) Storybook Circus Disney Junior Jam, and Special Disney Character Appearances. My favorites were Mickey's

Parade and the fireworks. During the parade, the headless horseman rides down the street in front of Cinderella's Castle. Fireworks began at 10:15 p.m. at the castle and were very Disney villain-themed. Media attendees also got to check out the new



rides I got to go on, and the ride was supposedly a lot darker inside than it usually is. It was a blast. The event has select dates and times. It lasts through Oct. 31, and the fun will begin at 7 p.m and go until midnight each evening. I highly recommend going and seeing this for yourself!



derella's Castle was like being in an autumn season movie. There are Mickey Mouse pumpkin lamp posts everywhere with beautiful fall leaves and balloons along with their new halloween merchandise. Limited-supply merchandise in-



specialty foods: Jack Skellington Dessert, Hitchhiking Ghost Dessert, Oogie Boogie Meringue, Maleficent Dessert, Madame Leota Dessert and Worms and Dirt Dessert.

As for the attractions themselves, they are filled with "Halloween Fun" and are enhanced for the event. Space Mountain was one of the enhanced



## Say Cheese!

### Inaugural Mac N' Cheese Cook-Off at the Monday Market

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!*

Have you ever come across the glorious photo on the Internet saying, "Beauty comes in all shapes and sizes" with various different types of mac n' cheese behind the text? If not, you're missing out! Every bit of truth lies in that image. For this very special edition of Say Cheese, I attended the Inaugural Mac N' Cheese Cook-Off at the Monday Market. It was held in the YMCA parking lot for about four hours, and participants were able to taste test about eight different varieties of the cheesy goodness. To say the least, I was in heaven.

My first mac experience at the event was from the Cousins Maine Lobster food truck featuring none other than a Maine



Tom from Cap's Kitchen Creations (Best Overall) and Sheena from Ohm Woke (Best Unique Twist) winners from the Inaugural Mac N' Cheese Cook Off! Photo by Brielle Perez

Lobster Mac N' Cheese. The cheesy dish was tasty and was filled with an abundance of lobster that would make any seafood-lover pleased.

Moving on, I was able to taste the mouth-watering mac from Twisted Catering, which served up two different options: duck confit or bacon and scallions. They sold out of the duck confit early, so I gladly accepted the bacon and scallions variety. Who doesn't love a good bacon with cheese-smothered pasta?! Rather than serving up a sample cup like the others, Twisted Catering had served up a decent-sized portion that left me wanting more. The bacon and scallions added to the overall flavor and contributed texture and a pleasant crunch. It was topped with a diablo sauce, which wasn't as hot as you might've expected it to be, but this macaroni and cheese was delicious!



Ohm Woke Vegan Mac N' Cheese; Photo by Brielle Perez

Another contest entry worth mentioning is the vegan mac n' cheese from Ohm Woke. Although I am an avid meat lover, I dabble in the vegan-friendly foods and am open to trying a lot. Ohm Woke had quite the personality, and the mac n' cheese held its own. The mac featured jackfruit, which resembles pork when it's cooked (both by looks and taste) and included fake bacon bits and a dash of smoked paprika on top. When I say this was the most flavor I've ever experienced in a mac n' cheese, I am not exaggerating. It was just so darn good! I would've gladly ordered a full bowl of this vegan mac.



Photo by Nicole LaBosco

Cap's Kitchen Creations was a newcomer and took the competition by storm by creating a mac n' cheese featuring smoked gouda. As soon as I discovered smoked gouda was a part of this mac, my mouth began watering. It's a cheese most people aren't used to tasting in this dish, but boy, should it become a staple.

Other participants included Chicken Salad Chick, Alfajor Café, The Local Chef, and Kefta: Moroccan Street Food. Early bird tickets were only \$6 and allowed individuals to sample every chef's creations. Tickets were \$10 at the event. Portions of the proceeds from the event will go to the Lake Nona YMCA scholarship fund.

In the end, participants turned in their votes for the best overall and for the most unique twist on a mac n' cheese dish. The winners were Cap's Kitchen Creations for best overall and Ohm Woke for the most unique twist. Congratulations to both wonderfully delicious mac n' cheese dishes and thank you to all of the chefs who participated and allowed me to enter the golden and cheesy gates of what I consider to be heaven. It was truly worth every bite.

And no, I'm not all cheesed out yet. I could actually go for some mac n' cheese right about now. When in doubt, just remember: You're the mac to my 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: Baked Cajun Mahi Mahi Dinner

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

Summer is officially over, and the kids are back to school. Regardless if you have kids in school or not, I'm sure you're looking for a quick and easy dinner to put on the table after a long day. In anticipation of the new Earth Fare opening soon, I want to share a fish recipe. I'm most excited about their seafood department. We will finally have a place in Lake Nona that offers fresh fish off the boat! Earth Fare guarantees that ALL of their seafood is 100% traceable and sustainably-sourced. Seafood available for purchase at Earth Fare is free of preservatives, antibiotics, additives or added hormones.

Earth Fare's seafood counter will have a minimum of 15 varieties of fresh fish on average on any given day. If you don't see what you want, they have 100+ varieties of fresh fish available for special order, which is outlined in Earth Fare's unique Seafood Guide. In fact, they will have your custom order fresh off the boat to you in less than 48 hours, pending seasonal availability. The Earth Fare team handpicks every piece of seafood to ensure that it is fresh and always sustainably-sourced.

If you like fish and are looking for a quick dinner, or maybe even trying to eat on the healthier side, I have always found fish is my go-to. Fish makes for a quick meal. We enjoy Mahi Mahi every other week for dinner in my home. Bonus, my children love fish! I almost always prepare my fish with Cajun seasoning and serve with rice, quinoa, or my favorite, couscous (plus vegetables, of



course). I tend to save fish toward the end of the week on a Friday or Saturday night when I don't have as much energy or motivation to cook dinner. It's a simple meal to make, and since we never have leftovers, it's perfect for the weekend.

If you're looking for a new way to cook Mahi (or any thicker, steak-like white fish), then I think you'll love this Cajun-style version I created. The base for this fish dish has a trinity mix of red, yellow and green bell peppers. I also use diced onions and fresh tomatoes, and the andouille sausage brings a little heat to the topping. If you're on a low-carb diet, you could easily make this without any starchy sides and just roast additional veggies.

**Pro tip:** Dice the tomatoes, bell peppers, onions, and Andouille sausage the night before and store in a sealed container in the refrigerator. Once you're ready to make the meal, just pull out the chopped veggies and you've just save a good 15 minutes of dinner prep time.

Simplify dinner this month and add some more fish to your table. Make my delicious and easy recipe for Baked Cajun Mahi Mahi.

*Katie Jasiewicz is currently on the Earth Fare Community Advisory Board (a volunteer position). If you have any feedback you would like to share with her and Earth Fare, please email her at [KatiesCucina@gmail.com](mailto:KatiesCucina@gmail.com).*

## BAKED CAJUN MAHI MAHI DINNER

Yield: 4

Prep time: 15 min. | Cook time: 24 min.

### Ingredients:

- 4 plum tomatoes, diced
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1/2 yellow bell pepper, diced
- 1/2 medium white onion, minced
- 2 links Andouille sausage, diced
- 3 tablespoons olive oil, divided
- 2 teaspoons Cajun Seasoning, divided
- 1 large frozen fillet Mahi-Mahi

### Directions:

1. Preheat oven to 425°F.
2. In a 9 x 12 glass-baking dish, place the diced plum tomatoes, bell peppers, onion, and Andouille sausage.
3. Drizzle one tablespoon of the olive oil and sprinkle one teaspoon of the Cajun seasoning on top.
4. Mix well and then push to the sides of the dish, leaving a large hole for the mahi-mahi.
5. Drizzle one tablespoon of olive oil on the empty spot in the baking dish. Then add the large frozen mahi-mahi filet to the dish (skin side down).
6. Drizzle the remaining one tablespoon of olive oil on top and sprinkle the remaining one teaspoon of Cajun seasoning on top of the fish.
7. Place aluminum foil on top of the glass baking dish and bake for 12 minutes. Then, remove the aluminum foil from the dish and bake for an additional 8-12 minutes (depending on size of your fish) until internal temperature reads 165°F.
8. Remove from the oven, carefully cut the fish in 3-4 pieces depending on the size of the filet. Place fish on plates and top with tomato, pepper and sausage mixture. Enjoy immediately.



# Back to Basics: Ice Cream Craze

ARTICLE AND PHOTOS BY NICOLE LABOSCO AND VANESSA POULSON

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

Happy one year anniversary at Back to Basics! We are celebrating with plenty of delicious ice cream and a ton of fun as we ring in a whole new *vibe* for Back to Basics.

**Place:** Ice and Bites Cafe

**Order:** Coffee Taiyaki and Latte Taiyaki



Latte Taiyaki from Ice and Bites Cafe.

**Final Review Nicole:** I was immediately upset when they were sold out of half of the flavors, two of them being the ones I would've tried (Green Tea and Lavender). I resorted to the new Latte flavor (which was a mixture of the vanilla and mocha flavored ice creams). I chose toasted coconut, Oreo, and caramel toppings, and it was all placed in a freshly made Taiyaki (fish-shaped waffle acting as a cone). It was good, but I'd love to have had the actual flavored ice cream I wanted to experience.

**Final Review Vanessa:** For reference, Taiyaki is a traditional Japanese dessert that features a warm waffle fish "cone" and any flavor of ice cream that you choose. It is topped with a variety of different toppings and sauces before being served to you warm. This dessert is absolutely delicious and is super customizable to each person's palette. I love the way that the ice cream melts just enough when the cone is still warm. Of course, I got the coffee flavored ice cream (hi, did you read the last edition and see the ode to my coffee-obsessed heart?). The aesthetic of Ice and Bites is also so cute and is perfect for plenty of pictures and lots of fun.



Cotton Candy Ice Cream from Red Cone.

**Place:** Five f(x)

**Order:** Lavender Rolled Ice Cream with Coconut and Whipped Cream and Green Tea Ice Cream with Kiwi

**Final Review Nicole:** Five f(x) has a super colorful interior and TONS of ice cream flavors! I got lavender rolled ice cream with coconut mixed in and whipped cream on top, and it was SO GOOD! This is what I've been waiting for. The ice cream was so cold, it was hard to scoop. I'm a bigger fan of soft serve ice cream, but I obviously love all types of the cold creamy goodness that make occasions special. I hope to be back.

**Final Review Vanessa:** Hi. I made a mistake. I ordered green tea ice cream and didn't really consider that when I put kiwi in it (excuse me, my brain is out of service today). Outside of that, the rolled ice cream itself is actually really cool and fun to watch them make, and it's quite delicious. I really enjoyed watching them make the dessert just because of the process of pouring the ice cream concentrate onto a silver plate that is 0 degrees Celsius (32 Fahrenheit). Then, they scrape it up and roll it into your plain bowl or a waffle cone bowl. The ice cream was tasty! Definitely worth the drive.

**Place:** redCone

**Order:** Chocolate Ice Cream in a Red Cone and Cotton Candy Ice Cream in a Red Cone

**Final Review Nicole:** Lying right on the outskirts of Lake Nona, only a two-minute drive from our office, redCone is known for, well ... its red cone! It's a raspberry-flavored waffle cone, and boy is it delicious! I'm usually one to opt for a bowl as cones are just okay in my opinion and I hate rushing to eat my rapidly melting ice cream, but I really did enjoy the raspberry waffle cone. It was subtly sweet, and the berry flavor definitely came through. Naturally, I chose my childhood favorite flavor of cotton candy because I'm a big kid at heart. This is the most colorful cotton candy ice cream I've had, but overall it was good. Not the best, but also not disappointed. It's a nice place to swing by for a cheap fulfillment to your sweet tooth. Only \$2.50 for a single scoop and cone!

**Final Review Vanessa:** My chocolate ice cream was good. The creaminess was there, and it had a nice consistency to it. I liked the way that it complemented the raspberry flavor of the red cone (which is their signature here, big surprise). The inside of the shop was nice and had a lot of bright colors, and it



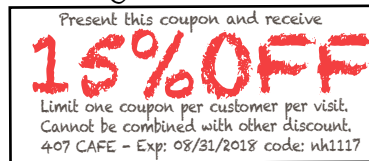
9161 Narcoossee Road Ste 108  
Orlando, FL 32827 (near WWSA)

**New Location!!!!**

945 City Plaza Way Suite 1011  
Orlando, FL 32765



**Coming Soon!!!!**  
120 Independence Ln Suite A  
Maitland, FL 32751



definitely seemed kid-friendly. The staff was awesome and super helpful, and it was incredibly clean. They even looked on awkwardly as Nicole and I attempted to take our "Happy Birthday Back to Basics" picture in front of the colorful ice cream wall. Very awkward, but very worth it for our high-quality photo result. I can tell you now, though, I am starting to get ice creamed out (SO. MUCH. ICE CREAM.).

**Place:** The Greenery Creamery

**Order:** Black Coconut Ash and Lavender Honey Ice Cream in a Black Coconut Ash Cone and Cardamom Rose Ice Cream in a Black Coconut Ash Cone



Cardamom Rose Ice Cream in a Black Coconut Ash Cone from The Greenery Creamery.

**Final Review Nicole:** I've been dying to try this place out since Van discovered it and told me about it. Hidden in the heart of downtown Orlando, this cute little ice cream shop is so homey and rustic, yet upscale. It features both dairy and vegan-friendly flavors that rotate, and boy are they amazing! As soon as I saw the flavors, I wanted to try them all! They're not your average, basic flavors. These pairings have been carefully thought of and taste AMAZING. The cardamom rose was to die for. So light and subtly sweet, but oh so satisfying! I ordered a scoop of the lavender honey (had dairy) and a scoop of the black ash coconut (vegan-friendly, made with a coconut base) on a black ash coconut waffle cone. Can you say aesthetics? While all three of the flavors of ice cream I tried were mouth-watering, I was in love with the lavender honey ice cream. The cardamom rose was just as good, too! The black ash coconut ice cream was great, but not as flavorful as the other floral frozen flavors. I can't

wait to return! This was the best ice cream spot hands down!

**Final Review Vanessa:** DUDE. I fell in love with the cardamom rose ice cream. This ice cream is the perfect combination of flavorful and floral, with the notes of cardamom peeking through the soft pink folds of the ice cream. The ice cream and cone are also both vegan-friendly, which is a great option for those who don't incorporate dairy into their lives. Side note: The Greenery Creamery features a variety of really stunning backgrounds that make great photo opportunities for all of us trying to get the best ice cream shot for the 'Gram. Though the black color of the coconut ash can be a little bit intimidating at first, the taste and sweetness of the coco-

nut make you completely forget any apprehension you had against trying it, almost instantly. You will love this place, I promise. But seriously, I'm in an ice cream coma now.

*If you're more of a frozen yogurt fan, be sure to check out the local Menchie's and Yogurt Breeze to get your fix! We also attempted to hunt down Chill Pop, but their new location was not*

*ready before our deadline.*

We also have a very special announcement about the future of Back to Basics! Starting this October, Back to Basics will be transitioning from hunting down the best in food trends to a column dedicated to making your life easier. ... That's right, introducing Back to Basics: Life Skills 101, where the two of us will be looking for the best products, life hacks, and tools that will make your life easier! Be sure to check out next month's edition to see what we try first in our quest to make our lives all the more BASIC!



The rolling ice cream process at Five f(x)

## Meet the Press: Emily Kucala

BY VANESSA POULSON



Emily Kucala is a graphic designer here at *Nonahood News* and Nona.Media. Her exceptional eye for artistic design and understanding of what it means to make a graphic both beautiful and practical have made her an incredible asset to our team, and we hope you enjoy getting to know her just as much as we do.

**Extrovert or Introvert?** Introvert.

**Indoors or Outdoors?** Outdoors.

**Sun or Snow?** Sun.

**Dogs or Cats?** Dogs, always dogs

**Vans or Converse?** Converse.

**Coffee or Tea?** Coffee. I legitimately have an entire Instagram account dedicated to it (@coffeepastiche).

**Adventurous or Laid Back?** Adventurous.

**Canon, Nikon or Sony?** Canon.

**Books or TV?** Both and neither - podcasts are way more my jam.

**NHN: What brought you to the Nonahood?**

EK: My family moved to the Nonahood when I was 13 from Houston, Texas. My dad is a pilot who got transferred to the Orlando base of his airline, so we packed up and moved with him. We've called Nona our home since 2010, so close to eight years.

**NHN: What do you like writing about/taking pictures of/etc.?**

EK: Well, as a designer, that is pretty hard to answer. Every project is different for me. Some days, I am designing logos for a new client, and other days I am creating an ad for a long-standing one. Each assignment is a new opportunity for me to make these people who create the community we reach happy, so in that way, I love the variety of projects and people I get to meet through them.

**NHN: What's your favorite thing about the Nonahood?**

EK: That it's familiar but still growing. When I come home there's the thing I have always loved as well as all the new growth. Keeps me on my toes!

**NHN: Where are you from originally?**

EK: I moved around a lot as a child but started in Corpus Christi, Texas.

**NHN: What's your favorite hobby?**

EK: I'm going to be broad and say anything creative. Photography, drawing, painting ... even embroidery at one point!

**NHN: What's your most embarrassing moment?**

EK: I can never remember the big moments of embarrassment, but any time I spill coffee on myself while talking to people is a normal and consistently embarrassing thing I do. You'd think I'd get better at just holding my cups at some point.

**NHN: What's your biggest dream?**

EK: To tell stories through my art by surrounding myself with amazing people and visiting amazing places.

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

EK: I see myself as an art director either at a branding agency I've worked with for some time or a place that I found myself. I love working with people and creating stories for clients, and it's where I am working every day to get to.

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

EK: The way that the community is connecting more and more as the area grows. It's great to see more locally-owned businesses popping up in the area and the support that people are giving them.

**NHN: Who's your biggest inspiration?**

EK: I can't put one name on the people and things that I draw inspiration from. For me to only draw inspiration from one source would be extremely limiting. I always find that following lots of other designers who utilize all kinds of styles that



I am always casually absorbing new ideas that get stored away for later. I listen to a lot of podcasts: comedy, news, and story-based shows. I cover the gamut of genres to always be keeping my mind fresh.

**NHN: What's your favorite book?**

EK: *The Dinner* by Herman Koch.

**NHN: What's your favorite movie?**

EK: *Memento*. I see something new every time I watch it.

**NHN: What show(s) have you binge-watched?**

EK: *The Handmaid's Tale*, *The Crown*, and *Brooklyn Nine-Nine* are my most recent three!

**NHN: If you could add one thing to the Nonahood, what would it be?**

EK: More coffee shops, always more coffee shops.

Check back next month to meet another Nonahood Staff member!



## Nona Heroes: Senior Airman Rick Boyd

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF RICK BOYD

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



This month's featured hero is Rick Boyd. Boyd has lived in the Lake Nona area for 29 years. He joined the United States Air Force (USAF)

when he was just 18 years old.

"Growing up, I was infatuated with aircraft. I would buy all the latest model aircraft and with a friend would create mock dogfights based on the different fighter types. A real genuine NERD," Boyd continued. "I knew that I would have to serve based on my low lottery number in the draft, so I decided that I wanted to make the decision on which branch I would actually serve in versus being drafted and not being involved in the decision-making process to decide which branch I served.

The USAF was a natural and comfortable decision for me based on my father retiring as a Major in the USAF and coming from a military family background made the decision fairly easy."

Boyd served for four years active duty and two years on reserves. He was the crew chief on KC135A Aircraft 62-3549 with a specialty code of 43171E and was in the 416th Bombardment Wing, which was stationed at Griffiss Air Force Base (AFB) in Rome, N.Y. Boyd also had the experience of being stationed at Eielson AFB in Fairbanks, Alaska, at Hickam AFB in Honolulu, Hawaii, at Andersen AFB in Guam, at Clark AFB in the Philippines, at Kadena AFB in Okinawa and at U-Tapao AFB in Thailand, along with McCoy AFB right here in Orlando. "I deployed wherever the aircraft went to," Boyd explained. "[My favorite location was] Hickam AFB [in] Oahu, Hawaii. [I]



Rick and his wife, Lisa.

lived at the beach after work ... beautiful beaches ... and body surfing ... and great nightlife."

Boyd attained an E-4 (Senior Airman) rank as an enlisted man and broke down how that rank is earned. The average sew-on for an E-4 is 28 months, which is also the earliest sew-on. An E-4 has a total of eight years of tenure.

Some of Boyd's best memories from serving in the Air Force include a natural phenomenon that most never get to experience. "I was on a temporary duty assignment in January 1974 at Eielson AFB just outside of Fairbanks. Seeing and experiencing the northern lights [aurora] when it was dark was and still is amazing."



Rick's last day in the USAF with his friends.



Rick in the Airport Coordination Center at the Orlando International Airport.

# Nona Your Neighbor: Lori Ciaravella

BY VANESSA POULSON



Lori Ciaravella and her husband, Chad, have been Lake Nona locals for just over a year. After growing up in Orlando, Lori is looking forward to seeing the continuing growth all throughout Orlando and Lake Nona. Get to know them below!

**NHN: What brought you to Lake Nona?**

LC: My husband manages an aviation simulator program near the airport. Since the greater Lake Nona area is a booming

place for the aviation industry, we decided to move from Sarasota to be closer to all the action.

**NHN: How long have you lived here?**

LC: 1.5 years

**NHN: Where are you from originally?**

LC: I am from Orlando, my husband from Sarasota.

**NHN: What do you do for work?**

LC: My husband oversees flight simulation training, and I am a sales manager for a new home builder.

**NHN: What would you consider your greatest accomplishment?**

LC: Having the courage at 36 years old to transition out of a 10-year career in nonprofit into real estate. It has been the best professional decision I have ever made and only wish I had done it sooner.

**NHN: What made you decide to leave the nonprofit industry?**

LC: Since I can remember, my personal and/or professional life have been committed to some form of civic service. My 10-year career in nonprofit work launched when I accepted an internship at Florida Citrus Sports in 2008. My love of service to my community continued when I moved to Sarasota in 2012, where I managed marketing and development for Easter Seals Southwest Florida.

Upon my return to Orlando in 2017, my plan was to continue my work in fundraising and awareness, but you know what they say, "We plan and God laughs." After reluctantly accepting a position at a local nonprofit, I started rethinking my career path. I decided to trust my gut, and after discussing things over with my husband, we both agreed that pursuing a career in real estate would be a great opportunity.

After completing real estate school, I had to decide if I wanted to pursue general

real estate or work for a builder. I submitted my resume to both brokerage firms and builders in the Lake Nona area. Shortly after, I got the call from Jones Homes USA, who owns all of Eagle Creek. After three very successful interviews with them, I was invited to join the team. There is not a day that goes by that I second guess my decision to switch careers. When people ask why I left the nonprofit field, I say, I don't feel like I really did ... I just tell them I used to sell "warm and fuzzies" and now I sell lifestyles and dreams.

**NHN: What is your favorite thing in Lake Nona?**

LC: We absolutely love going to the new Drive Shack. It's become our go-to place for birthdays and date nights.

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

LC: I look forward to when they open a Super Target or Bed, Bath and Beyond.

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

LC: Growing up in Orlando, I remember when this area was nothing more than cow pastures and dirt roads. To see where it has come in 25 years is absolutely incredible. There is no limitation to the growth potential of this area. The fact that you can maneuver around all of Central Florida without ever touching I-4 is definitely a huge plus and selling point for anyone looking to move to Orlando. My crystal ball tells me more shopping and higher-end restaurants are in the near future.



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

LC: Buy now, before you get priced out of the area. Real estate is HOT HOT HOT!

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



# How We Got Here: The Malek Family

BY VANESSA POULSON

*So many of us here in Lake Nona come from different places and have different stories of how we wound up in the Nonahood. No two stories are the same, with each comprised of individuals making the choice to pick up and move from another part of Florida, another state, or even another country. This is How We Got Here, telling stories one at a time of how different families from all different walks of life ended up in Lake Nona.*

The Malek family's journey across the United States to Lake Nona begins with the decision to join Cara Malek's parents who already lived in Central Florida. Family members Cara, Neil, Ben (4), and Jake (1) are still fairly new to the Lake Nona area but have already found themselves thankful and appreciative of the access it has given them to a vibrant and growing community.

The decision to move did not come lightly ... parents Cara and Neil had established lives and careers in Los Angeles, Calif. Cara had worked for Dreamworks Animation for the previous decade and loved every moment she spent working with the company. To pick up and move everything came with a hefty price, but also with the valuable reward of being closer to their extended families.

Lake Nona has quickly provided the Maleks with some incredible memories, such as their son Ben's fourth birthday party spent in Moss Park, and the new friends who they have met along the way. They are brought together as a family by Neil's nightly cooking skills and the ability to see their extended family members once

a week, rather than once a year.

Learn more about the Maleks' story through our interview below!

**NHN: What is the most memorable thing that has ever happened to you/your family?**

CM: This is a difficult one! I have had a lot of fun "Hollywood" experiences from my time with Dreamworks - many film premiere parties, seeing some of the voice actors from the films (Antonio Banderas, Jack Black, Gerard Butler), and seeing my name in the credits. I also recently worked on the set of Avengers: Infinity War last year and got to see some incredible actors.

As a family, I think one of our craziest memories was driving back from a weekend trip to Big Bear Lake in Southern California. We had met up with a big group of (childless) friends and brought along our then 2-year-old, Ben, to stay in a big cabin and experience snow! We tried to drive home before a big storm hit, but we got stuck in the blizzard. What should have taken two hours took over seven. Ben was a trooper - after a small diaper leak, he rode pantless, munching snacks, and watching Mickey Mouse Clubhouse on a tablet while we inched through the mountain snow with tire chains, oblivious to the stress everyone else was under. We learned that, with kids in the car, you can never have too many snacks! And that, as a family, we can roll with the punches and still have fun, despite adversity.

**NHN: What was the best part about living in LA?**

CM: There is always something fun going on in LA, especially around the film industry. We got tickets to go to the filming of some shows (Two and a Half Men, The Sing-Off) and got to see some film premieres with Q&A with the filmmakers. And I was actually impressed with how many fun places there were to take kids in LA - lots of kid museums, kiddie trains to ride in the park, gardens, and playgrounds.

**NHN: What was the coolest project**

**you worked on at Dreamworks?**

CM: I got to work on both How to Train Your Dragon films, which I'm really proud of - I rigged some dragons and worked on Viking hair in the first How to Train Your Dragon, and I was a technology lead on How to Train Your Dragon 2. They were both such powerful and emotional movies that really resonated with audiences, which was really gratifying to see after our years of hard work.

**NHN: What's your favorite actor/actress who you were able to meet while living in LA?**

CM: My favorite celebrity encounter was when Gerard Butler came to the crew premiere of How to Train Your Dragon - he gave a speech before the film and raved about how much he enjoyed being a part of it. (It was rare that a Hollywood actor would actually come to the crew screening, let alone address the team.) But the funniest part was that he laughed at the fact that he was currently on the top and bottom of Rotten Tomatoes at the same time! How to Train Your Dragon was in the 90's, and The Bounty Hunter was in single digits!

**NHN: What are your family's favorite things to cook together?**

CM: Our weekend routine is making pancakes as a family, often with sprinkles and chocolate chips. Ben (4) is getting good at measuring and mixing ingredients, and Jake (1) likes to have his own bowl to pretend he's mixing things up.

**NHN: What advice would you give to other families moving across the country?**

CM: I'm a big planner, so I would say plan every detail as much as you can, to make sure you have the logistics lined up (movers, shipping containers, cleaning crews, temporary hotel, etc.) and enlist

whatever family help you can muster. In hindsight, it would have been easier if I flew the small kids to Florida and got them settled, and then left my husband for a week or two to tie up the moving out, inspections, hotel stay, etc. As the things get packed up and you have to leave the house, it gets harder and harder to find ways to entertain the kids, and things get more unfamiliar for them (hotel beds, no toys, etc).

Would you like to share your story of how you got here? Email [vanessa@nonahoodnews.com](mailto:vanessa@nonahoodnews.com) with a brief summary of why your family moved to Lake Nona. We'll be in touch.



Photo by Rebecca Luisi Photography



# Nona Motors Ride of the Month: Alex Hazim's 2018 Dodge Charger

ARTICLE BY BRITTANY BHULAI  
PHOTOS BY AYE ALLAN

**Make:** Dodge  
**Model:** Charger  
**Year:** 2018  
**Mileage:** 8,000  
**Horsepower:** 488  
**Price:** \$45,000

## Backstory:

Hazim has always been into cars ever since he was a young kid. He grew up in Miami and always had friends who were into cars. For him, car culture was the fun thing to do, and it kept him out of trouble. He used to consider himself a JDM man. He owned a Honda 1992 hatchback EG6 in his college years. Everything on the car was imported straight from Japan. Unfortunately, there was a halt to his project car when it was stolen from him.

When he was 21, he had his first baby boy. Since then, he has had two more boys. His children were put first on his list of priorities. His project car was something that would happen again down the road. "I told myself, when they get a little bit older, I'll get a car and go back to what I like to do," said Hazim. At 36, he now owns the car that he had held off for so long. He chose this car because it was "the best bang for your buck as far as horsepower and MSRP," he states.

He has had the Charger since February 2018. He bought it from Napleton Chrysler Jeep Dodge Ram in Kissimmee.

Within the first three days of owning the car, he had already lowered it. He has spent \$5,000 in mods since then. Hazim also has two sponsors for his car: Stance Wheels and Chrome & Carbon LLC. He says the fact that his car was indigo blue also caught the eyes of his sponsors since it was the first year the Charger was available in that color. This Charger is his daily driver, and he couldn't be any more satisfied with it. He says his goal is to be different than all of the other Chargers out there. Since he has a JDM background, he claims to have an almost "JDM muscle car." With the tinted yellow headlights and the tow hook, among other modifications, it's unique.

Hazim has been living in Laureate Park since 2015. He can easily be spotted driving up and down the roads of Nona. One can also catch his ride on Instagram by following him: @ice\_blu\_392.



## Mods:

- Sponsored by Chrome & Carbon LLC: matte black Dodge Charger full aerodynamic/diffuser kit
  - Front: 275/40/20 Firestone Firehawk Indy 500
  - Rear: 305/35/20 Firestone Firehawk Indy 500

- Sponsored by Stance Wheels:
  - Front: 20x10 Stance Wheels SF03 matte black
  - Rear: 20x11 Stance Wheels SF03 matte black
- Sickspeed blue spike tuner lug nuts
- Tirestickers.com tire lettering 1.5" in nitto font
- Speedlogix carbon fiber cold air intake
- UPR Products blue billet oil catch can
- Sunset Customs matte black vinyl hood wrap
- H and R lowering springs
- Boosted Seat Pack side badges
- Spoiler Kings rear roof spoiler
- Lux auto tail light/side marker tint film
- Vivid yellow headlight/fog light film wrap installed by The Graphic Guy
- Sunset Customs LED headlight bulbs and 3M gloss black roof wrap
- Graphics provided by The Graphics Guy FL, matte black/reflective blue
- FPinnovations Smoked Led front/rear side markers
- Mid muffler delete
- Powered by SRT grill badge, seat belt pads, and dash badge
- ZL1 Addons functional red tow hook

## Future Mods:

There is a new air suspension on the way. Chrome & Carbon LLC will send him a replacement aero diffuser kit that goes all around the car in carbon fiber. He also wants to make it wide body and add a supercharger.

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



# Nona Alumni: Tyler Arrington

ARTICLE BY NICOLE LABOSCO  
PHOTOS BY DAVID DELGADO

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!



diving head first into the "Big Apple" and working toward accomplishing his goals and dreams with the help of the founder of the school he attended. "I auditioned for the New York Conservatory for Dramatic Arts in Orlando before being accepted and receiving a scholarship to attend. The institution had a two-year program that rigorously drilled skills to incorporate on a film/television set, and if you proved able and skilled, you would be invited for the second year. As my second year concluded, I received a call from the founder and president of the school, the late Joan See, informing me that she took the time to share my work from school with agencies and talent management offices around the city, which she had never done before. Two months after graduation, I signed with Invictus Entertainment and have been auditioning since. Along with Invictus, I am also signed with Stewart Talent Agency as of 2017."

Arrington realizes there is still a lot of work to do and effort to be made as he elaborates a bit and brings us on his journey to where he is now, including both rejection and success. "Since signing with Invictus, I never really understood the extent of rejection when auditioning for projects. I mostly audition for television shows that are casting out of New York or Los Angeles. The opportunities that I've had are something to be grateful for because a lot of actors in this city don't have the same

chances, and that can be hard on people. I receive projects to compete for series regular roles and sometimes starring roles, and I don't take a single audition for granted, but to this day, I haven't booked a single project. I've been represented for almost five years and haven't been told, 'You got the part.' I have gotten down to the last possible callback for network television shows and still came up short," Arrington continues with purpose. "It is a difficult profession to break into, but there is nothing else that can test your character like dealing with rejection. I use it as fuel to keep going and discover ways to improve. That's where I am now, and that's where I will be until I get where I want to be."

Dealing with the daily battles of living in such an "always-on-the-go" city and a dog-eat-dog business, Arrington still manages to have fun. "My daughter is about to be seven months old, and I love taking her to new places around the city that we can both discover together. I also play soccer on the weekends in Riverside Park by the water."

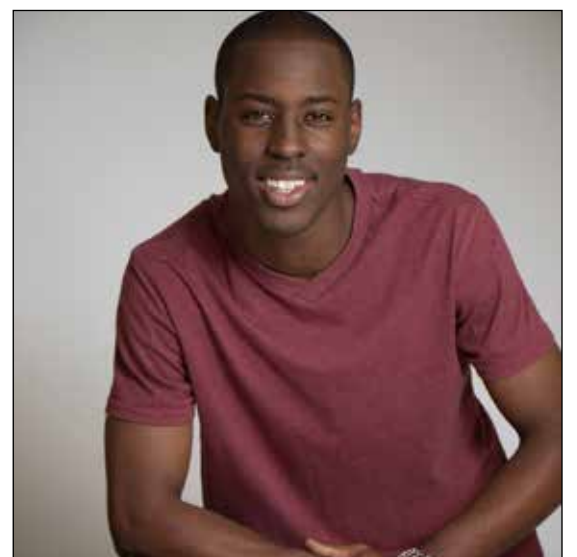
Flash forward five years, and Arrington still has big goals for himself alongside his persistent determination. "In five years, I see myself getting my daughter ready for kindergarten, hoping to incorporate the skills she's taught at home. I'm also hoping that within that time span, I'm able to say that there was a casting director or a director that decided that I was right for their vision, and that pays dividends for myself as well as my family."

Although he has yet to land any roles, he reminisces on a milestone he never would've imagined for himself ... Broadway. "I don't want to name productions, but I had the opportunity a few months ago to audition for a Broadway production coming to the Samuel J. Friedman Theatre that I went in for multiple times for different characters in this play. It was my first Broadway audition and I ultimately came up short, but I never thought there would be a time when I would be a candidate to feature on a Broad-

way stage. All I can do is continue to take advantage of these opportunities and hope the results go my way."

As his time in New York continues day by day, his experience within his career will only continue to grow. Arrington plans to focus on setting an example for his daughter through his dedication and consistency. "At this point in my life, my goal is to be consistent. I'm someone who aims for perfection in myself. That attitude can be a great ally but can also serve as a foe. I'm hoping that I can find balance in those conflicting feelings so that it's not clouding my vision for the future. I'd like to focus on being an active force in my daughter's life, and instead of preaching a father's sentiment of not giving up when things are hard, to show her the result of the hard work that's done."

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



## NonaVentures: Bioluminescent Clear Kayaking

ARTICLE AND PHOTOS BY NICOLE LABOSCO

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

*This feature is all about uncovering Lake Nona and Orlando's greatest activities, especially if you enjoy living life on the edge!*



This month, I embraced my “one with nature” persona and trekked to Titusville to go kayaking. But not just any regular kind of kayaking ... I hunted down bioluminescent dinoflagellates (a type of plankton) in a clear kayak. What does all of this mean?! I went kayaking in waters that were glowing with every movement!

I actually was lucky enough to experience bioluminescent waters in Puerto Rico about four or five years ago in a regular kayak, and I had no idea Florida was one of the only other locations to experience the glow until after that trip. A Facebook video that popped up on my feed a few months ago was a nice reminder that the dinoflagellate season was upon us! The warmer the water, the better the bioluminescence. Therefore, the best time of the year to go here in Florida is from June to early October, with the first two weeks of August having the highest level of bio visibility. I booked my tour during the highest chance of visibility and was ready to experience the magic once again. Seeing glowing water just never gets old.

While there are several companies to go on this type of tour with, A Day Away Kayak Tours was the one I booked with. Andrew and I arrived at our launch site at Manatee Cove at 8 p.m., and I found out it's tandem kayaking. I'm screwed. Andrew's never kayaked before, and I have. The first time I kayaked in bioluminescent waters was with someone who had never kayaked before, and I had to do all of the work and didn't really get to enjoy the tour as much as I had hoped. It's definitely an experience you want to take in every moment.

We were each given a life vest (with an attached glow stick and a whistle) and an oar. The tour guides began to explain the proper way to paddle and what to do if you were to fall into the water: DO NOT PANIC. My immediate thought was, “Great, Andrew's going to flip us.” For anyone who has ever been kayaking before, getting back into one after falling into the water is not that easy. Although it's never happened to me ... yet ... I can only imagine the difficulty I would have had.

The guides mentioned that the term for couples in kayaks is the “divorce boat.” The group laughed, and Andrew and I just had the same look of defeat all over our faces. Communication was key, and we were doomed. I would have to be the “mo-

tor” (in the front of the kayak) and he would be the “navigator” (the rear of the kayak), meaning he would have to match my pace and make sure we didn't hit anyone or anything. The heaviest person goes in the back of the kayak; it has nothing to do with experience. I would have to work on not losing my patience with him as I tried to teach him. Was it a success? I mean ... we made it back in one piece and didn't flip.

Here's what happened:

As soon as we were pushed off of the little beach area by one of the guides, I used that time to teach Andrew how to paddle. He immediately whacked me in the back of the head ... “on accident.” What the heck did I get myself into!? Our communication already fell overboard. We were in for a treat. Was it too late to turn back? The rest of the group was ready to go and we were off, with the main tour guide, Chad, leading. Andrew immediately led us right into the group, and we literally cut off every single boat. Boy, did I have a long night of apologizing ahead of me!

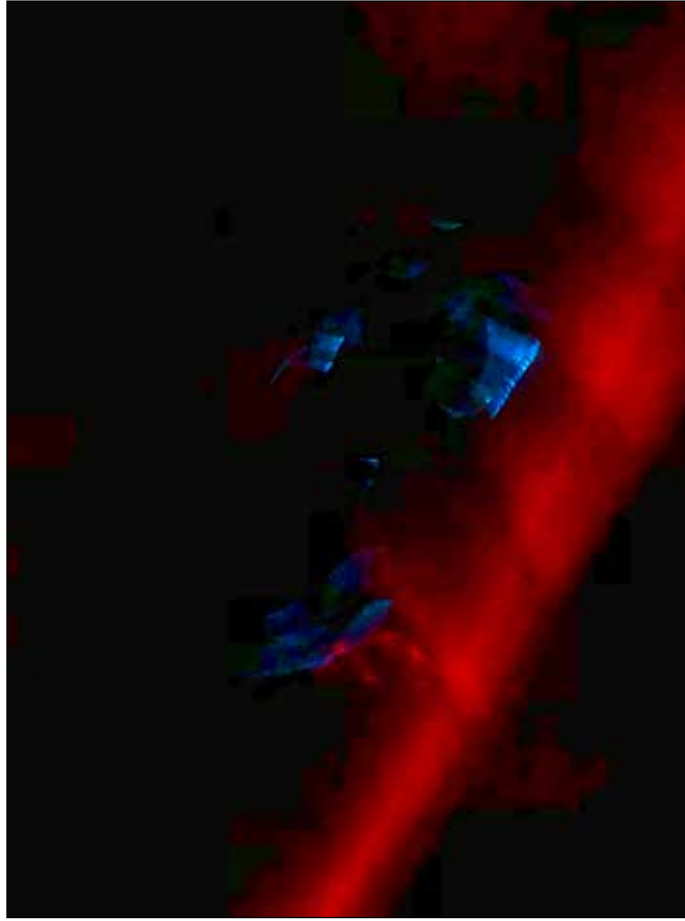
Paddling along, Chad began to tell us the history of bioluminescence – that the Indian River Lagoon (where we were kayaking) is North America's most bio-diverse water and that there were around 2,000 different living species of dinoflagellates. The sun was setting quickly, and the water would soon begin to glow. The anticipation was building. Andrew whacked me in the head a few more times with his oar (still claiming an accident) and nearly flipped us two or three times, but so far so good.

It was finally dark and now for the good part! Chad stopped the group and handed each boat a small fishing net and began to describe the phenomenon of glow-in-the-dark jellyfish called comb jellyfish. He told us to put the net in the water, and we would pretty much be guaranteed to catch several. He went on to describe that the comb jellies were harmless (so we could hold them in our hands without getting stung), and they would light up when we touched them as a defense mechanism (thinking we were fish preying on them).

With our net in the water and Andrew paddling along, we caught one (about the size of a quarter) and then ended up catching about 15 in the next try! I promptly put them in my hand, and it was just a mass of clear, slimy wildlife. And then I poked them ... the mass began to glow, and I was in awe. I felt like a little kid



Handful of Comb Jellyfish (probably about 10-15 in my hand).



The glow of the Comb Jellyfish.

just letting out a big “WOW!” and turned around quickly to show Andrew the magic happening in the palm of my hand.

Chad instructed us to put our hands in the water and to make a fist and then quickly open to see an X-ray version of biolumi-



nescence emerge from our hand. If you lightly cascaded your hand over the water just enough to stir up the light show, you were in for a real treat. The flickering of the bioluminescence was like a mirror of the night sky, stars and all, and I was completely mesmerized. My trance was broken when I heard, “Mullet warning!” Chad flipped on his bright headlamp and instantly hundreds of mullets emerged from the water, jumping all about. He joked that the first boat to have one of the fish land in their boat won, well ... a mullet!

We were in the clear, but as we made our way back around, a mullet launched itself at our boat and probably would've knocked me out at what seemed like 30 miles an hour had it jumped any higher. The massive thud right beside me seriously scared me and Andrew couldn't stop laughing at how I screamed out, “Holy crap!” From that point on, I didn't want a mullet in my boat.

As the trip wrapped up and we headed back to where we began, I took a chance to admire what was below me. If you look at the bottom of the clear kayak, it reminds you of the opening scene of *Star Wars*



with all of the bioluminescent flagellates streaming by like stars in the galaxy. As soon as I discovered how cool it looked, I stopped rowing and put my head directly on the bottom of the kayak to fully submerge myself in the world of bioluminescence. Sorry, Andrew.

So, there you have it, I entered a scene straight out of *Avatar* or the *Life of Pi*, and I was not disappointed. I could do this over and over again. As for the “divorce boat” term mentioned earlier? I'm not even married, and I already want a divorce. (Who would've thought I'd ever say that?)

Bring LOTS of bug spray and wear pants and a long-sleeved shirt. The mosquitos are out, people! Even with pants on, I have about 20 bites on EACH ankle, but bug spray definitely would've helped. Also

worth mentioning is that bioluminescence is not easily captured on video or photo. I had to enhance my photos A LOT for the glow to be visible, but in person, you won't be able to look away. Don't just take my word for it. Go experience this phenomenon yourself. The tour is very family-friendly and lasts about an hour and a half on the water; about two hours total. Several families with toddlers were on our trip.

Visit [adayawaykayaktours.com](http://adayawaykayaktours.com) to schedule your out-of-this-world kayaking experience before the dinoflagellate season ends! Clear bio kayaking is \$60 per person. And nothing sums this experience up better than what I read on the A Day Away website: “When nature is stranger than fiction, there is nothing more awe-inspiring.”

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

# ReThink Life: A Conversation About Life, Leadership and Relationships

## Soul Detox

BY RODNEY GAGE, LEAD PASTOR



Pastor Rodney Gage

Recently, my family and I moved into a new home. When we moved into the house, the previous owners had left a large quantity of paint, gasoline and spray cans along with large plastic bottles of chemicals and pesticides in our garage. All these items were consid-

ered toxic. We knew the garbage truck would not take most of those items because they were considered toxic waste.

However, I must confess, I tried to sneak a few paint cans that had dried up into a plastic bag hoping they wouldn't notice. To my surprise, not only did they notice, they left me a long, detailed note on my front door stating that toxic waste had to be handled differently and it needed to be disposed in a certain way and at a different location. If toxic waste has to be handled with such caution, how much more should we deal with toxic issues that can contaminate and pollute our lives?

When we hear of the word "detox," we usually associate it with our "body." We picture someone detoxing from a habit-forming drug or alcohol. However, most people fail to realize that as humans we are made up of three parts: We all have a spirit, soul



and body.

The definition of the word detox simply means the removal of toxic substances from a living organism. From time to time, we need to "detox" or "cleanse" ourselves from things that are harmful to our spirit, soul and body. How do we detox ourselves in these three important areas? Let's start with our spirit.

### Spirit

When you think about the spiritual side of our lives, there are a couple things to rid ourselves of that can be very destructive to our spirit.

- **Doubt** – What is it that we are placing our trust and security in? The temporal things of life can always let us down and cause us to doubt what really matters.
- **Negativity** – The late Zig Ziglar once said, "You are what you are and who you are because of what has gone into your mind. You can change what you are and change who you are by changing what goes into your mind." Stink'n think'n can pollute our spirit and cause us to have self-doubt.

How do we detox our spirit? We have to starve ourselves from doubt and negativ-

ity and feed ourselves with faith and hope. Find things that can feed your spirit like prayer, meditation, and reading faith-filled books or devotionals that feed your faith and lift your spirit.

### Soul

When our spirit becomes toxic, it can contaminate our soul. How? With our negative thoughts. Our thoughts (beliefs) influence how we feel (emotions). Do you have toxic thoughts that are controlling how you feel? Here are a few things we should consider in detoxing our souls (emotions).

- **Unforgiveness** – Are you holding on to hurts that have turned into resentment? I heard someone once say that harboring unforgiveness is like setting yourself on fire and hoping the other person dies of smoke inhalation.
- **Comparison** – We live in the world of Instagram and Facebook. If we're not careful, we can compare ourselves with someone else's "highlight reel." It's unfair to compare. Don't compare your worth and identify to someone else's. It can become toxic and have a negative effect on your emotions.
- **Anger** – All anger can be summarized

into this statement: "I want something, and I can't get it." When something or someone gets in the way of what we want or what we think we deserve, the outcome is frustration and anger. These emotions can be extremely toxic.

- **Worry** – Faith and fear have one thing in common: they both believe in a future that hasn't happened yet. Worry is assuming a responsibility you were never designed to carry. Rid yourself from worry and choose to believe the best is still in front of you, not behind you.

### Body

Stress, bad eating habits, and a lack of exercise can certainly affect our bodies in a negative way. However, nothing is more damaging to our physical bodies than the addictions (chemical dependencies) to foreign toxins that our bodies were never intended to ingest or be exposed to.

When we get our spirit and soul right, we will be far more motivated to take care of our bodies so that all three of these important areas of our lives are in harmony and in alignment with each other.

What steps do you need to take to rid yourself from the negative hurts, habits, and hang-ups that are contaminating your life? Perhaps it's time to detox some areas of your life so you can live the life of freedom and purpose you were meant to live.

*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](http://rethinklife.com).*



# Fashion Dose: Fall Edition

BY ABIGALE LEWIS

One of the many great things about living in Lake Nona is the hidden gems right in the neighborhood. The Canvas Market, Menchie's Frozen Yogurt, Bosphorous Turkish Cuisine, and Zhang Garden are a few jewels for you to stop by and try something different in a colorful environment. Fashion Dose is for all the innovators who take a shot at any opportunity to snap a cute, whimsical selfie in an exponentially booming environment. The mosaic house by Canvas Market is a great location for a photo shoot. Here are a few trends from NYFW Fall 2018 (New York Fashion Week) that'll have the chef sending compliments to the style.

In September, the runway had designers setting the tone for the season to transcend into the fall. Gucci, Jil Sanders, Yves Saint Laurent and Prada showed that metallics and oversized menswear with eye-catching color mixes are reincarnating the '80s back to the future. Don't take it too seriously? It doesn't mean bring back shoulder pads ... wait, unless it's a glen-plaid two-piece suit, throw a neon thin belt by the waistline to bring futuristic vibrance. "Glossing your style" is a trend that can be captivated in any setting, day or night. Try high-shine fabrics that were seen in Chanel catwalks during this season's runway. Latex, plastic (which were key for summer 2018), vinyls and leather inspired more of a dominatrix appeal.

Gucci proceeded on the catwalk borderline disturbing, probing sen-

suality and construction of individuality. My favorite catwalks included cross-cultural, bejeweled, tweeded, scarf-printed, "babushka-ish" and turbaned overstatements. If you get a chance, watch on YouTube Gucci's Fall Ready To Wear 2018 ... shockingly, you'll see a dragon! See the head-spinning Gucci-fied universe looks of primary human conditions in a sartorial marvel parading around operating tables



Photo by Abigale Lewis

like it is a normal day at Tavistock.

Maison Margiela, Balenciaga, Chloe and Sacai exclusive high-end brands dominate the idea of combining two garments or more into one collective piece. Hybridizing different fabrics and garments is truly an acquired style – for the acceptance of wearing a blazer, button-down shirt asymmetrically sewed from the front to back to build a juxtaposition of everyday office wear with outerwear. Sacai, founded by a Japanese designer, Chitose Abe, explores the idea of three-dimensional looks that'll have you curious about new fabrics. Her clothing is the reinterpretation of traditional silhouettes and new age trends that resemble the ethos of Lake Nona. The collaborative innovation of aspirations and imagination are built into a vision with limitless passion. Sorry, I start to get all philosophical and bring out the philanthropist bond within fashion.

Back to what I was discussing ... ready-to-wear fashion trends from NYFW 2018-19 played on the unique binary gender roles of masculinity in a feminine silhouette. My favorite look from Sacai ready-to-wear was the double blue and white striped, men's style, elongated sleeve button-down intertwine with a denim jacket on one sleeve vs. a smooth navy blazer on the other sleeve. Bizarre, but fashion-forward, meshing two outerwear in one. Attentive to detail, many designers articulated each look even with an added hood that gave ultimate streetwear vibes.

Ten days of fashion shows, NYFW propels a foundation of trademarked looks that can be seen all around the world. Since we live in the great ol' Sunshine State, fashion has its own sense. Instead, add eclectic skirts or asymmetrical dresses with metallic blacks and neon accents. The greatest trend occurring is the offer for sustainable materials within a working woman's wardrobe, a quick insight into next month's Fashion Dose. Find out how saving the environment is becoming a fashion and humanitarian statement.



# Travel | Higgins Lake: Unsalted And Shark-Free

ARTICLE AND PHOTOS BY  
DEBORAH BULLEN

Pawley's Island residents and Michigan natives Kim and Tom Fous invited us to spend Labor Day weekend a few years ago on Higgins Lake, where they have a sum-



of the entire region. Higgins Lake, located in northern Michigan, was formed as a glacial ice sheet retreated. It is therefore not only crystal clear but very, no make that excruciatingly, cold as I found out when asked if I wanted to go night swimming. No one should challenge me after I've had a few libations - I'm ridiculously prone to do almost anything. I would probably think bungee

mer cottage.

I've been to lake regions in the U.S., but at that point in my life, having lived on various coasts, I would never have considered traveling to a lake in Michigan had I not known these friends. And I should add that the South Carolina coast is every bit as hot and humid as central Florida, so there was the appeal of cooler, moderate summer weather as well. Leaving the heat was a bonus, not a reason to go - we love these people.

A few hours' flight into Detroit and a few more in the car and we were there! It was well worth the trip, and as usual, when we left, I wanted to see more



jumping a worthwhile experience after a few cocktails, and bungee jumping is most emphatically not on my bucket list.

Anyway, I agreed to take a running jump off their



because they are exceptional cooks, prepping of dishes took hours.

On Sunday night, a nor'easter blew in. We played board games and yukked it up with the help of great food and drinks, and with the storm came much cooler weather. So, our final day was spent in sweatshirts and jeans, hiking trails (note several of the many varieties of colorful mushrooms that dotted the trail) and checking out the local shops and pub for burgers and beer.

Bill and I have been fortunate to travel a lot in Europe in the past 10 years, but you know, Michigan is in our front yard, and it's easily one of the prettiest places on the planet. Unsalted and shark-free though it is, the real appeal of the place is unspoiled, un-hyped charm, giving us one more reason to love America the Beautiful.



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on one of them.



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# Finding Now: Learn to Rest, Not Quit

BY 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. This week, I sprained my calf muscle. It hurt like crazy, it was inconvenient, and I have been unable to do simple things like walk, carry a cup of water, drive, or cook for my family. But like most things in life, this situation was just the wrapper on a much-needed lesson: the necessity of rest.

I overstretched my calf. I felt it, it was uncomfortable, but the pain wasn't excruciating, so I kept going.

I pushed so hard that I overexerted my muscle past its breaking point and ended up hurting myself. The consequence is that now it will take at least two months to get "back to normal," and that's only if I am diligent about physical therapy.

Not only have I been upset about the injury, I've been disappointed by the fact that I let it happen. It dawned on me that I need to be more diligent about listening to my body for what it needs and recognizing that we all need to rest. Had I paid attention to my body's messages, I would've been smart enough to rest.

But, guess what? Most of us are just not good at resting. We go around saying things like, "I'll sleep when I'm dead." We forget how crucial rest is to remaining healthy and maintaining a balance that will enable us to accomplish what we set out to do.



Instead, we've been conditioned to equate resting with giving up or being lazy or unproductive. Society has taught us to value ourselves based on productivity. So much so that even a moment of downtime seems irresponsible.

Truth bomb: Rest is essential. It lets us recharge our bodies, heal and refresh. Anyone who exercises or practices a sport knows that resting is just as important as working out. It's an equal part of the total training process required to build strength, endurance and muscle. However, we fail to recognize this principle in other areas of our lives. We NEED rest: physically, mentally and emotionally. Yet, we lose sight of that way too often.

Even in yoga class, savasana, or final relaxation, tends to be the hardest pose for most students. Why? Because we are conditioned to believe we should always be "doing." We've allowed ourselves to buy into the incorrect perception that resting is just not what successful people do. In reality, being able to stop, even for a moment, empowers us to be more effective and productive. It takes practice, but it is an essential skill.

We must be willing to listen to what our

bodies, minds and hearts need at any given moment. If I had not ignored my body's need to stop, I could have avoided this injury. This led me to the realization that by resting in many other areas of my life when it is needed, I may be more productive, more creative, more effective, or even happier. So while now I will be "forced" to rest my calf, I've learned a crucial lesson that will help me better approach the rest of my life.

I say we start to value rest just a little more. Let's all make an effort to add rest to our routine, to value taking a timeout and recognizing how much that will do to recharge our batteries. Resting is not giving up. In life, we need to learn to rest, not to quit.

So go ahead, give yourself permission to rest. Take a mental health day off, put your legs up, take a nap, REST. Then, get back at it.







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**PRESENTS...**

**DOG OF THE MONTH**



**Ralphie**  
**Owner: Brianna Hovsepian**  
**Breed: Shar-Pei/Terrier**

I adopted Ralphie almost a year ago. At just a few months old, Ralphie was severely abused and his owner picked him up by his back and slammed him down, breaking his whole back right leg. Ralphie was also underweight and almost didn't make it. A wonderful rescue facility nursed him back to health, and he is the most wonderful, loving and sweetest dog. Ralphie enjoys going to the dog park, going on long walks, eating ice cream, playing with his doggy brother, Leo, and human brother, Roman!



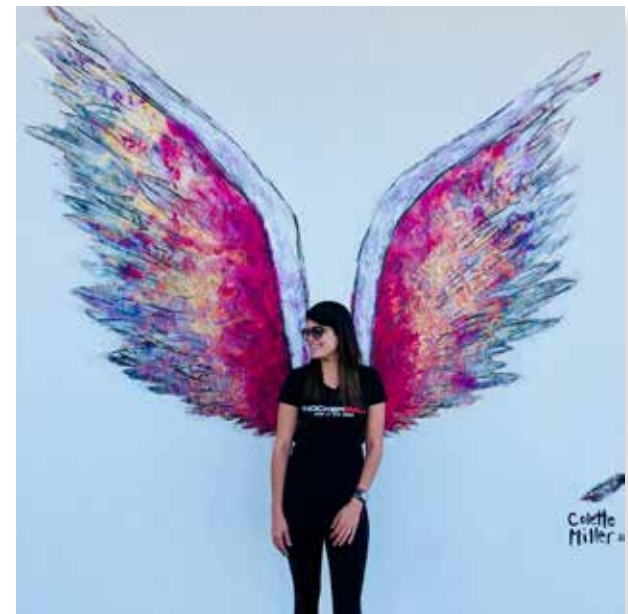
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# We are the “Angels”

Colette Miller is an artist in every sense of the word. She’s a musician, a filmmaker, a performer, and a painter. She began her #GlobalAngelWingsProject in 2012 with the purpose of reminding humankind that we are the “Angels on this Earth.” Her human-sized interactive street art can be found worldwide, allowing admirers to become part of the artwork by posing with the wings and taking photos. Although our set of wings in Lake Nona was commissioned by Tiffany Cameron of Jacq & Jack, the wings are a gift to the community.

You can learn more about the globally-aware and internationally-engaged artist who seeks to lift the spirits of people on the streets by visiting [www.colettemiller.com](http://www.colettemiller.com). As for our local life-sized artwork, be sure to visit the Lake Nona Town Center next to Jacq & Jack and capture your angel art with our wings before they fly away ... the location of the mural is temporary and will soon be relocated.



# els on this Earth”



# ReThink Life: Adventure Week Sports And Arts Camp With ReThink Life Church

ARTICLE AND PHOTOS BY BRITTANY BHULAI



On Thursday, July 19, the youngsters got a chance to show their talent on stage to parents and friends. This night was called “family night.” Jennifer Abel volunteered as the cheerleading coach and was impressed by the girls’ cheer performance. “They learned how to jump, how to be in front of a crowd, how to present themselves ... some of these girls have never even stunted before. Some girls did have experience in cheer, and they taught the girls that have not cheered before,” Abel explained. The lead pastor of ReThink Life Church, Rodney Gage, says his goal for the camp was to teach kids how to work as a team and show them that they can make a difference in people’s lives based on the



The event was free and open to the community. One did not have to be a member

of the church to participate. “We do it for free because it’s an outreach from our church to the community,” says Gage. He states that Lake Nona is the perfect place for the church to grow and hold events due to the growing number of young families moving to the area. Gage believes it is vital to cater to these young families because they are the current generation and the future generation as well. Therefore, the church anticipates holding Adventure Week in Lake Nona for years to come.



ReThink Life Church hosted its 2018 Adventure Week in July. The sports and arts camp welcomed children from kindergarten through fifth grade. It began on July 16 and lasted for four days.

There were about 300 kids who participated in activities such as football, dancing, drama, cheerleading and baseball. The theme this year was “champions,” so their activities were based on this idea. The children started off on Monday and perfected their sport or art up until Thursday. Over the course of the week, they also learned worship songs and Bible stories.

talents God has given them. Ten-year-old Zyah Tierre was a part of the cheer team and enjoyed her time at ReThink Life. Tierre states, “We talked about God, and we worshipped, and we just shared our stories ... it was amazing.”

The church has been holding an annual Adventure Week for the past 10 years. Their original location is centered in Conway. Lake Nona High School is their second location. This makes it the second time they hosted Adventure Week in Lake Nona. However, due to unavailability at the high school campus, the venue was at Lake Nona Middle School this year.

The Conway location for ReThink Life Church holds services on Thursdays at 7 p.m. and Sundays at 10 a.m. Their services at Lake Nona High School are on Sundays at 11 a.m.



## Mama’s Turn: ‘Hey, Alexa?’



BY SHARON FUENTES

I grew up in a big, loud, Jewish family. We enjoyed nothing more than holiday family dinners where we all stuffed our faces, shouted at one another and bickered over inconsequential stuff like whether Noodle Kugel should have raisins in it or not. (For the record ... NO, never raisins!) We were most content being in a state of quarrelsome upheaval. In fact, I dare say it was

how we showed love for one another. Thankfully, I married a man who came from a similar background, although their

arguments of love were done in Spanish. The point is, this is how my husband and I chose to raise our kids. Our dinner conversations were lively and fun, loud and unconventional. Sarcasm became the primary language spoken in our home. We challenged each other and kept one another on our toes. We were happy ... and then Amazon Alexa joined our home.

I admit it was me who bought her. My

technology-loving husband had hinted for a while, and I gave in at Christmas time. After inviting her into our home, it would have been rude to keep her in the box, and so Alexa was introduced to our family. It wasn’t long before we all began to see what she could do. Before we knew it, our living room was filled with the Hamilton Musical Score, and we were relying on Alexa to tell us the weather rather than looking out the window ourselves. Alexa quickly became a member of my “mom squad,” a true BFF! With her help, I could check and update my calendar, add to my to-do list, and even set myself a reminder while putting the dinner dishes in the dishwasher.

But then, one day during dinner, the realization hit about just how much Alexa had changed our family dynamic. My son and husband were playfully quarreling over the name of the actor in a movie they had just seen. Sarcastic comments were beginning to fly, we were engaged, lively discussing things when my daughter said, “Hey, Alexa, who played Baby in the movie *Baby Driver*?” To which Alexa responded, “Ansel Elgort played Baby in the 2017 movie *Baby Driver*.”

Before Alexa, we would have had long, rip-roaring-good arguments about who knew the answer. My daughter would have chattered on about how it was the guy who played Augustus Waters in the movie *The Fault in Our Stars*. That tidbit would then have led to a story about the time we went to see the movie together while the boys saw *Godzilla* in the theatre next to ours, and how at one quiet, sad moment in our movie we heard *Godzilla* screeching from

theirs. We would all have had a great laugh at the memory.

But instead, we have Alexa. So, we never did.

I don’t regret bringing Alexa into our lives. I love that she’s hands-free, and I can call out an obscure tune while I’m kneading dough, and she’ll play it. But no matter how helpful Alexa tries to be, there is always going to be stuff her programmed digital assistant responses won’t cover. Don’t believe me? Ask Alexa, “Why is family time important?” She will respond, “Hmm, I’m not sure!” And that right there is why Alexa will be sitting quietly in the corner with a box of unopened raisins during our holiday family dinners.

*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](mailto:sharon@sharonfuentes.com).*





# In the Garden: Five Steps to A Successful Fall Vegetable Garden

ARTICLE AND PHOTOS BY  
AMBER HARMON



There will always be challenges in the vegetable garden, but there is a lot we can do to minimize the headaches and issues that arise. Here are five steps to success for a fall vegetable garden.

## Plan for the Season and Region

Understand the hardiness zone. Our region is Zone 9b, so check the seed packet. Due to the heat, it's best to plant heat-tolerant and pest-resistant varieties (cultivars) in our region. If you skip this step and purchase random seeds or transplants from a box store, no matter how much care you give the plants, you might have unresolvable issues.

Ensure that the vegetables selected for the season are intended to be grown at that time. Planting at the right time supports the largest harvest of vegetables for the season. Fall planting begins in September, so now is the time. My go-to is the University of Florida gardening calendar that can be found here: <http://edis.ifas.ufl.edu/vh021>.

The calendar has a guide of many vegetables that can be grown in this region with details of when and how to plant them.



## Prepare Your Garden

Pick a location that has a minimum of six hours of direct sunlight daily. Ensure the soil is nutrient-rich. Whether the garden is a traditional in-ground garden, raised or elevated, the soil should be amended at the beginning of each season. For in-ground gardening, be sure to understand the composition of the soil. Soil samples can be tested at your local extension office for recommendations on needed nutrients. A safe bet for all gardens is to add up to 40% compost. A variety of more than one compost such as cow, mushroom and/or chicken compost creates a robust mix to provide nutrients to plants. I also add worm castings to ensure the natural balance of good bacteria and micro-nutrients are also present in the soil.

## Have a Watering Plan

Make sure that the water plan fits your lifestyle and schedule. Manual watering is an enjoyable pastime for someone who can be out in the garden most days. Otherwise, a self-watering garden system might be the best way to ensure the garden gets watered in the midst of a busy season.

## Replenish Nutrients All Season

Many gardeners spend a great deal of time preparing their gardens and then do not follow up with fertilizer. There is a finite amount of nutrients in the soils at the beginning of the season. As the nutrients are utilized, they need to be replenished. Vegetables will only grow if the necessary

nutrients are present in the soil. I alternate side dressings of compost and fertilizer throughout the season to keep a balance of micro- and macro-nutrients. Read fertilizer directions carefully.

## Pest Management

Get to the root of the issue. Plants only have bugs when they are under stress. It's just like when we get stressed and our immune system is low, and we get sick. It's the same for plants under stress and getting bugs. Address the root of the issue and treat the pests. It's the only way to get rid of them for good.

Treat pests by accurately identifying them. The University of Florida makes this easy as they have a data sheet for most vegetables that lists the most likely pests for each plant. Since pests are plant-specific, it does not take long to figure out what's eating the vegetables and effectively treat them. Neem oil is a good organic go-to for many pests in the garden. Only use as directed.

Most importantly, have fun in the garden with the ones you love. Let it be a place of peace in your own backyard.



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](http://www.MyNonasGarden.com) for more information. "We make organic vegetable gardening easy!"

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Hi all, thanks for visiting!

I want to take this opportunity to introduce myself and the purpose of this column so that we can really get into it and have some fun. I am a Lake Nona resident, a mom/stepmom, a wife, a writer, an entrepreneur, an activist, and a public servant. 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.

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 all around us, but rather, airing them out and letting them go.

Let's talk deep and let's talk real.

Lady Nona

## Ask Lady Nona: Men, Men, Men. Your Turn Has Come.



Women empowerment has been a hot topic for decades. Of course, it is a much-needed movement with room to grow even with all the advancements we have made up to this point. The LGBT community has also been receiving a lot of love, increased equality and consideration in the recent years and continue on their mission as well. So that leaves one gender that has been standing by watching everyone else get empowered while they themselves struggle with defining their masculinity as straight men. Obviously, their issues aren't about having more men in a boardroom or about equal pay, but it turns out that even the privileged man needs some empowerment in this day and age. And they are getting the attention they need with the

#EvolveTheDefinition campaign.

Merriam-Webster's definition of a man is "one possessing a high degree of qualities considered distinctive of manhood, such as courage, strength, and vigor," with synonyms like manly, red-blooded, brawny and aggressive. Think of all the men in your life who don't possess these traits. Some are soft-spoken and lean, and not all are into sports or tough. It must be difficult for them to live up to these expectations with such a limited definition of "manly."

Well, now men are being given the opportunity to define their own masculinity. The days of men needing to act extra tough are gone! Welcome to the world of redefined machismo, where boys do cry, share their feelings, like to cuddle and have emotions! Yay!

It's not a surprise that it has taken this long to start a campaign revolving around men sharing and communicating. Most men barely like to talk anyway, so imagine putting them in a room to discuss their masculinity – that's pretty much asking them to compare ... shoe sizes. Dreadful! I've never heard about any male gatherings or conferences offering a safe place to share and open up. Quite the opposite, actually, most androcentric events like poker nights and guys-night-out are primarily to get away from talking (and the talkers) and to really not talk about anything at all. However, now that the dialogue is open, it should attract a larger following, and that's great news for the world. I truly believe the world is a reflection of the people who built it, and until now it has been predominantly males. So, it really doesn't hurt to have men who are less aggressive, less macho, and comfortable being kind and compromising without the male ego getting in the way.

Women should also play a role in this

process because most men need validation from women to encourage them to be themselves without losing their stature as "the man." As empowered women ourselves, let us help these brothers out.

Honestly, between the pressure of manning-up, the male ego, and the boss in the underpants, I am not sure how this world is even functioning at this point.

Which leads me to this month's question for the October issue:

**Women, are you less attracted to a man who is in touch with his emotions?**

### Response of the Month

Last month, Lady Nona asked, "If it weren't for having children, would being married be a priority for you?" Here is the response of the month:

"As soon as I realized my relationship with my husband wasn't going to be a long-lasting one, I instantly started viewing him as my sperm donor. Much easier and less costly than going to a sperm bank, and at least I'll have a free babysitter when I need one. Now, I focus on my kids and my career. I can find companionship and love through many other relationships, so marriage is not a priority for me, but having meaningful relationships is." – LN Resident

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](http://nonahood.to/askladynona). Your submissions will be anonymous.



# SPORTS & FITNESS

## Orlando VA Medical Center Hosts 38th NVWG Handcycling

ARTICLE AND PHOTOS BY BRITTANY BHULAI



On July 31, the Orlando VA Medical Center hosted handcycling for the 38th National Veterans Wheelchair Games. The event began at 7:30 a.m. as 73 veterans raced around a 10K course constructed around the VA.

Participants ranged from first-timers to seasoned athletes. Riders raced at the same time, but everyone was broken up into four divisions: novice, open, masters and seniors. They were also broken up into classes and teams. Since some veterans could not complete the full 10K (which was two laps around the VA), a few did a 5K that was one lap around. Sean E. Gibbs from the Central Florida Team placed first in the class "II, III," and "open" division. His time was 18:02.

Todd Kemery, a former Marine, says this is his 16th time competing in the games and that he is no stranger to handcycling. He broke his neck 35 years ago and has been in a wheelchair since. "I started coming to the wheelchair games in 2001 in New York City ... as far as my emotional stage and physical stage, it's good for me," says Kemery.

This was the first time in history the games were held in Orlando, and consequently, the first time Lake Nona hosted a NVWG event. Natasha Slay, who is an employee at the Lowe's in Lake Nona, says she and a few other co-workers

came as volunteers to help out with handcycling. "It was awesome. I was blown away. Just seeing them out there doing things. We've been out here since 5 a.m. This won't be my last one ... very big personalities out here, too. I enjoy cheering them on as they come through," commented Slay.

The full length of the games lasted from July 30 through Aug. 4 and was centered at the Orange County Convention Center. Veterans from all over the nation came to participate and compete in other sports such as archery, bowling, powerlifting, softball and bocce.

The Convention Center held the opening ceremony on July 30, and a game of basketball was used as an exhibition match to kick off the games. Jimmy Green, a 49-year-old Army veteran who was in the exhibition, said this was his 23rd games in a row. Becoming involved in these games changed his life. According to Green, he was very depressed and chose not to associate much in social activities after his injury that led to him being a paraplegic. However, after he was invited to participate, his life did a full 180. Since competing, he's been married and now has two children who have graduated college. After being surrounded by other disabled veterans, he realized there were a lot of them out there who had it worse than he did, yet they still seemed to enjoy playing the sports. "I just found the sports that I was good at and I jumped on them. I've learned a lot from these guys and grew up with these games, and now I come because remembering how that felt is a great thing and also I get to see new injuries [new participants], who get that feeling that I had and I know that feeling and I like to see it," says Green as he reminisces on how engaging in the games impacted his life.

Legendary quarterback Brett Favre spoke at the opening



ceremony, and we were lucky enough to get an interview with him. In regards to the games in general, Favre stated, "I say this in previous interviews, it's very humbling, very rewarding, and it kind of makes you step back." When asked to comment on Lake Nona's involvement in helping out with handcycling, he simply said, "Kudos to the community, you're doing a really good thing."



More results for handcycling along with all the other events can be found on the NVWG app. Type in "Nat'l Veteran Wheelchair Games." The app is available on all smart devices.

Merrill Lynch is proud to support Lake Nona Youth Sports.

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# Lake Nona Youth Sports Supports the Community's Young Athletes

BY VALERIE SISCO  
PHOTOS COURTESY OF LNYS

For the past 10 years, Lake Nona Youth Sports has been providing opportunities for young students in the community to play sports in a safe and fun environment. Formed in 2008 by a group of parents who recognized a need for kids ages five through 14 to learn valuable life skills through playing sports, this registered non-profit 501(c)(3) organization is led by an all-volunteer board, coaches and assistants.

"When Lake Nona Youth Sports was first established, there



were just two programs – football and cheer – for kids to participate in," says C.R. Dunnivant, president of Lake Nona Youth Sports. "Through the years, we've worked to form partnerships with Lake Nona High School and other community sports organizations to offer lacrosse, wrestling and rowing, with even more potential sports opportunities coming in the future."

To help make these programs a reality, fundraising is an important endeavor for the Lake Nona Youth Sports board. The 2018 fundraising campaign is being led by new board member William McNeil to raise over \$30,000 from individuals, corporations and community leaders. "We have been supported by generous past donors whose contributions have made it possible for us to purchase new uniforms and equipment and rent athletic fields for practices and games," McNeil says.

"This year, donor support enabled us to buy new sticks and pads for the lacrosse team that helped them successfully compete at a high level. This support is extremely important since our program helps prepare student athletes to try out for the Lake Nona High School lacrosse team."

Although McNeil is a new board member, his son, Danny, plays on the Lake Nona Jr. Lions 10U football and lacrosse teams that he also helps coach. McNeil is a licensed attorney and moved in 2009 to Central Florida, where he is the founder and CEO of Accelergy Consulting, providing sales and financial forecasting to small and medium-sized businesses. His business background and expertise uniquely qualifies him for the role of director of fundraising for Lake Nona Youth Sports.

"Our plan this year is to seek corporate partnerships in the community and hold fundraisers throughout the year at local restaurants and businesses," McNeil says. "We've also recently launched a crowdfunding campaign that will make it easier for community members to support youth sports and help spread the word through their social media channels."

Raising funds throughout the year is especially important since at the start of every sports season the board identifies families in need. They review requests for assistance for

kids whose parents are unable to meet the financial obligations of participating in sports and make decisions to support kids who wouldn't otherwise be able to play.



"Caring for the kids in Lake Nona who will someday live and work in our community is our priority," Dunnivant says. "When kids play sports and learn important life skills to help them be successful, the entire community benefits. We are so grateful to every individual and business who helps us do that."

You can donate to the Lake Nona Youth Sports by visiting their Fundly page at <https://fundly.com/lake-nona-youth-sports-fund-drive>.

Valerie Sisco lives in Lake Nona and is the author of the blog, [gracewithsilk.com](http://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."

**South Orlando Babe Ruth & Lake Nona Youth Sports Baseball Coming Soon!!!**

### Upcoming Events

- **Wrestling** – Fall Practice Program Open Now! Mondays & Wednesdays, 6 to 7:30 at LNHS Wrestling Room. See website for more details
- **Girls Lacrosse** – LNYS is excited to announce its first girls-only Lacrosse Academy, coached by LNHS varsity girls lacrosse coach Cheryl Watson. Open for grades 3-12. First practice Wed., Sept 5, so sign up now and come on out and join the fun. See website for updates and more information.

#### Important Dates:

- FYFCL Conference Cheer Competition Oct. 21 @LNHS
- Rock Star Rumble Cheer Competition Oct. 28 in Tampa

### Opportunities to Help

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

*Do you have an interest in serving on the board? Inquiries for Assistant Director of Football and Vice President welcome.*

**Sponsorships Available. Simply go to:**


<https://fundly.com/lake-nona-youth-sports-fund-drive#>

"Sponsor a Child Program" in the local families in financial need.

For more information, email [LakeNonaJRLions@LakeNonaYouthSports.Org](mailto:LakeNonaJRLions@LakeNonaYouthSports.Org) or visit <http://leagues.bluesombrero.com/lakenonajrlions>

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# Ask The Lake Nona Orthodontist

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

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2018

## 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?

Chat with us Anytime 24/7

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## Nona Cycle: Ride-For-RMHCCF

ARTICLE BY PAUL PIKEL  
PHOTOS COURTESY OF RONALD MCDONALD  
HOUSE CHARITIES OF CENTRAL FLORIDA

Road cycling has been increasing in popularity in recent years, and that is overwhelmingly evident in Lake Nona. On any day of the week and at various times throughout the day, you will see individual riders, small groups, or even large pelotons of riders rolling down the streets of Laureate Park, Lake Nona Boulevard and on Narcoossee Road.

This activity has so many positive health benefits, and the social aspects of it make this a very enjoyable sport that provides a means for residents of Lake Nona and the surrounding area to meet one another. One of the most prominent cycling groups in the Lake Nona area is Nona Cycle, a group that celebrated its second anniversary in August and has grown in a short time from 16 cyclists to now over 650 members. Nona Cycle and their signature Sunday morning ride draw cyclists every Sunday from all corners of Central Florida to enjoy a 36-mile ride through the streets of Laureate Park and St. Cloud and ending with a very rewarding cup of coffee at the Lake Nona Starbucks. On average, there are about 65 cyclists attending these rides, but there have been more than 125 show up on occasion!

With all of this attention to cycling in Lake Nona and our social behavior, it was just a matter of time before this group would turn to finding a purpose. We didn't need to look far since Lake Nona and Tavistock Group both work very hard to attract charity events to our neighborhood. In March of this year, Nona Cycle raised \$44,000 to benefit the American Diabetes Association through their annual Tour De Cure (Walk/Run/Ride) Event.

Our next challenge is the 9th Annual Ride-For-RMHCCF, on Oct. 14. Ride-For-RMHCCF (Ronald McDonald House Charities of Central Florida) is a charity cycling event held to benefit the Ronald McDonald House Charities of Central Florida. The charity operates three RMHs in Orlando with the newest house located on the campus of Nemours Children's Hospital in Lake Nona.

In 2017, Nona Cycle's team consisted of 36 cyclists and raised \$11,865. We weren't alone, though. Companies such as Tavistock Development Co., OUC, and individuals like Ryan Thomas of Northpoint Mortgages Inc. all worked very hard to secure donations to support this great and local cause. All in all, there were more than 400 cyclists, volunteers and organizers who raised more than \$218,000. This year, we will exceed that number.

The organization's cornerstone program, Ronald McDonald House, provides a home away from home for families with children receiving treatment at hospitals and medical facilities in Orlando. Before the Ronald McDonald Houses, parents were sleeping in their cars or in chairs in the waiting room, eating out of vending machines, or bearing the expense of impersonal hotel rooms while trying to stay positive and support those going through potentially life-threatening events.



When families stay at a Ronald McDonald House, they are steps away from their ill child and are given a comfortable bed and warm meals so they can focus on their child's health.

As many local residents are aware, Lake Nona is a special place to live, and the fact that we have such great charity events like the Ride-For-RMHCCF gives all of us an opportunity to show our appreciation and to show that Lake Nona cares. There are many ways you can participate this year, such as joining the Nona Cycle team or creating a team of your own.

Not a cyclist? Don't worry; there are virtual riders who help raise donations without having to get on a bike. There will also be fun activities for the whole family at the event. Details and registration information can be found at [www.rmhccf.org/events/2018-ride-4-rmhccf](http://www.rmhccf.org/events/2018-ride-4-rmhccf).



# Nona Cycle Celebrates Their Second Anniversary

ARTICLE BY PAUL PIKEL  
PHOTOS BY JOE JAN QUIWA

Normally in Central Florida, the thought of upper 90-degree weather paired with 100% humidity would keep even the most seasoned Floridian indoors, or at least poolside. However, for the 140 cyclists who showed up to ride at the Nona Cycle Second Anniversary Ride on Aug. 12, the heat wasn't going to stop them. This group of cyclists has grown extremely fast.



In fact, just last year for their first anniversary, there were 200 members, but this year, they are just about to reach their 700th member!

Also this year, the team had the help of a local and generous sponsor, Green Juice USA, that provided fresh and healthy juice geared toward the active lifestyle, just like the Nona Cycle lifestyle. Free bottles of their products were given to the first 100 riders.

You will find that every Sunday, the Nona Cycle Club meets in the parking lot of Canvas Restaurant & Market and rolls out at 8:05 a.m. sharp! And this time their numbers were their highest turnout of riders to date. More than 140 cyclists made the trek through Laureate Park, then through Narcoossee, before continuing their route through St. Cloud and back to have a celebratory toast and enjoy brunch at Canvas.

Nona Cycle began as a social group that focused on doing good for the local neighborhood and businesses. As they grew, they began fundraising and participating in charity events. Over the past 12 months, Nona Cycle has raised more than \$55,865 and now has its sights set on riding in the Ride for Ronald charity ride on Oct. 14!

For more information, you can find us on our website at [NonaCycle.com](http://NonaCycle.com) or visit the Nona Cycle Facebook Page.



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# Camp Gladiator Trainer Talk: Deciphering The Fitness Jargon

ARTICLE AND PHOTO BY VERNICE SALVERON, LAKE NONA'S CAMP GLADIATOR PRIMARY TRAINER



These days, every industry has its own set of colloquial language and commonly used terms. The fitness industry is no different. For those who are new to working out, turning up to a fitness class, gym or even 1:1 training session can be a little confusing due to some of the terms, abbreviations and acronyms used. Who thought that exercise could be so complicated?

After putting out a poll on social media, I decided to attempt to decipher some of the most commonly confused terms, abbreviations and acronyms to hopefully reduce confusion, enhance understanding, and enrich your next exercise experience.

After putting out a poll on social media, I decided to attempt to decipher some of the most commonly confused terms, abbreviations and acronyms to hopefully reduce confusion, enhance understanding, and enrich your next exercise experience.

- 1. AMRAPs** – AMRAPs stands for "as many rounds (or reps) as possible." Individuals are instructed to complete a particular exercise or set of exercises for a specified period of time and record how many reps or sets they completed during that time frame. This exercise method is typically used to increase workout intensity and is a great way to monitor your progress.
- 2. EMOMs** – EMOMs stands for "every minute on the minute." Individuals

are instructed to complete a particular exercise or set of exercises in one minute. If exercises are completed in 40 seconds, then the remaining 20 seconds of the minute can be used for rest. Individuals repeat the exercise for a certain number of minutes trying to maintain within the one-minute time frame. This exercise method is a great way to maintain a high intensity and an excellent way to create your own home workouts.

- 3. Reps vs. Sets** – Repetitions (or reps) refer to how many movements of one exercise is completed in a given time, while "sets" refers to how many rounds you complete. For example, ten squats for four sets equal a total of 40 squats per workout.
- 4. Static vs. Dynamic Stretching** – Stretching is a super important component of any exercise regimen. For newcomers especially, it is highly recommended that you NEVER skip the warm-up/initial stretching phase of a workout. The "warm-up" is where we prepare the body for exercise, which can significantly reduce the risk of injury during the workout. Static stretches are generally completed without any travel movement and typically focus on one main muscle/muscle groups (for example, a standing quadriceps stretch). Dynamic stretching encompasses more movement and sometimes travels (for example, walking lunges or walking high kicks) and tends to focus on multiple muscle groups.
- 5. Posterior vs. Anterior** – These are anatomical terms used to describe the front of the body (anterior) and back side of the body (posterior). The term posterior chain is often used to describe the muscles that make up the

back of the legs, calves, hamstrings, glutes, lower, mid and upper back.

- 6. Fast Count vs. Slow Count** – Fast count refers to counting every single rep regardless of whether it is being completed by the left or right side of the body. A slow count is a counting method whereby one repetition requires reps from the right and left side. For example, 20 slow count high knees is the same as 40 fast count high knees.

These are just a few of the most frequently asked questions that we trainers get asked, and I hope this clears up some of your questions. At Camp Gladiator, we focus on a variety of exercise methods to ensure that no workout is the same and every muscle group is involved at each workout. Exercising should be fun and enjoyable, not confusing and frustrating.

If you haven't yet found an exercise modality that is enjoyable, I urge you to grab your mat and find a Camp Gladiator location. Not only are our workouts effective, but our community is supportive, engaging, encouraging and inclusive. With the kids now back at school, it is time to start seriously thinking about your OWN health and fitness. Why not bring the kids along, too?



If you have ever wondered what Camp Gladiator is all about, now is the time to try us out as we are about to launch the deal of the decade where you can try one whole month of unlimited fitness classes for just \$10. Contact me or simply come along to one of my locations listed below.

## LOCATION & TIMES

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

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

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

Vernice Salveron-Gasper

Phone: 321-947-9948

Email: vernicesalveron@campgladiator.com



# USTA National Campus Hosts 101st American Tennis Association National Championships

ARTICLE AND PHOTOS BY BRITTANY BHULAI

The USTA National Campus hosted the 101st American Tennis Association's (ATA) National Championships from July 29 through Aug. 4. This was the first time the USTA was given the honor of holding the event. There were a little over 50 divi-

sions. More than 500 tennis players ranging from 10 to 80 years of age came to participate from all over the country.

A press release sent out by USTA stated the event has grown since it began in 1916. The media statement reads, "As the oldest African-American sports organization in the country, the ATA was founded in Washington, D.C., in 1916, with a mission to promote black tennis in America. Held in Baltimore, the inaugural Championships included just three events, including men's and women's singles and men's doubles. Today, the tournament has grown to include more than 30 competitive categories, with hundreds of competitors."

The USTA national manager of tennis events, Shelly Licorish, said USTA was very excited to have them on the campus and that the players were just as pleased to be there. Ezekiel Yardo, a 14-year-old from Boston, visited with his tennis club Sportsman Tennis. "This is the first ATA tournament that I've been to ... and this is my first tournament ever, too," said Ezekiel.

A few highlights from the matches were from Kent Hunter and Azaria Hayes (Hunter from Los Angeles and Hayes from Pinole, Calif.). They won the boys' and girls' 18s singles titles.

Caroline Dolehide, an Orlando resident, landed herself a direct entry into the main draw of the US Open. The USTA press release states, "The 19-year-old Dolehide peaked at a career-high ranking of No. 102 in the world following Wimbledon, where she qualified for the main draw. This will be Dolehide's US Open main-draw debut."

This is not the last time the USTA will be hosting the ATA National Championships. The partnership between ATA and USTA will allow the facility to hold the event every three to four years.



To see all of the results from the ATA Championships, go to [tennislink.usta.com](http://tennislink.usta.com) and click on the "results" tab toward the middle of the page.



## The Lake Nona Book Maven Review: *Less*

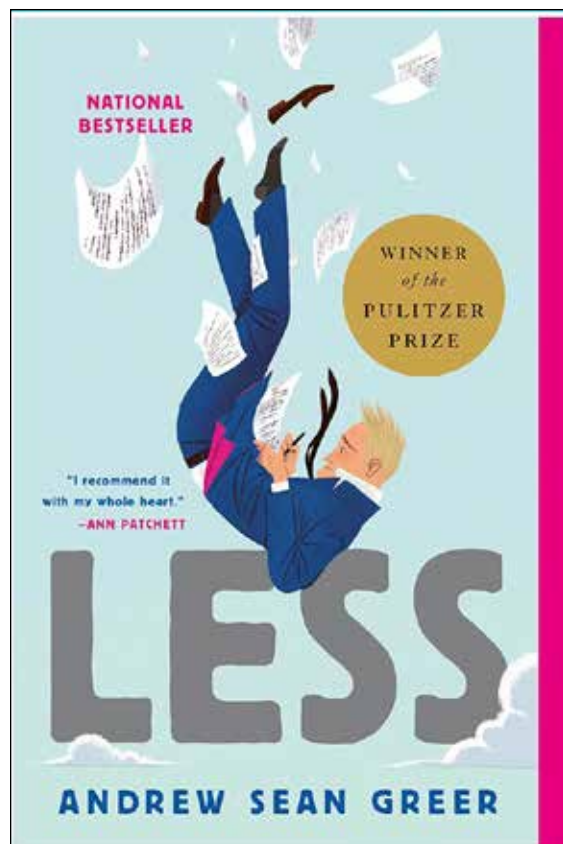
**Author:** Andrew Sean Greer

**Format:** Paperback

**Genre:** Humor, Literary Fiction

I came across *Less* in a bookstore, and noting it was a Pulitzer Prize winner and a New York Times bestseller, I decided to give it a try. Are you looking for something different to read? This book will fit the bill.

*Less* is the story of Arthur Less (yes, the name is descriptive), a single, middle-aged, gay novelist from California. After having spent several years as the partner of a much more famous writer, Arthur's most recent partner, a younger man, has left him to marry a man closer to his own age. Arthur feels he can't go to the wedding, but neither can he really decline. To avoid



having to choose, Arthur decides to accept several of the invitations he often receives to speak or teach about his work and the work of his former, much more famous author partner, who is now in a retirement home unable to travel. So begins the months-long journey of Arthur Less to places like Morocco, Italy, Paris, India, Germany and Japan, thus providing Arthur with a "sorry, I will be out of the country" excuse to miss the wedding and providing the author a wide variety of settings and cultures to explore.

Throughout the book, Arthur is philosophical and sometimes funny, sort of like a gay and slightly more sedate Woody Allen. Although Arthur and I seemingly have very little in common, the way the author portrays him, he was very much an "everyman" character. He remembers embarrassing things from his past that still bother him, he conjectures in his head about people he meets, and he recalls how

he first met old friends. Don't we all do those things almost every day? Perhaps it is because he is an author himself that these thoughts come to Arthur's mind, but I found that side of him charming and universal.

Arthur Less has a little bit of a free spirit side – he is after all a single, gay man, i.e., no kids, no obligations – so he wanders into a few unexpected and sometimes funny situations. But he continues on his trip undaunted by any of it and fulfills his authorial obligations while finding a couple of romantic interludes along the way.

All that said, the author's writing is very good, albeit tricky in a couple of places – he occasionally uses a word I not only didn't know but had no idea it was actually a word, sending me to the online dictionary only to find out it was probably the perfect word. In only 260 pages, Andrew Sean Greer serves up a quirky, insightful and interesting story different from anything I'd ever read. I'd put it in the top ten of my list of favorites for 2018. Check it out!



## The Boy and The Guitar

AN INTERVIEW WITH THE LAKE NONA BOOK MAVEN AND LAKE NONA CHILDREN'S BOOK AUTHOR, VERONICA VALENZUELA



Veronica Valenzuela

Recently, a neighbor told me there was a children's book author in Lake Nona. Who knew! As one of the book reviewers for *Nonahood News*, I wanted to find out more about our local author, creator and illustrator of *The Boy and the Guitar*, Veronica Valenzuela, DPT, OCS, and she was kind enough to respond to my interview questions.

**Lake Nona Book Maven: Veronica, tell us something about your background, where you're from and how you came to live in the Nonahood.**

**Veronica Valenzuela:** My family is from Granada, Spain. I enjoyed several cultural hobbies from Spain such as flamenco dance and guitar, so it's no surprise that the guitar is my main character. I was able to cultivate these arts by spending my childhood summers with my grandparents in Spain as well as the music and dance schools in Shaker Heights, Ohio, where I was born and raised. But since I love the warmer weather, it was sunny Florida – the Sunshine State – that was an obvious place to move to upon graduating from physical therapy school. I transferred from Miami Veterans Administration to Orlando six years ago to be part of Lake Nona's Medical City, where I am working as a doctor in physical therapy at the Orlando VA Medical Center.

**LNBM: Tell me a little about your creative pursuits and how you came to write a children's book?**

VV: I am by nature a "right-brained" person fitting into a "left-brain" world. Opportunities to be creative are usually in a form of hobbies or my work. Writing and illustrating a children's book was a long-standing desire but a new process for me. I found many children's books lacking substance to prepare children for the world we live in. This particular book, however, came to me [during] one of my trips to Spain. It was the night of my arrival in Granada. Trying to sleep, I was tossing and turning while the whole story played itself out – except the ending. I got up and wrote the story down the next day. The ending was left for me to finish. I believe life may be full of struggles, but there is a pot of gold is at the end of the rainbow, so that is how I decided on the happy ending.

**LNBM: As a book reviewer, I'm always interested in how writers choose their subjects. Your book is about a boy and a lifelike guitar. What made you think of a guitar as a female main character?**

VV: As a woman, picking a female character that is strong and does not depend 100% on a prince was near to my heart. I admit those fairytale stories are lovely, however, they can't be the only representation of a female character in the world of children's literature. The guitar as a female shows strength and courage despite her losses. However, she is not void of emotion, something that makes us human. I believe strength and sentiment coexist and make each other stronger. Children need to know how to process emotion versus making their emotions taboo. For example, what are the emotions when children exclude other children? Also, the fact that the guitar character experiences physical loss and is again restored ties to what I do as a physical therapist. The journey to healing is both emotional and physical, something I tried to depict in the story.

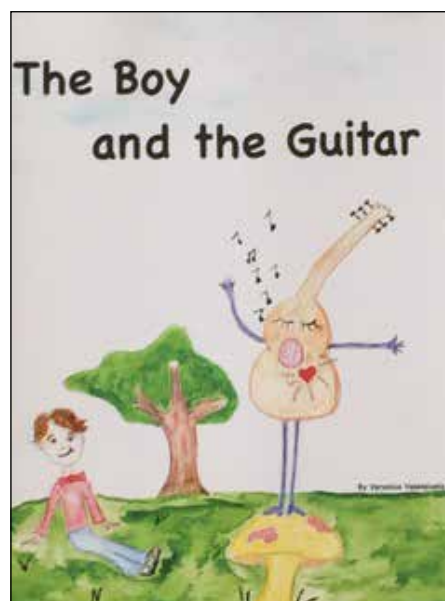
**LNBM: What is your creative process when you write; do ideas come to you as a complete story or do you work out the story as you go?**

VV: I believe the idea is shared to me by the Creator, and then I tweak it bringing a part of myself into it. I drew all the illustrations in the book, and when I paint, I look at the object and try to see the beauty in it that makes it unique. Once I see that element, I paint it.

**LNBM: Will your book be available in Spanish?**

VV: Yes.

**LNBM: How did you get your book published?**



VV: I self-published it through Amazon Books. Through the CreateSpace site, I was able to select certain elements such as large images and extra bright colors so the visual experience of the watercolors can be enjoyed by children.

**LNBM: Do you think you'll be writing more children's books or doing writing of any kind in the future?**

VV: I am currently working on my second book. The main character is a little girl who has to process what is her identity, a dilemma girls have to face in a rapidly changing world. Through a fable-style journey, she learns that strength and femininity can coexist. This has been a rewarding experience. Creating a character is an exciting journey. Also, I have enjoyed children's responses to reading *The Boy and the Guitar*. I am surprised at their questions and ability to catch the multi-faceted messages in the story. Their love and concern for the characters inspire me to create new stories. That's why I am always excited to read to children anywhere in the Nonahood.

*If you're interested in contacting Veronica, you can reach her at [valenzuela.vero9@yahoo.com](mailto:valenzuela.vero9@yahoo.com), and her book is available on [Amazon.com](https://www.amazon.com).*



# Short Stories: A Million Miles Away, Part Three

BY BRITTANY BHULAI

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

Year 3005? Could it really be? It seems as though my time machine blasted me nearly 1,000 years into the future.

So many questions began to race through my head. Why were we on Mars and is Earth okay? Why is Mars overpopulated? Why was the architecture and technology not advanced in the future? Everything practically looks the same as 1,000 years ago.

I began to frantically flip through the newspaper that I had picked up. A news headline read, "Mission X Digs Out Last Remains on Earth." Another one read, "Martians Pave the Future." As I kept flipping and flipping, the more I read about catastrophes on Earth and new life on Mars. However, no article explained what actually happened to Earth. Maybe it was old news...

With trembling hands, I dropped the paper back in its stack. A terrible rush of hopelessness came over me. The planet I grew up on and loved had now vanished into nothing. I had suddenly regretted building this time machine that sent me into the future. I wasn't ready for what this future had in store. In my mind, the future that I had imagined was still on Earth and everything was advanced. There wasn't such a huge state of chaos. I needed answers and fast.

I looked up to see the concierge taking phone calls and assisting people walking into the building as if it were just another day to them. I helplessly pushed everyone out of the way and stumbled back outside. Everything seemed to close in on me. My heart was beating more rapidly by the second. I couldn't breathe. It felt as if I was suffocating.

"Who can tell me what happened?! What has humanity come to?!" I screamed at the top of my lungs.

Everyone seemed unphased and went along with their business. No one stopped to look at me. But then, suddenly, a body emerged quickly out of the crowd. They grabbed me by the arm and pulled me away. It happened so quickly, I couldn't react. By the time I collected myself, we were in an abandoned alley.

"Who are you?" I asked incredulously. My question was ignored, but the man spoke. He wore a black hood, his face unseen. "What is the matter with you? No one wants to discuss what happened on Earth here."

"What are you talking about? Wait ... how do you know what I'm talking about?"

He slowly removed the hood and looked me into my eyes. I knew him. It was my old friend Pach, the one who had dropped by my house to give me the red crystals that I used to put in my machine in order to blast me through time.

"Pach!" I exclaimed in disbelief. "How are you here? How are you alive?"

"The red crystals I gave you. They are very powerful stones. They gave me eternal life. You were the only other person I trusted giving them to. I suppose that is why I find you here. I know when you died. I went to



your funeral. So, I am assuming you come from your own time period. What did you muster up with those stones I gave you? A time machine?"

"Yes, in fact, I built a time machine. I placed the gems in a radiator. It emits energy in the form of heat, and it creates a phenomenon I am yet able to explain. Somehow, the wave is able to shoot things into the future or past."

"It doesn't surprise me," he said.

"So Pach, what happened to humanity? And why do people refuse to talk about what happened? It's all in the paper. I don't get it."

"The Martians don't have an attachment to Earth. The people you see here today were born on Mars. Mars has been populated with the human race for more than 500 years. There is no one here who is originally from Earth, besides myself. The humans

here evolved to withstand the elements of Mars, and their bodies no longer needed oxygen to breathe. The only reason we are still breathing is because the red crystals are now in our bloodstream. Your body absorbed it by radiation. As for me, I injected myself with the mineral."

"So, what happened to Earth?"

Pach looked around as if to sniff something out. "It isn't safe to discuss anything further here. We have to go somewhere else. Follow me."

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



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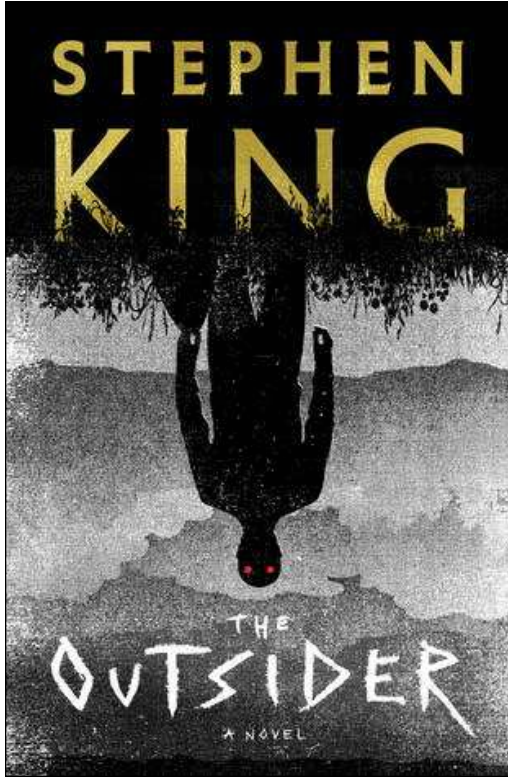


# Book Review: The Outsider

BY AARON VAIL

Author: Stephen King

Publisher: Scribner Publishing, 2018, 576 pages



I feel that I need to give a little personal background before I get into the book review so you know where I'm coming from concerning Stephen King. I've never gotten into Stephen King. I'm not sure why. Perhaps it's because I never thought the

movie and TV adaptations of his books were as scary as everyone feels they were. Maybe it's because I typically don't follow the crowd. But, I finally succumbed in 2004 when I borrowed *Different Seasons* from a co-worker just so I could read *The Body*, which the movie *Stand By Me* is based on. Although the writing and story overall were fantastic, I was completely put off by the language and assumed the rest of his writing was similar, so I stayed away.

So far, my book reviews for *Nonahood News* have been of older books. I thought my fans (if there are any other than my supportive, although perhaps biased, wife) would like to know my thoughts on a more recent book, so I bought *The Outsider* on pre-release and thought I'd have a go at something current and popular.

*The Outsider* takes place in a small town in Oklahoma where a horrific murder of a young boy has taken place. If you have a weak stomach, I would caution against reading this book. I'm somewhat upset that I have this image in my head now. The police make a very public arrest of their suspect, Terry Maitland, who they are convinced is the killer because they feel they have more than enough proof to make this a closed case immediately. Many eyewitnesses put Maitland at the scene. The problem is that Maitland was in the next city over at a book signing and convention, where he was on a local cable broadcast. So, he clearly has a solid alibi. Do the police have the right man? If not, who is the real killer? How can Maitland be seen by so many people at the scene yet also be on TV with three co-workers in the next town over at the same exact time?

That's the first half of the book. It's a sad tale of love, loss, anger, confusion, and revenge and isn't really scary at all. The police are trying to prove that Maitland committed the murder, and Maitland's attorney is trying to prove his innocence while the victim's family is coping with their loss in their own way.



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The second half is a supernatural tale that could have easily been an *X-Files* episode. Once I realized that I didn't see it as a Stephen King book any longer, I just kept imagining Mulder and Scully hot on the trail of this mysterious creature and how are they going to catch it and get out alive.

The language was readable, but the character descriptions and their backstories were lacking. There are many characters, but because they are introduced so quickly, I never really had a good image in my mind of who's who. I'm used to reading fantasy and science fiction stories in which the authors go into great detail about the worlds and characters they've created. J.K. Rowling, Robert Jordan, Dan Brown, Brandon Sanderson, Michael Crichton, Tom Clancy: these authors and others do a fantastic job of creating rich worlds filled with characters that are memorable and interesting. I just didn't get that with this book. I felt like I was just going through the paces. My main interest was finding out how Maitland could have been in two places at the same time. Who was the real killer? Once the killer was figured out halfway through, and who it really was, I lost interest. I didn't care if they caught it

or not.

To be honest, I didn't even finish this book. Boredom set in because it got too expositional, spending page after page of backstory of events leading up to this point in the story. I really didn't care about kids trapped in a cave and what happened to them. That may sound bad, but I had just lost interest. It was also odd to have one book feel like two separate stories without much connecting them. Maybe I missed something.

And now you're thinking, "What kind of book review is this? He didn't even finish the book." I tried something new and wanted to give honest feedback on my experience. Not everyone is a King fan, but I'm sure there are a lot of fans out there – and you may be one of them – who loved this book. The 34,000-plus Goodreads reviews giving it 4 stars out of 5 and the 10 part mini-series based on this book coming soon are proof that I'm not "in" with the cool kids. And I'm okay with that.



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# At the Movies: Mission: Impossible – Fallout

A CONVERSATION WITH AARON AND ELAINE VAIL  
PHOTOS BY PARAMOUNT  
PICTURES AND SKYDANCE

*Mission: Impossible – Fallout* is the sixth MI movie starring Tom Cruise since 1996 (the year we were married!). If you've never seen the original 1966 TV series, the 1988 reboot, or any of the previous movies, you might need to know how this all works. Mission: Impossible operatives are given a mission and an option to accept it. During each mission, there is at least one sub-mission and a host of diversions, impersonations, trickery, fighting, chasing, escapes and characters. Trying to keep track of who's who and what's real or not can be a tad confusing as I recall coming out of the theater in 1996 thinking, "What did I just watch?"

This time, Tom Cruise is joined by Henry Cavill (*Superman*) in a mission to stop the terrorist group called "the Apostles" (remnants of the previous MI villains, "the Syndicate") from selling three plutonium cores to rogue factions planning to set them off at key locations in an attempt to reset civilization and bring peace to the planet. At least, that's how I remember it.

**Aaron:** I've seen all the MI movies, but I have to admit that this one kind of felt like I was starting over. The faces looked familiar, but when they go four years between movies, which are confusing anyway, it's difficult to remember where they left off. I guess it was good because it forced me to pay attention and try to keep up with the plot(s).

**Elaine:** I've seen all of the Tom Cruise MI movies. At least, I think I have. The plots are so complex, yet somewhat similar, that they tend to blur together. My favorite one by far, and the plot that was the most unique in the franchise, in my opinion, was



*Mission: Impossible 2*, where they had to stop the deadly virus pandemic. I liked *Fallout*, too – it was definitely entertaining, which is the whole objective of going to the movies, right? There were plenty of high-speed chases, explosions, and near-death escapes to keep you on the edge of your seat the whole time.

**A:** I actually enjoyed this movie despite some new characters I didn't really care for and action that seemed to just keep going on. There were a couple of points where adrenaline-fatigue kicked in and I got kind of bored. How can he be on a motorcycle zipping through Italy (I think that's where they were at this point) and every cop in the city was on duty and ready to be wherever he was going at every turn? Then he can just fall down a hole in the middle of the street into the boat his team had on a river under the city and escape without a sound? It all just seems so imposs... oh, right. That's the whole point of the movie.

**E:** It was Paris. Haha. It does seem like they are so overly concerned about topping the last MI movie that adrenaline-fatigue is an excellent way to describe the experience of watching this. It was actually exhausting. Comic relief is called that for a reason, and although there were a few small laughs built in, it was not enough to provide relief from the rush.



Energy-sapping plot twists aside, this film had some delightfully intense chase scenes and impressive stunts, including one that I hear left Cruise with a broken ankle on set. Some of the scenes are breathtaking, the cinematography is superb, the music is fantastic, acting is good, as expected, and there are fun surprises throughout. I audibly gasped many times.

My favorite surprise was probably Rebecca Ferguson, who I have to admit I kept half-way expecting to break out into song at some point! My favorite non-surprise was Henry Cavill. I say non-surprise because I was *finally* getting to see the movie that caused so much controversy over the poorly-done CGI removal of Cavill's mustache

in a moment of self-doubt that what makes him the ultimate spy is that he cares for the individual just as much as he cares for the masses.

Hunt is a very likeable spy character. His quiet but unmistakable presence along with his unthinkable ability to escape or outsmart his enemies makes it easy to enjoy the action. Yet, his uncharacteristic-of-a-spy compassion, loyalty, and love for his friends give you a sense of investment in this individual. Since I'm a fan of the seemingly invincible Hunt, I will always return to see yet another *Mission: Impossible* motion picture.

**A:** Although I'm not a huge Tom Cruise



as he played the role of Superman in some reshoots for *Justice League*. This was unwittingly a spoiler for me because I knew Cavill's role in *Fallout* had to be significant for him to refuse to shave for reshoots of another movie, and therefore I was not at all surprised by, and fully expected, some plot twists that should have been shockers. Oh, well. I was still entertained.

fan, I do like the Ethan Hunt character and I think Cruise does a great performance. Those qualities are what set him apart from James Bond, who kills first, makes love, and then asks questions. In that order (laughs internally). Kind of get tired of Bond just being a Hulk to his environment (including the people) to obtain his target. Ethan is more concerned with people. He diverts major plans in order to spare innocent police and civilians. He's a good "good guy."

**E:** So, there you have it. That's our movie review for *Mission: Impossible – Fallout*, should you choose to accept it. This review will self-destruct in five seconds.



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# SEPTEMBER

## events

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

- 4 Nona Social Ribbon Cutting & First Tuesdays | Business After Hours with LNRCC (5:30-7:30 p.m.)
- 7 EOCC Friday Escape at Drive Shack (2-5 p.m.)
- 8 2nd Annual Law Enforcement Heroes Gala (6-9 p.m.)
- 8 Hope & Help Annual Gala (6-11 p.m.)
- 10 407 Cafe School Spirit Night for Innovation Middle School (8:30 a.m.-9:00 p.m.)
- 13 LNRCC Breakfast Connections (8-9:30 a.m.)
- 15 Laureate Blvd. Community Garden Workshop (9-10 a.m.)
- 15 Toy Train Show at LNMS (10 a.m.-3 p.m.)
- 15 Orlando Water Lantern Festival presented by One World (5-10 p.m.)
- 16-19 Orlando Balloon Glow Event
- 18 Orlando Health ER and Medical Pavilion at Randal Park Community Open House (5-7 p.m.)
- 19 Bolay Ribbon Cutting (5:45-7:00 p.m.)
- 22 H.O.T.M.O.M.S. Conference (10 a.m.-3 p.m.)
- 27 EOCC Coffee Club Nona (8:30-9:30 a.m.)
- 28 LNRCC Business Luncheon (11:30 a.m.-1 p.m.)
- 29 Run Nona 5K (4:30-9:30 p.m.)

### SAVE THE DATE:

- Oct. 13 Taste of Nona (6-9 p.m.)
- Oct. 14 9th Annual Ride-For-RMHCCF in Lake Nona
- Oct. 20 RMHCCF Bubbles & Blackjack
- Oct. 22 Opioids & Florida, The Collaboration Imperative
- Nov. 3 Relay for Life Lake Nona
- Nov. 8 Make-A-Wish Foundation Casino Night & Poker Tournament (6:30-10:30 p.m.)
- Nov. 24 Small Business Saturday (10 a.m.-7 p.m.)
- Dec. 7-9 Santa's Workshop Weekend

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

**LIVE + LOCAL**  
Thursdays 6:00-8:00 p.m.  
Crescent Park in Laureate Park  
[facebook.com/pg/learnlakenona/events/](https://facebook.com/pg/learnlakenona/events/)

**ART AFTER DARK**  
will be closed until the fall. If you have any questions, please feel free to email [artafterdarklakenona@yahoo.com](mailto:artafterdarklakenona@yahoo.com) or call 321-202-5855.  
[www.facebook.com/artafterdarklakenona/](https://www.facebook.com/artafterdarklakenona/)

**YOGA NONA**  
Sponsored by Lake Nona Life Project  
Saturdays 9-10 a.m.  
Crescent Park in Laureate Park  
8374 Upper Perse Circle  
[facebook.com/learnlakenona/](https://facebook.com/learnlakenona/)

**THE SATURDAY MARKET**  
at VALENCIA COMMUNITY COLLEGE LAKE NONA  
Saturdays 9 a.m.  
Valencia College Lake Nona Campus  
12350 Narcoossee Rd.  
[facebook.com/LakeNonaFarmersFreshMarket/](https://facebook.com/LakeNonaFarmersFreshMarket/)

Please check our online calendar for event details like locations, any costs or registration requirements, etc. You can also submit your organization's events online. [www.nonahoodnews.com/events](http://www.nonahoodnews.com/events)

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