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LIVING DREAMS THROUGH USEFUL ART

ON PAGE 14



IN THIS ISSUE

- LOCAL LEADERS, 4
- BUSINESS & REAL ESTATE, 5
- FEATURES, 14
- HEALTH & WELLNESS, 23
- EDUCATION, 28
- EVENTS & ACTIVITIES, E2
- FOOD & DRINKS E3
- LAKE NONA LIVING E5
- LIFESTYLE E9
- SPORTS & FITNESS E14
- ARTS & CULTURE E18
- NONAHOOD CALENDAR, E23

FINDING NOW: FROM THE
RECOVERING PERFECTIONIST E9



NEW COLUMN!! RISING ABOVE:
RID YOURSELF OF THE THREE
POISONS 21



NEW COLUMN!! SUNNY SIDE UP
E21



THE UNINVITED METASTATIC BREAST
CANCER BEAST 22



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EDITOR'S NOTE

Change Is in The Air

BY ELAINE VAIL



Despite the lack of colorful leaves falling all around the way I'm used to seeing this time of year in the Midwest, even in the heat of Florida, change is in the air. Traffic patterns have changed now that school is back in session. We're all adjusting to getting back into our fall routines and beginning to plan for the holidays. We're entering the last quarter of the year, which invites reflection and change for the upcoming year. And in our household, we just sent our oldest daughter off to college across the country – I have never experienced change on this level, even compared with moving here from Indiana three years ago. It's exciting, but terrifying; hopeful, but painful; so much pride in my heart, yet so much heartbreak; exhilarating and exhausting all at once. I'm reminded of the quote attributed to Walt Disney, "If nothing ever changed there would be no butterflies." I have this quote on

my refrigerator to remind me that the struggles and fears associated with change can also result in the most beautiful growth.

I know so many of you, if not all of you, are experiencing similar changes – at work, at home, in your social groups, all over the place. It can be a lot to take in. And I hope that the content we've provided for you this month will help you to feel validated and know you're not alone, in addition to giving you some tools for not only coping but enduring well all the changes coming at you. If you're a recovering perfectionist like I am, be sure to check out our piece by Odette Vaccaro called, "Finding Now: From the Recovering Perfectionist." If you need some reminders about how to take care of yourself and are looking for ways to increase peace and happiness in your life, be sure to read Samia Solh's "Rising Above: Rid Yourself of the Three Poisons," Sharon Fuentes' "Mama's Turn: Everyone Needs A Mental Health Day," and Vanessa Poulson's "Tough Things to Talk About: Learning to Say No."

We have several great columns to help you get the most out of your time at work and foster healthy office cultures: Business Culture, Creator Mindset, Get In-Powered, Get Traction, and Work Well. Each one of these pieces will help you handle the day-to-day changes you face in the workplace. Need some inspiration? Check out this month's featured artist, learn about how to be "Made for Mondays," read about young kids in our community who have gained recognition from the Library of Congress



Sisters saying goodbye at the airport

or have earned national titles, learn about a local resident who was just inducted into the USPTA Hall of Fame in New York, or escape through reading our travel column or short story series. Need to make connections? Get involved with Nona Cycle, check out community events in our monthly calendar, or read "The Importance of Meaningful Connections" by Norm Dubois.

October is also National Breast Cancer Awareness Month, which is an annual health campaign

with the purpose of increasing awareness for prevention, diagnosis and treatment while also raising funding for research and cures. While we always offer plenty of medical information and awareness in our Health & Wellness section, this month we also have a featured article entitled, "The Uninvited Metastatic Breast Cancer Beast" written by Teri D'Amelio. Teri shares a very intimate perspective of her family's experience during the nearly five years of her sister's diagnosis and journey. It's a touching and personal story that makes you wish you'd been a close friend of Kristin's before she passed in April. Teri pushed through the pain of sharing this story so that she could bring awareness about the lack of funding and research devoted to Stage IV Metastatic Breast Cancer. Grab a box of tissue, curl up in your favorite chair, and be inspired to live your best life.

These are your stories, Lake Nona. We're in this together. So, bring on the change and all the pain and glory that come with it.



Last family photo before college

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Teamwork, Education, Environment Help Curb Smoking

BY DR. DEBORAH C. GERMAN, M.D.



Dr. Deborah German

Almost 50 percent fewer students are smoking since UCF declared itself a smoke-free campus in 2012. And that improvement shows the power of teamwork, education and the environment in improving health.

Six years ago, when our university decided to go smoke-free to improve health, UCF Student Health Services (SHS) took the lead and launched a marketing campaign that focused on educating student smokers rather than punishing them for violating school policy. Those efforts continue today.

Student Health Services provides information about the health risks of smoking

and offers smoking cessation programs. Students can get prescribed smoking cessation therapies at reduced prices at the service's pharmacy. SHS hosts a website, smokefree.sdes.ucf.edu/, with information to support students who want to quit. It has also trained students, faculty and staff on how to approach a smoker on campus to ask them to stop – and to provide information on quitting.

"Cigarette smoking is the leading cause of preventable disease and death in this country," said Dr. Michael Deichen, executive director of UCF Student Health Services. "It is responsible for one in five deaths. Through prevention and education, we're trying to help young people see that if they start smoking before the age of 25, they begin their adult lives addicted. And that addiction impacts them for years – and some for a lifetime."

Dr. Deichen said a smoke-free campus environment is vital to keeping students smoke-free because occasional smokers who are regularly exposed to smoking often become daily users of tobacco. "Environment has a huge impact on what we do," he said. "When we began our smoking cessation classes, we found people coming to us who desperately wanted to quit. They knew smoking was a health risk. Many had tried to quit before but were unsuccessful. But, by engaging in our support and being in an environment that was smoke-free, they were able to quit. I see many of these people now,

and they are incredibly grateful."

In 2012, 2.9 percent of UCF students reported that they were daily smokers, according to the National College Health Assessment research tool SHS uses to collect data. By 2017, that number had dropped to 1.5 percent. Six years ago, 10.6 percent of UCF students reported they had smoked at least once in the last 30 days. In the latest survey, the number dropped to 5.2 percent. The national rate is 13 percent



for 18- to 24-year-olds.

The use of vapes (electronic cigarettes) has not had an impact on tobacco use, as e-cigarette use has remained at about 2 percent in the last six years, according to the survey. Vaping is also prohibited campus-wide.

Student Health Services has more than 68,000 patient visits per year, and providers talk to each student about their smoking habits and other potentially addictive behaviors. They use a process called "motivational inquiry," asking students how much they spend on cigarettes and whether students believe their smoking is positively or negatively impacting their health and why. The goal, Dr. Deichen said, is to help student smokers reach their own conclusions – that smoking is a costly, dangerous habit – and then provide services to help them quit.

"It's wonderful to see the progress we're making," he said.

Indeed.

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.



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A New CEO Is Chosen to Lead Goodwill Industries of Central Florida

BY VANESSA POULSON

Goodwill Industries of Central Florida has hired a new president and CEO – Nima Hodaei, 45, a former executive for Goodwill of Delaware who has a long history in retail leadership. He was selected after an extensive search process that determined he was the best fit who possessed all of the key characteristics for a leader of the organization. Hodaei replaced Bill Oakley, who retired after a 44-year career with Goodwill and eight years as CEO of Goodwill Industries of Central Florida.

Hodaei earned a bachelor's degree in communication and journalism from the University of Michigan and most recently served as vice president of donated goods retail for Goodwill of Delaware and Delaware County. Prior to that, he was an executive for the discount chains National Stores, Inc., and Forman Mills, as well as Burlington Stores and Macy's.

"What I love most about Goodwill is the chance to impact the community in a tangible way and to know that our team is



Nima Hodaei

changing lives," Hodaei said to the *Orlando Sentinel*. "I take this challenge personally and head-on."

Hodaei expressed that his top priority is expanding Goodwill's employment programs across Orange, Osceola, Seminole, Lake, Brevard and Volusia counties. Hodaei is spending his time initially meet-

ing with board members and key individuals in the community to orient himself to the local Central Florida communities that Goodwill serves.

"Nima brings a unique perspective with his extensive background from corporate America but with a foundation in service and communication," said Michael

Hsu, chairman of the Board of Directors at Goodwill Industries of Central Florida. "We are looking to both address our breadth and depth of our current services to ensure we continue to grow value for the communities we serve."



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Get In-Powered! Change This Question and Change Your Life

BY EDWARD A. RODRIGUEZ



If you have been reading or attending seminars about personal development for a while, you have probably heard the following question: **If you had only six months to live, what would you do differently?**

The purpose of this question is to help you reflect on your true

priorities when faced with the ominous perspective of only six months to live. It is common to hear people respond that they would make peace with a family member, spend more time with their children, take an unforgettable vacation, develop a better relationship with God, or take better care of their health to see if they can squeeze a few more days out of life.

While it is true this question encourages introspection and helps some people re-evaluate their priorities, the sad thing is that after they finish reading the book or leaving the seminar where they heard it, they return to their old self because, un-

less they really have been diagnosed with a terminal illness, they do not live with the pressure of only having 60 days remaining to live.

Let's flip this question around, shall we? What if instead of you only having 60 days, you actually were to live another 20, 30, 40 or 50 more years ... in **Danger Mode**? For example, living with the stress of knowing that what you earn is not enough to pay the rent and you are almost being evicted, or your business is failing ... feeling like the world is crumbling around you.

You might say, "But, Edward, I am not in such a bad shape!" Then, what about in living in **Survival Mode** where what you earn is just enough to pay the rent and to eat, but not enough to enjoy the things you like most. "Edward, that does not apply to me, either," you say.

Ok, then what about living in what I call **Comfortably Stuck**? You make enough money to pay your mortgage, to provide a good education to your children, and you have great vacations, but you got too comfortable. You know you can be more, do more, and accomplish more ... but you got stuck. You know very well that your current lifestyle can not be sustained for long unless you keep growing, learning and thriving.

There was a time in my life when I was living a vicious cycle. I was going from Danger Mode to Survival Mode every month, trying to accomplish the last week what I did not manage to do the first three weeks of the month! Eventually, I became Comfortably Stuck, as if I were a thermostat with a "low standard set temperature" that, when reached, came down again. Something inside of me wanted to flow more, to achieve more, and to contribute more, but I ended up with self-sabotage. Do you know someone like that?

Many years ago, I was diagnosed with

Guillain Barré, not necessarily a terminal illness, but a syndrome that could have paralyzed me for a few years. I was lucky. A set of circumstances helped me leave the hospital in less than two months, albeit having to receive therapy for a while because I had lost about 75% of the strength in my arms and fists and I couldn't walk well.

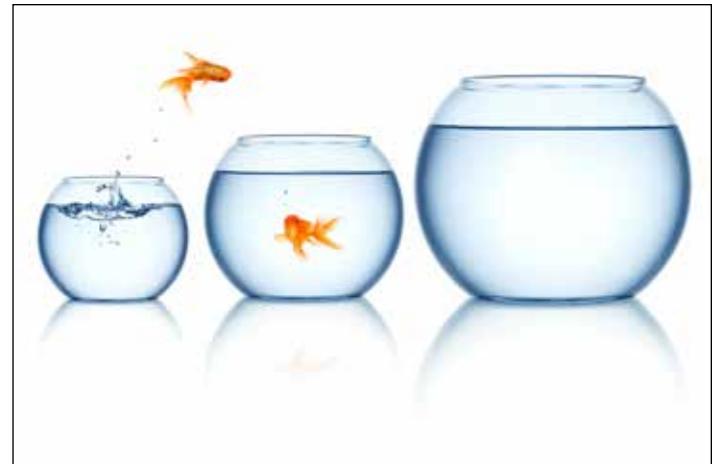
During those days, I admit that I never had to answer the "What if I had only six months to live?" question, but after a full recovery, I did ask myself, "What if I continue in 'Comfy Mode' for another 20, 30, 40 or 50 years?" That's when things started to take a new direction in my life.

Where do you find yourself right now? Are you in Danger Mode, Survival Mode, Comfortably Stuck, or Progressing? If you are anything but in your path to progressing, believe me, you don't have to wait for a wake-up call, like unfortunately I did, to start creating the best version of yourself. After all, not only might you never receive that call, but what if you live another 50 years not being who you know you could become?

As Michelangelo said, "Most people fail, not because their aim is high and miss it, but because it's too low and reach it."

Live today as the last day of your life, but project your decisions and actions as if you were to live for an eternity ... the world awaits you.

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, HNL, and neuro-strategy certified trainer. He has many certifications as a life and executive coach, serving clients in different countries. Edward has developed internationally known transformational programs and has co-authored books like La Biblia de la Motivación (The Bible About Motivation) and Empowered, which was co-written with other authors such as Wayne W. Dyer, John Assaraf (from the movie The Secret), Brian Tracy, etc. For more information, call 1-888-2-IN-POWER or write to info@EdwardRodriguez.com.

Get Traction: Time and Attention Leadership + Management = Accountability

BY CHRIS WHITE, CERTIFIED EOS IMPLEMENTER AND AUTHOR



There are thousands of books written on how to be an effective leader or manager and just as many "Top 10" lists of activities to do every day. The problem is, these books tend to be complex, and the lists don't give context.

In *How to Be a Great Boss*, Renè Boer and

Gino Wickman have written a book that separates leaders and managers and describes the four elements of each.



Here's the breakdown:

Leadership

Great leaders set aside time to meet with their team to work "on" the business and set the direction for the next 5-10 years.

They create openings so that employees can see opportunity for growth and advancement. And they slow down enough to actually "think" about where the business is and where it should be going.

Management

Great managers work "in" the business, setting "expectations" with their direct reports and communicating frequently and with consistency. This is the "doing" of the day-to-day activities to deliver the company's product or services.

Want to find out if you're a great leader or manager?

Leaders

- I am giving clear direction Y/N
 - Sharing company vision
 - Creating openings
- I am providing the necessary tools Y/N
 - Resources
 - Technology

- Training
 - People
 - Time & Attention
- I am letting go of the vine Y/N
 - Delegating to others
 - Not getting in the way
 - I act with the greater good in mind Y/N
 - My actions
 - My decisions
 - I walk the talk
 - Put company needs first
 - I am taking clarity breaks Y/N
 - Spending time "on" the business
 - Creating clarity
 - Daily, weekly, monthly

Management

When managing my direct reports:

- I keep expectations clear Y/N
 - Mine and theirs
 - Roles and responsibilities
 - Share and reinforce company core values
 - KPI's (Key Performance Indicators)
- I am communicating well Y/N
 - 2-way conversations
- I have the right meeting pulse Y/N
 - Even exchange of dialogue
 - Weekly
 - Reposting measurables
- I am doing quarterly one-on-ones Y/N
 - Reviewing core value adherence
 - Hitting KPI's

- Completing Priorities (Rocks)
 - GWC their position (Get it, Want it, Capacity to do it)
- I am rewarding and recognizing Y/N
 - Giving positive/negative feedback within 24 hours
 - Criticize in private, praise in public

Review and work to master these four elements of leadership and management, and you'll see immediate results in your efforts. Like Boer and Wickman remind us, "Often, the only difference between a group of indifferent employees and a fully-engaged team comes down to one simple thing – a **great boss.**"

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.

Leadership	Management
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Create Openings	Communication
Thinking	Doing



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Work Well: Mindful Moments To Promote Wellness at Work

Mindful Movement

BY NATALIA FOOTE

Movement Vs. Sitting

In one corner, we have our physical bodies. We've been moving as nomads and hunter/gatherers for thousands of years. We then had an agricultural revolution where we were moving as we tended our farm. Working was more labor-intensive and required more physical movement.

In the other corner, we have the luxury of sitting. Within the last century, motorized transportation became widely used. In addition, technology has created sedentary jobs, and a vast part of our day is spent sitting while commuting to work, at work, and then resting at home.

Round 1

According to the U.S. Census Bureau, Americans spend roughly 100 hours per year driving to work. How long do you drive to work? Perhaps you work from home? If you drive more than 20 minutes to work, less than the average American one-way commute, or if you work from home, movement wins. If your commute is greater than 20 minutes, sitting wins.

Round 2

Bonnie Berkowitz and Patterson Clark of the *Washington Post* state that the average sit time at work for most Americans is 8 hours. What do you do? Perhaps you work in retail, construction, or as a Disney

performer. If you sit less than 6 hours at work, congratulations, movement wins! However, if you work in an office, driving, or flying folks around, chances are you are sitting more than 6 hours at work; if that is the case, sitting wins.

Round 3

After a long day, we simply want to relax. You've earned it! How do you relax and unwind? According to the Bureau of Labor Statistics, Americans average 5.3 hours of leisure time per day (4.8 hours on weekdays and 6.5 hours on weekends and holidays), and more than half of that is spent in front of the television. Most leisure time involves sitting. Active rest, like sports and exercise, averaged 37 minutes per weekday, compared to the whopping 156 weekday minutes spent watching TV. If you exercise for more than 30 minutes, whether morning or evening, movement wins. If you love TV or reading in a cozy spot, sitting wins.

Studies have shown that excessive sitting is associated with various health concerns. *In Sitting Vs. Standing: Why Movement Boosts Our Health*, Dr. T. Jared Bunch, MD says, "In an interesting new study from Australia, researchers recognized that excessive sitting time is associated with worse health. They asked if replacing sitting with standing was sufficient. When people replaced two hours of sitting a day with standing, they had changes in these important heart disease risk factors:

- Two percent lower blood glucose (blood sugar)
- Eleven percent reduction in triglycerides
- Six percent lower total cholesterol
- Higher levels of HDL cholesterol (good cholesterol), by 0.06 millimoles per liter (mmol/L)

"This suggests that just by increasing how much you stand during the day, you can greatly impact risk factors for heart disease."

What can we do to help move a little more? Below you'll find a list of 10 possible habits and routines that you can create to alleviate some of your sit time and still allow yourself to enjoy your much-earned TV time.



1. Think about your commute. Can you ride a bike or walk to work? If not, try parking in the farthest, shadiest spot around. You can give your legs a nice walk and keep your car cool while doing so.
2. Do you work upstairs in an office building? Try taking the stairs instead of the elevator or escalator.
3. When at work, try standing or going for a 5-minute walk each hour. Try walking to a farther bathroom or water cooler.
4. Stretch your chest while reading emails. Clasp your hands behind your back and puff your chest forward and allow your shoulders to melt. Read your emails and release the sitting slouch.
5. While on a call, pace or walk. Another option is to stand and alternate lifting each knee.
6. Consider walking or standing meetings. It is likely your coworkers are also sedentary. Perhaps propose a meeting while walking.
7. Move your trash and recycling cans far

away so you'll have to get up to toss something.

8. Meet a coworker in the building face to face instead of emailing or calling.
9. Get a height-adjustable desk so you can stand as much as possible.
10. Be creative! Think of ways you can promote mindful movement in your life and let movement become the champ!

Natalia Foote is the owner of threeR, a company bringing mindfulness, meditation and yoga practices to the workplace. Her mission in life is spreading love and light in the world. When not spending time with her family, you can find Natalia taking and teaching yoga all around Lake Nona.



"Daytona Beach is one of America's Top 3 Hottest Real Estate Markets" *Forbes.com*



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The Numbers Are In: 2018 State of Orange County Real Estate

ARTICLE BY BRITTANY BHULAI
AND SOPHIA ROGERS
PHOTOS BY BRITTANY BHULAI

Property Appraiser Rick Singh hosted the third annual State of Orange County Real Estate event at the Wyndham Orlando International Resort on Aug. 23. The public was informed on the current standing of the county.

According to the annual report, Orange County is home to 1.35 million people; 63,399 of these are veterans, and 157,950 of the population are seniors. The median age for residents is 34 years old.

The numbers don't just stop there. In comparison to last year, the market value of Orange County has jumped by 9.8 percent. This year, the county reached its highest historical value at \$188.8 billion. As for the commercial market value, the report states, "With seven major theme parks and more resorts and hotels than any other U.S. city, we appraise the most diverse



and complex range of property, including some \$88.1 billion in commercial property value – that's greater than the total tax roll of 58 of the state's 67 counties."

As for new construction, there is currently \$4.3 billion invested. This is a 38.7 percent increase from 2017. Residential market value is in the billions as well. It is currently sitting at \$85.8 billion with 6,035 new residential homes having been built since last year.

In terms of income, the median household income in Orange County is \$50,720. Singh also recognized those who are working minimum wage in the working class. He said, "I try to give them the advice [to] keep striving, keep doing what you're doing, understand the hardships. It's really important for them to tell their story and educate people to let people know."

Singh said Lake Nona remains top of the list for Orange County in terms of growth. He added that Orange County is not slowing down anytime soon, and we must prepare for the growth that is headed our way.

The next state of Orange County Real Estate will be held next

year and is scheduled to happen around the same time in August.

Nonahood News' Sophia Rogers provided statistics based on the zip codes 32832 and 32827. The source for these numbers is from the Multiple Listing Service (MLS).

32827 – Year to date:

- Three hundred and sixty-three residential units have been sold. This includes single-family, townhomes, condos and villas.
- Adding \$169,295,000 in sales volume.
- Average sales price of \$466,000.

32832 – Year to date:

- Five hundred and eight residential units have been sold. This includes single-family, townhomes, condos and villas.
- Adding \$175,000,000 in sales volume.
- Average sales price of \$345,000.

For more information about Rick Singh's State of Orange County Real Estate, visit www.ocpafl.org. The information here was provided in Singh's presentation. Go to the website and click on the "Annual Report" tab in the middle of the page for more statistics and updates.



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Nona Growth: Orlando Health Expands to the Lake Nona Area

BY SOPHIA ROGERS



ORLANDO HEALTH Emergency Room and Medical Pavilion

Orlando Health and city leaders pressing questions.

Taylor disclosed that the total investment in the lifespan of the project equals \$400 million. "It's important for the community to share with us their thoughts. We would like the community's input on how they like to see the site, traffic, access, parking, what specialists, and what the needs are. We are looking to be a full-service center for the community. We feel the community will benefit from the services. We are

a not-for-profit system, so every dollar invested, we scrutinize and it has to have demand, need, and market analytics behind it. We feel very confident that the services we are going to offer are already needed."

Dubbed a "rock star" by his colleagues, Dr. Michael Cheatham, a surgeon at Orlando Regional Medical Center (ORMC), was also present. Dr. Cheatham led his team the night of the tragic Pulse shooting. "The community

will benefit from everything we have done for years at ORMC. We want to bring that caliber of care here to the Lake Nona area." He credited training and disaster drills conducted three times a year for preparing the emergency room that night. Three months prior to the Pulse tragedy, the drill was an active shooter on UCF campus.

Dennis Buhning, president of administration for Orlando Health Physician Associates, shared his input on adding a new medical facility near Lake Nona. Buhning said, "The Orlando population is growing almost 18% a year. Think about baby boomers, retirees, and young people. We need the infrastructure to support all of these people."

Linda Zinkovich, COO of Physician Associates, explained, "A lot of people don't know Winnie Palmer Hospital is part of our family. I would say a large percentage of babies here in the Lake Nona area were born at Winnie Palmer and are already a part of Orlando Health and don't even



To meet the needs of Central Florida's growing Lake Nona area and southeast communities, Orlando Health is building a freestanding emergency room and medical pavilion on a 15-acre campus located at the northeast corner of Dowden Road and Randal Park Boulevard. The first public meeting took place Sept. 18 at Sun Blaze Elementary and was attended by Orlando Health leaders and physicians, representatives from various community entities including municipal planning, city planning and traffic engineering, and emergency medical services to discuss their respective roles related to the project.

A recent application to the City of Orlando for a Master Plan Amendment outlines a health and wellness campus with the first phase to include a two-story, 44,000-square-foot freestanding emergency department and an adjacent three-story, 60,000-square-foot medical pavilion. The campus is scheduled to open in spring 2020.

Matt Taylor, vice president of asset strategy for Orlando Health, said of the timeline, "The planning and approvals process is underway with expected municipal planning approvals in October with city planning approvals to follow in November, which would allow us to go into permitting and break ground by February 2019."

This event gave residents an opportunity to learn more about the project. A variety of tables lined the room, allowing the community to directly engage and ask both



ORLANDO HEALTH Emergency Room and Medical Pavilion

ORLANDO HEALTH RANDAL PARK MEDICAL OFFICE BUILDING RENDERING PHASE 1

know it."

City of Orlando Fire Station 15 at Savannah Park will be the paramedics assigned to respond and transport to the new Orlando Health ER. District Chief Edward Torres feels the new ER will fill a need in our area.

Common concerns from local residents included changes to traffic patterns, possible congestion, and noise. The location of the medical facility lies across from apartments, next to an elementary school and on the same street as a community with one way in and out. Where will the entrance go? What about ambulance noise? "We need medical services out here to support the growing population. However, we want to minimize traffic congestion for the immediate community," said Commissioner Jim Gray.

Site access is a major concern, especially for Randal Park residents and parents of Sun Blaze Elementary students. In response to early community input, Orlando Health is pursuing full vehicular access in and out of the planned campus from Dowden Road. It is noted that initial feedback from City staff would preclude this full access to Dowden Road, thereby shifting half of exiting movements from the site to Randal Park Boulevard.

If you support Orlando Health's efforts to direct its primary traffic for in and out of Dowden Road, please contact the individuals below to express your views. A templated message was provided to let Commissioner Gray and City of Orlando Planners know if you do not support the Randal Park entrance: "I support Orlando Health's efforts to have a left turn in and out of its medical complex onto Dowden Road, as I believe this will reduce the congestion on Randal Park Boulevard. I would



ORLANDO HEALTH Emergency Room and Medical Pavilion

ORLANDO HEALTH RANDAL PARK MEDICAL OFFICE BUILDING RENDERING PHASE 1

ask the City of Orlando to approve full access onto Dowden Road."

Commissioner Jim Gray
City of Orlando Commissioner, District 1
Jim.Gray@cityoforlando.net
407-246-3423

Elisabeth Dang, AICP
Chief Planner, City Planning Division
elisabeth.Dang@cityoforlando.net
TeNeika Neasman
Planner II, City Planning Division
teneoka.neasman@cityoforlando.net

*This parcel was initially reported in the April edition of *Nonahood News* as a grocery-anchored retail center, adjacent to Mattamy Homes' new townhome subdivision, Randal Walk. Orlando Health closed on the purchase of 15.13 acres of vacant land on June 18 for roughly \$9.9 million.

Sophia Rogers is a Lake Nona area real estate professional and founder of Nonahomeguide.com. A wife and mom of four, family, relationships, and real estate are her passions.



Business Culture

Fitness and Organizational Culture, Part 4: Celebrate Victories

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 also beneficial to the health of your business or organization as well. This article is the final in a four-part series on just four of the principles I have learned and teach from iron distance racing related to building and maintaining a winning culture in organizations.

Principle #4: Celebrate Victories

For me, training for an iron distance triathlon requires 20-25 hours per week for five months leading up to race day. In part three of this series, I quoted a mentor of mine who says, "The race is the reward for all the long, painful hours of training required to perform at your highest level." This is absolutely true. However,

five months is a long time leading up to a race of this magnitude. Crossing the finish line is the ultimate reward, but it sure does keep you motivated when you celebrate smaller victories along the way. Reaching certain benchmarks in training are great opportunities to celebrate.

Small celebrations give you the motivation to keep go-

ing. For me, a victory may be finishing a very tough month where several obstacles made it difficult to keep up with my training schedule. I might have missed a couple of workouts, but I pushed through and felt good about where my fitness level was. I might celebrate that victory by giving myself a night out to eat whatever I want off of my strict eating plan. Those celebrations help to keep me motivated to stay on track and keep my eye on the goal (part one of this series).

Organizations with winning cultures regularly celebrating victories. They celebrate the big victories as well as the smaller victories. Here are just a few ways organizations I have interviewed celebrate victories:

Shout Out Board

This is a great way for employees to celebrate with their peers when they have accomplished something significant. A simple note of encouragement posted publicly recognizing that employee for what they have accomplished is a small celebration that has a lasting impact.

Lunches or Parties

Have lunches or parties to celebrate the victories from the past month. These monthly celebrations are a time to bring the team together and publicly recognize not only the accomplishments of the past month but the people who helped make those accomplishments happen. It's a time for people to be excited for each other.

Incentives

Everyone likes a bonus, gift card, or other monetary rewards of some kind to celebrate the completion of a task on time or a goal that has been reached or exceeded. Making incentives part of the culture can help keep people focused and working together so everyone wins.

No matter what the celebration of a victory looks like, the fact is that people feel valued, they are motivated, and morale is lifted when victories are celebrated regularly. In this growing dynamic community of Lake Nona where business and fitness regularly intersect, individuals will succeed and organizations will experience winning cultures when they regularly focus on the four principles in this series: (1) Keep Your Eye on the Goal; (2) When the Going Gets Tough, Keep Going; (3) When You Get off Track, Get Back in the Right Direction; and (4) Celebrate Victories.

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

Email: travis@ultimatesynergy.net
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WOW Air Adds New Seasonal Destination With Orlando International Airport

BY VANESSA POULSON
PHOTOS COURTESY OF WOW AIR



WOW air, an Icelandic low-cost carrier operating services between Iceland, Europe and North America, is set to expand to Orlando International Airport (MCO) with seasonal flights from MCO to Keflavik International Airport (KEF). The inaugural flight will take off before the end of the year on Dec. 18. Flights will be offered seasonally from December through the end of April, three days a week.

“We are thrilled to launch our service to and from Orlando this December, giving Floridians the chance to experience magical winters and beautiful springs in Europe for an affordable price,” said Skúli Mogensen, CEO and founder of WOW air. “Passengers will also have the opportunity to take advantage of the WOW stopover

and make the most of their layover time by staying in Iceland for as long as they wish. It gives travelers the flexibility to break up a long-haul journey while taking in everything Iceland has to offer on their way to Europe, all on the same trip.”

In celebration of the launch of the new route, WOW air is offering \$99 one-way fares from MCO to Iceland (KEF) and \$149 one-way fares from MCO to London (LGW), Frankfurt (FRA), Edinburgh (EDI), Dublin (DUB), Paris (CDG), Copenhagen (CPH), Stockholm (ARN), Brussels (BRU), Berlin (SFX) and Amsterdam (AMS). For travelers looking to travel beyond Europe, there is an option to purchase \$399 one-way flights to New Delhi (DEL) from Orlando. The special fares will be available for travel between January and March 2019 when booking a round-trip ticket.

Wow air was established in November 2011 by Mogensen, an Icelandic entrepreneur. The airline features iconic purple Airbus A320, Airbus A321, and Airbus A330 models and boasts one of the world’s youngest fleets with an average aircraft age of just two years. WOW air was ranked as the seventh best low-cost airline in Europe at the 2013, 2014 and 2015 Skytrax World Airline Awards and was the youngest airline in the top 10.

“Milan, Berlin, Edinburgh and New Delhi, these are just some of the exciting new destinations that are just one stop away from Orlando with the arrival of Wow airlines,” said Phil Brown, the chief executive officer of the Greater Orlando Aviation Authority. “Wow’s ability as an international low-cost carrier helps open doors for more business and leisure travel between Orlando and the world.”

Bookings are now available at
www.wowair.us.



Skuli Mogensen



Blake Shelton Opening \$15 Million ‘Ole Red’ In Orlando!

BY VANESSA POULSON

Southern foodies and country music fans gather round ... Country music superstar, Blake Shelton, is set to open a brand new, \$15 million restaurant called Ole Red, right here in Orlando! This will be the restaurant’s fourth location after being founded in Nashville, Tenn.



Ole Red is inspired by country music superstar and Opry member Blake Shelton’s satirical hit “Ol’ Red” and will bring the best of southern food, hospitality and live country music to one of the nation’s most attractive and popular tourism markets.

Blake Shelton said, “We’ve brought Ole Red to some of my favorite places, and I’m excited to have another spot for country music fans to have fun with their friends and family. I think it’s impossible to visit Orlando and not have a good time, and that’s why I know Ole Red is going to fit right in.”

The restaurant will be located at the ICON Orlando 360 development. The \$15 million Ole Red Orlando project is expected to be approximately 15,000 square feet over two levels and will seat approximately 500 guests. Ole’ Red Orlando is set to feature country classics like live music with state-of-the-art acoustics and lighting for a concert-quality music experience as well as indoor and outdoor private event areas and a striking view of the complex’s 400 ft observation wheel, ICON Orlando. Each Ole Red location features southern food classics, but each individual located has trademark menu items and specialty cocktails, making each location a different, yet exciting experience for guests.

Colin Reed, chairman and chief executive officer of Ryman Hospitality Properties said, “We are delighted to expand the Ole Red dining and live country music experi-

ence to the top tourism destination in the country. The development site we have identified is in a prime entertainment zone that will put the Ole Red brand in front of the more than 70 million people who visit Orlando each year.”

Construction for the restaurant is set to begin in 2019 and open in 2020. For more information, stay tuned at olered.com.



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Business Spotlight: DMI Insurance Orlando



Don Martin Insurance Orlando (DMI) has opened for business in the Lake Nona Area. Mr. Michael Michaelis and Mr. Marty Johnson are

the principals of the business and are life-long friends after meeting in high school as they attended Riverside Military Academy in Gainesville Ga. They both share common goals in regards to family, community and business. **Their mission is "to provide every resident the opportunity to have a local customer-focused insurance agent rooted in a community service driven agency."** They are located in the Lake Nona Town Center, 6900 Tavistock Lakes Blvd., Suite 400. DMI Insurance has been operating as an independent insurance agency in Florida since 1984, with Orlando being their third independent insurance office.

DMI Insurance Orlando is a "full-service" agency for your every personal and commercial insurance need. They are a mem-

ber of the Florida Association of Insurance Agents, the National Association of Insurance and Financial Advisors, The Better Business Bureau, the National Federation of Independent Business and a Trusted Choice Agency.

Michaelis and Johnson both carry deep Florida roots with Michaelis being a UF alumnus and Johnson being a UCF alumnus. Michaelis mastered his knowledge of insurance and investments while employed by Northwestern Mutual Life from 1995 to 1997 and received the Bronze Award for agent production in 1997. He broadened his skills as the president of Drummond Financial Services Inc. from 1997 to 2000, where he oversaw the bank-owned financial services firm for all bank locations. Michaelis purchased Don Martin Insurance, Inc. in 2000. Johnson has been a registered nurse since 2000, where he better understood his life goal of helping and serving others and has been practicing and mastering his insurance skills for the past four years. He was a previous owner of his own insurance agency before he and Michaelis joined forces together. Prior to nursing, Johnson spent multiple years building custom homes and pools, which accelerates his construction understanding in regards to insurance needs.

DMI is a team dedicated to professional growth and business networking, highly involved in the local community. Michaelis is the current president and a board member of the Fanning Springs Chamber of Commerce. He is also a past president of the Chiefland Rotary Club, is the current Sergeant at Arms, and has earned the Paul Harris Fellow designation in Rotary. Michaelis is the past district chair for

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the Junior Achievement of Levy County, where he received the J.A. Bronze Leadership award in 2000 and the J.A. Silver Leadership Award in 2003. Michaelis is one of the charter members and current president of the Tri-County Ducks Unlimited and a current Gilchrist County Education Foundation board member. He is also a lifetime member of The University of Florida Alumni Association.

Johnson is actively involved with the East Orlando Chamber of Commerce and the Lake Nona Regional Chamber of Commerce, along with the Lake Nona Rotary and the Lake Nona Kiwanis, where he is a Kiwanis ambassador for Lake Nona Middle School. Marty is also involved with Gateway Orlando and the Indian American Business Association, both in the local communities. He is also the founder of Dream Team Care Program, a 501(c)(3) that puts on the Johnson Family Holiday Light Extravaganza that raises money annually for Nemours Children's Hospital.

At DMI Insurance Orlando, the focus is to provide unprecedented customer service throughout the entire sales and service process. DMI strives to become Lake Nona's "go-to" premier, customer-focused,

and community-driven independent insurance agency. As independent agents, Johnson and Michaelis have direct contracts with dozens of insurance companies, so leave the insurance shopping to them. They understand that they need to build a relationship with their customers and form a trust that is acquired over time. Through this process, DMI will grow through their commitment to others and referrals received. They feel that the "old school" mentality of taking care of each customer, one at a time, still works. At DMI Insurance Orlando, every customer has a name and is not just a number. They are your "one-stop-shop" for all of your personal and commercial insurance needs!!!

Learn more about DMI Insurance Orlando by visiting their website: www.dmiinsuranceorlando.com. Their office number is 407.573.6100 and their fax number is 407.573.6110.



Creator Mindset: Why Loyalty Doesn't Matter

BY NIR BASHAN



Nir Bashan

Occasionally when out consulting, I run into a business that was built on loyalty. Now, when first considered, that sounds pretty good, right? I mean, who doesn't like loyalty? It's great. It's something

we desire. It is something we seek out. Like a loyal dog who follows our every move, it is something that we easily recognize as being a good thing. Right?

But it's not. What is a fine attribute in pets is hardly what makes a good leader. And worse, we often misinterpret loyalty for trust. They are not one and the same.

Loyalty is a blind attachment. It's a following mentality that simply follows no matter what. There is no better way to follow a sinking ship down than to stay loyal to it. While reason is telling you to jump or launch the dingy, loyalty forces you to blindly accept fate. It creates an environment where the ultimate "yes men" live. It lacks in reason what it produces in emotion. It is a false prophet that we wrongly seek in the quest to become better leaders. And it is destructive because reason, questioning and innovation are not cultivated where loyalty is valued.

At the end of the day, loyalty is an emotional construct. It is something designed

to make us feel good. It appeals to our human nature to be liked, to be esteemed, to be connected. Yet, it does little for effective leadership. Any true study of the Creator Mindset relies on understanding how to cultivate creativity. And there is no cultivation of creativity where there is no level of questioning, prodding, verifying, and looking at things differently.

On the other hand, trust is the real deal. Trust encourages a relationship where the trust is there unless it is broken. It is a consistent and constant verification method where no one gets a free pass. Like in our Constitution, trust is kept in perpetual limbo by a state of checks and balances. From government to marriage, trust is one of the key foundations of the human condition. But, if it is violated, there are repercussions. If a spouse cheats, trust is

broken. Similarly, if a college doesn't deliver what was promised, trust is broken.

You see, in that way, trust is continually conditional. It does not rely on blind faith like loyalty to drive it. Ronald Reagan was famous for saying, "Trust, but verify." He understood that the conditions which create trust can be rescinded at any time, and that resting on your laurels behind loyalty will not lead to true leadership. Because without trust, there is no effective leadership.

It is tempting to be blinded by loyalty. But, instead, trust is something that we need to cultivate as leaders. It is a true and noble goal that will unite any effort you seek to accomplish. From building a business to ensuring lasting friendships - it is one of the key ingredients in life. And with-

out trust, we are simply ships afloat at sea, endlessly adrift without a north star of direction.

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



The Artist: Living Dreams Through Useful Art

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF DAN AND
JANIS POLLOCK

Meet Dan and Janis Pollock of Pollock Works. *Nonahood News* discovered these Clermont, Florida based artists during an Art After Dark event and immediately was fascinated by their handcrafted work. The couple focuses all of their attention on creating and combining art and woodworking as their passion, which is also their job. Although they did not go to school for art or craftsmanship, they credit their “great mentors with amazing knowledge and skills.”



When he was younger, Dan dabbled in woodworking. He had a career in sales and general management in communications, technology, and engineering companies, leaving little to no time for his hobby of woodworking. Once Dan retired, he had run into an old friend who was creating woodwork. His friend, acting as a tutor, had rekindled Dan’s love for woodworking, especially woodturning with a lathe.

Janis is dubbed the creative one. She had owned a wholesale textile business where she worked alongside top designers and owned an interior design business as well. Also a painter who loved to work with

acrylics and paint flowers and landscapes, her “keen eye for detail was the catalyst to bring Dan’s woodturning projects to life with beautiful finishing techniques.”

The couple combined their skills of design experience (Janis) to select useful and also unique hardware to adorn the handcrafted wooden pieces created by Dan. Pollock Works uses many exotic woods from all over the world.

Here is their story.

NHN: What drove you to become an artist? When did you realize wood



crafting was your passion?

Pollock Works: Being an artist runs in the family as Janis’ mother was an accomplished oil painter who loved to capture the rural prairie landscape and its big skies. Our oldest daughter is an accomplished pianist and has her degree in business. Our youngest daughter has a fine arts degree from the University of Florida and expresses her creativity in many forms from theatre acting and singing to drawing and sculpture.

So, being an artist has been very much a part of our lives over the years, so it was not a big leap for us to combine our creativity and skills in the development of our



woodworking craft.

NHN: How long have you been a craftsman/artist?

PW: I guess we have both been craftsmen/artists all our lives, but it is only after we retired that we have [had] the time to find a medium where we both could use our skills to create products that are both beautiful and useful.

NHN: How often do you find yourself creating art/products?

PW: During the fall and winter, we work three art shows/markets a week, and the rest of the time we are in the shop creating product[s].

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

PW: Our most popular products are our pepper and salt mills, pizza cutters and ice cream scoops. We love to create a little piece of art for someone’s kitchen counter or dining room that is not only beautiful but useful as well. We like to call it “useful art.”

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

PW: By far, our most time-consuming products are our custom coffee grinders. This is our own unique design, and we take great pride in creating this item. The challenge with the design is the need for precision milling, woodturning challenges, and finishing of the large format pieces. Although time-consuming, the result is a unique piece of “useful art.”

NHN: What are some of your dream projects?

PW: We are always looking for new ideas that we can incorporate into our “useful art” product series. Many times, it is the luck of finding that unique and interesting block of wood that creates the dream projects.

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

PW: We are inspired by people’s appreciation of our art and reaction to our products at the different art shows and markets. Seldom does someone stop and look at our products and not have a positive comment on how beautiful they think the pieces are.

NHN: Future goals/plans?

PW: We are very grateful to have had successful careers. Now, in retirement, the ability to pursue our art form and to have the opportunity to share it with people is truly a blessing. We are living our dream.

NOMINATE AN ARTIST

We are looking for interesting artists who live in the Nonahood to be featured.

If you or someone you know should be nominated to be a Nonahood News Featured Artist, send your nomination to nonahood.to/artist.



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- Fresh N Healthy Meals
- Hemisphere Restaurant (Hyatt)
- Jeremiah's Italian Ice - Lake Nona
- Meat & Fire
- Nona Social
- Ohm Woke
- Orlando Food Department Co.
- Pig Floyds - Lake Nona
- Rock & Brew
- Rubio's Coastal Grill
- The Naked Cupcake
- Tijuana Flats
- Twisted Catering
- Sus Hi Eatstation - Lake Nona
- Green Juice USA
- Chill Pop Lounge
- Marlows Tavern
- Chrysty's Creations, LLC
- Eagle Creek Golf Club & The Belfry Restaurant

EVENT GALLERY

Upcoming Events

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- Ribbon Cutting/Grand Opening - Crunch Fitness-Belle Isle

Date: October 13, 2018
 Time: 10:00 AM-1:00 PM
 Ribbon Cutting: 12:00 PM
 Location: 4400 Hoffner Ave, Orlando, FL 32812
 Membership specials, vendors, giveaways, group fitness classes and more! Grab your sneakers and a workout and please join us for this upcoming event!

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

Oct 26 - Business Luncheon – Hospital Corporation of America – Jake Kirchner, Regional Vice President, Planning and Development of Nashville, Tennessee-based HCA's North Florida Division located in Tallahassee, Florida

Date: October 26, 2018
 Time: 11:30 AM - 1:00 PM
 Location: Ronald McDonald House, 13551 Nemours Pkwy, Orlando, FL 32827



Aug. 24 Business Luncheon at Ronald McDonald House
 Orlando City Commissioner Jim Gray (center) presented *Lake Nona, You Don't Know the Half of It*. The City Commissioner participated in the Chamber Business Luncheon at Ronald McDonald House on Aug. 24. (Photo by Nelson De Freitas)



Sept. 13 Breakfast Connections
 Dr. William Felix, MD, CAQSM, presented the *Healthcare Revolution in Lake Nona* at the Chamber's Sept. 13 Breakfast Connections. Chamber members and guests enjoyed exclusive business networking opportunities and a catered breakfast by The Belfry Restaurant, Eagle Creek Golf Club. (Photo by Bethany Osborne)

MEMBERSHIP RENEWALS

August 16 - September 13, 2018

- | | |
|---|------------------------|
| Blair Creative Group, Inc. | Lake Nona Dental Group |
| Dickey's Barbecue Pit | Northpoint Mortgage |
| GEM Home Inspections & Construction Services, LLC | PDQ |
| Gillman Advertising Specialties | Prince CPA Group |
| Institute of Aesthetic Surgery | The Naked Cupcake |

NEW MEMBERS

August 16 - September 13, 2018

- | | |
|---|------------------------------|
| A Ruff Day Bark Club | Keith Furrow and Associates |
| Central Florida Monthly | Realty |
| Dale Carnegie Training of Central Florida | KW Commercial |
| Diana's Friends | Lach Orthodontic Specialists |
| Event Only Access | Nona Social |
| Fusilier Realty Group | PharmX Universal Agency |
| Hall, Kenny | PrimeGroup Insurance |
| Hyatt Place Orlando Airport | Southern Breeze Productions |



Aug. 28 Ribbon Cutting/Grand Opening for Florida Hospital Centra Care
 Membership Director Arbra Calvert (center left) and Dr. Rob Paswaters (center right), along with the staff of Florida Hospital Centra Care, held a ribbon cutting/grand opening on Aug. 28 for their new location at 9637 Lake Nona Village Place, Orlando, FL 32827. (Photo by Bethany Osborne)



Sept. 4 First Tuesdays Business After-Hours and Ribbon Cutting at Nona Social
 Brianna Gardner (center left), Jamie Feldman (center), and Eric Isolica (center right) joined Membership Director Arbra Calvert (right) for the Sept. 4 ribbon cutting/grand opening for Nona Social, which also hosted the Chamber's First Tuesdays Business After-Hours event. (Photo by Bethany Osborne)

Local Second Grader Wins Baton Twirling National Title

ARTICLE BY VANESSA POULSON
PHOTOGRAPHY BY SHANEL LYNN



Brooke Gelbwaks, age 7, daughter of Jeff and Kiff Gelbwaks, recently competed in the American Youth on Parade NBTA, National and World Baton Twirling competition at Notre Dame University in South Bend, Ind.

Gelbwaks won 1st place in the National 2 Baton, Flag Twirling and All Around Solo Twirling competitions, giving her the title of National Winner in these events. She also placed in the top four in other events entered, as well as placing 8th in the Grand National "Little Big One" finals. Her team, the Sundancers Baton Twirlers, brought home Top 10 placements in all team and dance events, including two 1st-place wins.

Gelbwaks has competed in this national contest for two years and has been twirling for four years. She is taught by Lynette Starkey, director of Sundancers Baton Twirlers of Orlando and Barbara Patrick, director of Patrick's Patriots of Tampa.

Check out our Q&A with Brooke and her mom, Kiff, below!

NHN: When did Brooke start doing baton?

KG: In the fall of 2014, Brooke was 3 and started twirling with the Sundancers Baton Twirlers at NorthLake Park Elementary in the after-school program.

NHN: What is your favorite part about baton?

BG: My favorite part about baton twirling is being with my best friends because we all have fun and laugh a lot. It's like

we're all sisters.

NHN: What do these recent awards mean to you?

BG: They are very special to me because I worked hard for them and it's only my second year going to nationals.

NHN: What was the hardest to achieve?

BG: My hardest was doing everything to my very best ability during that whole week. I practiced hard all year and wanted to show the judges my very best routines at nationals.

NHN: What is the hardest part about baton?

BG: Catching the baton because you always want an all catch routine.

NHN: What has been your favorite baton memory?

BG: Being in the "big girl" team routines when I'm the littlest girl there.

NHN: What do you want to do when you're older?

BG: I want to be a world champion baton twirler, and I want to be the feature twirler at the University of Iowa.

NHN: Does she have any upcoming competitions?

KG: Competition season starts in Febru-



ary 2019 – she'll be traveling to Tampa, Maryland, and Georgia to compete in the spring. She will be performing with the Sundancers at the upcoming Conway Days and at the Lake Nona Relay for Life.



Ronald McDonald House Announces \$1.38 Million Third-Floor Expansion

ARTICLE AND PHOTOS BY
BRITTANY BHULAI



On Aug. 27, Ronald McDonald House Charities of Central Florida (RMHCCF) announced their plan to begin expansion on the third floor of their Ronald McDonald House. Five days before that release was sent out, a global biopharmaceutical company, called AbbVie, made a donation of \$100 million to Ronald McDonald House Charities. Their donation was able to provide the Central Florida chapter with \$1.38 million. According to a press release sent out by Ronald McDonald House Charities and AbbVie, this is "the largest single donation in both AbbVie and Ronald McDonald House Charities' history."

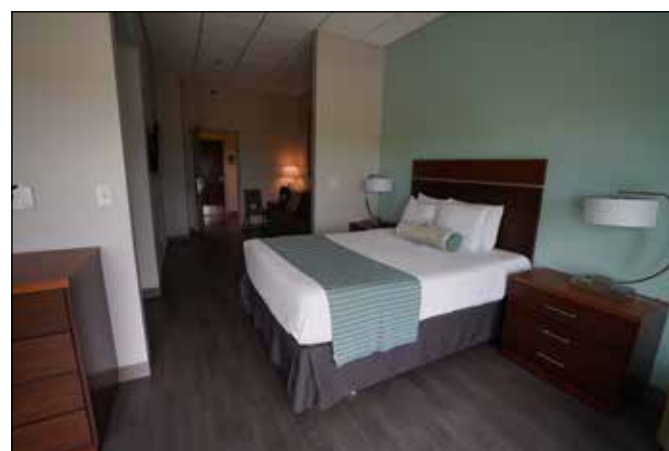
When the Ronald McDonald House was built in Lake Nona in 2016, a third floor was included in the building plan. However, only the first two floors were fully com-

pleted, and the third was to be completed at a later date when the demand required such an expansion. RMHCCF said that their research showed they needed at least 10 extra rooms added in order to serve the families and children who were being taken care of. Thanks to the AbbVie contribution, their goal will be attained.

As for RMHC as a whole, the press release stated, "The donation will be used to build family-centered spaces and more than 600 new guest sleeping rooms in at least 26 states and at 32 Ronald McDonald Houses. This will allow for approximately 230,000 additional night stays for pediatric patients and their families each year." President and CEO of RMHCCF, Lou Ann DeVoogd, said she's elated and that it really did provide them an opportunity to move forward faster than they expected.

At the press conference held at the RMH in Medical City, the Wilford family had the opportunity to express their gratitude for the donation. Jena Wilford, 37, said that she and her two children live in Georgia. They make the drive all the way to Orlando for the care that they receive at Nemours Children's Hospital. Her daughter, 13, and her son, 16, are both patients. Wilford said that Nemours is the closest hospital that can offer her daughter a full pain management program that will eventually take her off of medication. She is very thankful for the expansion. She and her family will no longer have to drive back and forth from Georgia to Orlando. Wilford added, "The community here, compared to other RMHs we've stayed at, they have breakfast, lunch and dinner and activities to participate in. ... There really is a need for people to provide meals here."

Even though more than \$1 million was donated to the Central Florida chapter,



they still need \$600,000 to complete the project before December 2019. There are commemorative funding opportunities available. These donor opportunities range from a bedroom that is a \$35,000 donation per room to the sitting room which is a \$25,000 donation. The chief operating officer at Nemours Children's Hospital, Randy Hartley, said the third floor should be completed by 2020. For more information on RMHCCF and donation opportunities, go to www.rmhcfc.org.



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Kathy Woods Inducted Into The USPTA Hall Of Fame in New York

BY VANESSA POULSON
PHOTOS COURTESY OF KATHY WOODS AND THE USPTA



She directs a staff of 30 tennis professionals with comprehensive year-round programs for all ages and levels of play as well as adult and youth camps. Previously, she served as the director of tennis at the Racquet Club of St. Petersburg, Fla., and managed tennis programs in several communities, including Princeton, N.J.; Key Biscayne, Fla.; and Westport, Conn.

In 1997, she was awarded the Tennis Educational Merit Award from the International Tennis Hall of Fame for outstanding service at the national level. She served as president of the USPTA from 1994-1996 and held the distinguished honor of being the first and only woman to serve the association in that capacity. She is the co-author with her husband, Ron, of *Playing Tennis After 50*.

Surprisingly, Woods did not come from a tennis-playing family but credits her two older brothers with supplying her with a terrific athletic foundation and trained her as a football, baseball and basketball player. She found her love for tennis when she attended a general summer camp in Michigan where tennis was one of the various sporting activities offered.

"Tennis was just one of the activities," said Woods. "At 12, I was fortunate to attend the Chase Tennis Camp outside of Philadelphia, and it was there that I really improved my skills, so much so that I became an instructor at 16."

Woods' inspiration to continue her work in tennis is simple: observing the way tennis touches the lives of the students of the game. She encourages parents and children, athletes and observers alike to come and check out the USTA and check out the local programs offered.

"Seeing children and adults make lifelong friends, achieve competence and self-confidence through the acquisition of skill is incredibly inspiring. Watching players exercise and find joy on a tennis court by competing or practicing is so rewarding," said Woods. "And the relationships I've had with players young and old is a constant inspiration. My parallel inspiration comes from the relationships I've had and continue to have with my professional associates. In the service industry, there is constant learning and growing daily!"

For more information on the USTA, visit www.ustanationalcampus.com.



Kathy Woods was recently inducted into the United States Professional Tennis Association (USPTA) Hall of Fame during the USPTA General Membership Meeting at the 2018 Tennis Teachers Conference at the Grand Hyatt New York. The USPTA Hall of Fame is the association's highest honor and serves as a place to recognize excellence in the tennis profession and commitment to USPTA, the world's oldest and largest association of tennis-teaching professionals.

"I would never have imagined that this memorable moment would have arrived, but now that it has, I'm honored and proud of the opportunities I've had. Each one gave me the confidence and courage to take on the next large task, including my job today at the National Campus," said Woods. She continued, "I have a very large number of associates who have supported me throughout my career and made this moment possible."

Woods is the director of tennis at the United States Tennis Association (USTA) National Campus, where she is responsible for the set-up and implementation of all national campus programs and hiring teaching professionals and coaching staff.



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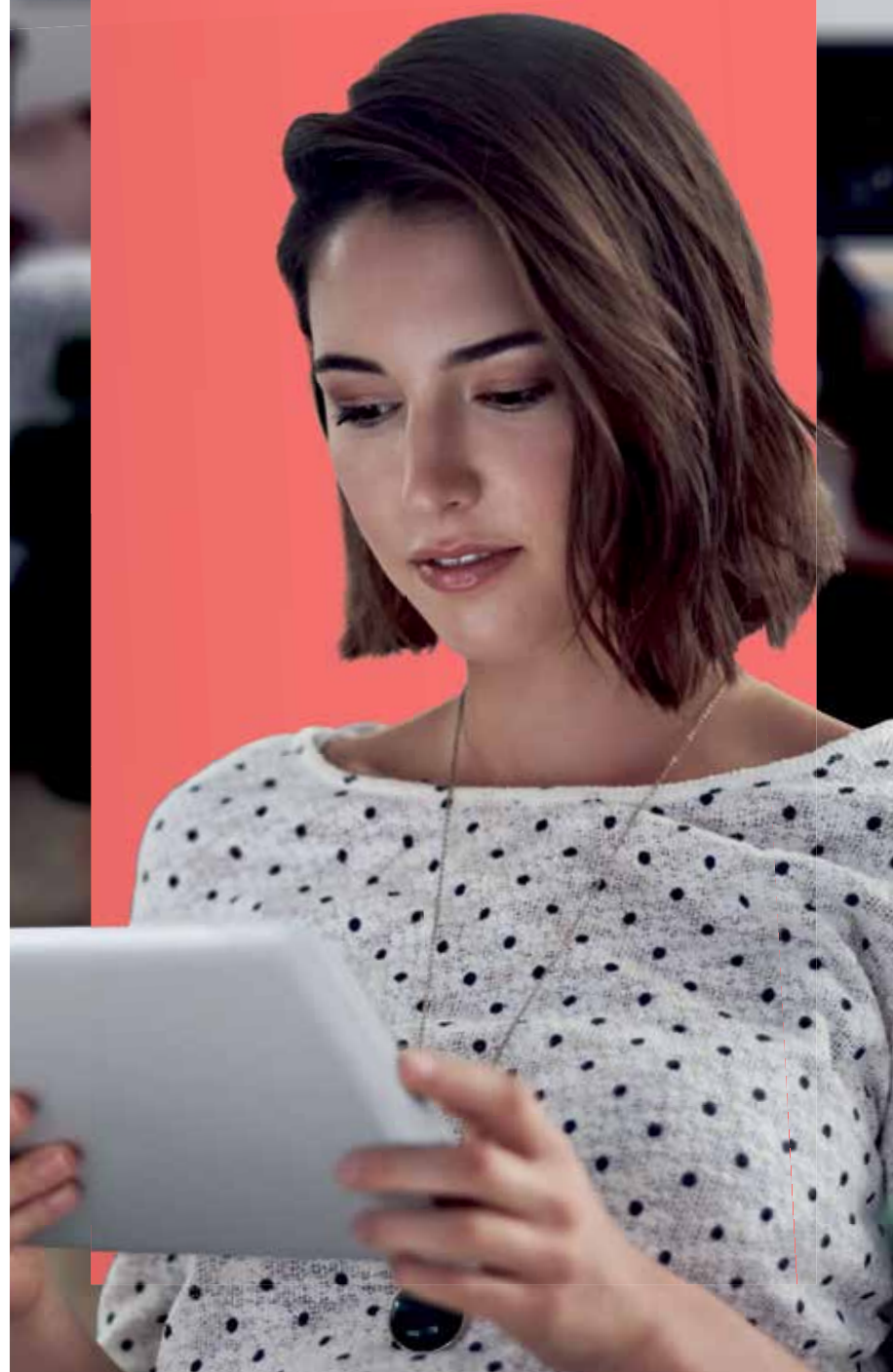


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Tough Things To Talk About: Learning to Say No

BY VANESSA POULSON

The hustle and bustle of daily life are a given in the 21st century. It seems that with each week that passes, all of us take on an ever-increasing list of tasks and responsibilities to complete. We're continuously focused on adding something to our to-do lists, working as hard as we possibly can to meet not only the expectations of others but also our own individual expectations.

Sure, it can be awesome to feel productive and take things off your to-do list. However, on a daily basis, it seems like our to-do lists are getting longer and longer, with more unanticipated events and projects being added to them faster than we can check them off.

The truth is, as human beings, most of us are hardwired to want to please people. This can include our friends, significant others, supervisors, and even ourselves. Saying yes even when we want to say no is a sign of how passionate we are about a situation or how desperately we want to please the person that is requesting something of us in the first place. The fear that so many of us harbor regarding saying no is based on the fact that we fear disappointing someone, making them angry,

hurting their feelings, or appearing unkind or rude. We believe that saying no will change a person's entire perception of us and make them look down on us as people because we did not sign on to add another thing to our plate.

Be that as it may, I'm going to let you in on a little secret that took me a long time to learn. Saying no does not mean that you're a bad person. Saying no does not mean that you are not capable of the task, or that you're lazy, or even that you're trying to insult the person who asked you to do it. Saying no just means that, at this moment, you have enough on your plate that takes priority and you're trying to keep some of your mental stability intact without stretching yourself too thin.

We were taught as kids that saying no makes us seem rude or impolite. Often, saying no to people that we respected, like parents or grandparents, would lead to us getting some sort of punishment for our actions. When we said yes, it was often perceived to be that we were a more respectable child or young adult, hence, we have adopted most of these habits and continue to carry them with us as adults.

Now that we are adults and capable of making our own sound decisions, saying no doesn't have to be something that we are afraid to do. Though you should never back down from projects that thoroughly interest you, or that you feel you can effectively manage on your current to-do list, saying no is not only a sign of self-respect and understanding but also of maturity and sound reasoning. Whether we like to believe it or not, those of us who have far too many things on our plate might complete all of the tasks, but the quality of each of these projects is often significantly di-



minished. If we instead turned our attention toward working on fewer projects and dedicating more time and effort to these few things, we would not let responsibilities or other important aspects of our lives fall to the wayside.

If you continue to live your daily life relying on the opinions of the people around you, rather than the positive opinions that you could have toward yourself, you will find that you're often more unsatisfied and will never actually be happy. Saying no and understanding what your personal limits are shows you and others that how you feel about yourself, including your stress levels, social elements, and the things in your life that you do in pursuit of joy, are just as important as the tasks you might sign on

to do at work, school or otherwise.

In the end, what is going to make you most satisfied in your life is understanding what makes you feel happy. Though work and school are both very important aspects of our lives, they do not really define who we are and what makes us happy. If saying no to that project gives you just enough time to go out and get that cup of coffee with a good friend, take a walk or bike ride, or spend an hour unwinding with a book, you have to do it. Life is too short to put caring about yourself on the backburner.



Local Lake Nona Students Gain Recognition From the Library of Congress

BY VANESSA POULSON

Brennan-Pierson Wang and Julian-Alexandre Wang have both diverse creativity and knowledge beyond their years. The brothers recently received recognition on their essays submitted to the Library of Congress in Washington, D.C., for a national writing contest called Letters About Literature. The essays crafted by the boys were not like regular book reports. The writing contest for students in grades 4-12 requires entrants to select a book, poem or speech and write a letter to the author highlighting how their lives were impacted or changed by reading their work. The Library of Congress encourages students to continue reading, exploring and understanding oneself and the world around them. Both boys made it to the semifinal rounds, with Brennan-Pierson Wang receiving first place for the state of Florida.

Check out our Q&A with the boys and their mom, Sandra, below!

NHN: What made you select the books that you chose to write about?

BP: *The Invisible Man* by Ralph Ellison was one of my father's favorites on his required list as a freshman at The Hotchkiss School in CT. He spoke highly of the author, and I wanted to read it in order to further discuss certain race issues with him. I admired how the book unfolded with deep emotions and conflicts. The book epitomized the vast racial injustices that have put people of color at a disadvantage.



well, [and] *The Yearling* by Marjorie Kinan Rawlings.

JA: I love adventure, mystery and mythology. Rick Riordan is my favorite author because he combines all those aspects, which keep the reader in absolute suspense. *The Lightning Thief*, in particular, keeps my imagination running wild.

NHN: How do you both express your creativity? What kind of projects do you enjoy?

BP: I love being involved in the arts. I started writing poetry since age 5, and it's always been a strong foundation in my creativity. I also enjoy acting, singing and composing lyrics/music. I play multiple instruments, and that flexibility allows me to continually experiment with different ideas. I am currently working on several vocal recordings of recent compositions.

JA: I express my creativity through artwork. I take a weekly online drawing class. I can spend several hours perfecting what I've imagined as my masterpiece. I also sing, act and dance. Being a triple threat enables me to express freely and have a great time while honing my craft.

NHN: What are your favorite books?

BP: My favorite books are *The Invisible Man* by Ralph Ellison, *The Good Earth* by Pearl S. Buck, *Martian Chronicles* by Ray Bradbury, *Animal Farm* by George Or-

well, [and] *The Yearling* by Marjorie Kinan Rawlings.

JA: My favorite books are *Death of a Salesman* by Arthur Miller, *Of Mice and Men* by John Steinbeck, 1984 by George Orwell, *The War of the Worlds* by H.G. Wells, [and] *Animal Farm* by George Orwell.

NHN: Tell me a bit more about their child performances in New York City. What does this mean and where have they performed?

Sandra: It takes a different personality to be a child performer. Not only does one need to be unabashed, cooperate with teams, [and] take directions attentively, but it's important to be able to comprehend the script and act out with proper emotions. That's the only way to embrace and connect with the audience. I think that the joy of reading from an early age has helped Brennan-Pierson and Julian-Alexandre mature in their thinking process. With a broader mindset, it is easier to understand their inner selves better and unleash the creative side without hesitation, especially at times "on demand."

Brennan-Pierson has been modeling since age 2. His first on-stage, live performance was age 5. *A Midsummer Night's Dream*. He has worked with great directors and cast on *South Pacific*, *Wizard of Oz*, *Antigone* by Sophocles, *Rudolph the Red-Nosed Reindeer*, *I Hate Music* (ensemble with Emmy Award winner Glen Roven & Broadway Youth Ensemble), *When I Grow Up - Roald Dahl's Matilda the Musical* (ensemble with Tuesday's Children Annual Gala), *Logan*, *The Tournament*, *The Sweatshop*, *Six Girls You Want To See At Home*, *PSA Fatherhood Campaign*, *EtiKids*, *Sesame Street*, Nickelodeon Jr.'s *Curious Minds*, [and] *Side by Side*.

Julian-Alexandre has been modeling since

he was 3 months old. His on-camera gigs include *Team Umizoomi*, *Grace's Magical Courtyard*, *My Decision*, *Capetown*, *Dancing Like a White Girl*, [and] *Shut Up and Dance!*

NHN: What has been your most remarkable performance thus far?

BP: *The Sweatshop* was the best short film thus far. I had the opportunity to work with both adults and children. The narrative was solemn and revolved around forced child labor. As an actor, I not only learned of a world issue that most people are not aware of, but I was able to live the character, Lee's, life and his trapped environment.

Another remarkable project was *Side by Side* with Keanu Reeves. It was an honor to meet and work with such a talented actor.

JA: HBO's *East of Main Street* was the most unfettered fun. It was a documentary with an HBO series. There was no script involved. The children were interviewed impromptu, and the responses were completely natural, truthful and unfiltered.

NHN: Why do you and the boys think it's important for kids to read?

BP: It's important for kids to read because books are losing hand over fist to electronics. Don't get me wrong ... I am 13 years old and I LOVE my iPhone, too. In today's society, parents do not encourage enough the importance of "turning the pages" and engaging silently with a good read. Books are really magical! They have the ability to teach life lessons, influence essential qualities, and broaden narrow perspectives. Most importantly, books can impart a sense of inclusiveness, comfort and excitement.

JA: Language and words are empowering. Reading good books challenges me with interesting words I might not be familiar with. I hope to build up an exhaustive vocabulary base so that I can score high on the SATs.

Sandra: As parents of three active children, we have discovered that it's absolutely imperative for children to read, starting at an early age. Reading is essential because it is one of the main components that trains the mind. It not only fosters ideas, nurtures creativity, and introduces outlooks, but it invites "thinking outside the box." We also strongly believe that voracious readers always yield magnificent writers. Reading and writing [have] an incredible, symmetric relationship.



Rising Above: Rid Yourself Of the Three Poisons

BY SAMIA SOLH

When you are unable to find happiness or inner peace in your life, you might want to take some time for introspection and to contemplate why. If you have your basic needs met and you and your family are healthy, comfortable and safe, but you are still finding that depression or lack of motivation are taking away from your ability to be content, something is obviously off. A lot of the things written in this article are known to most of us – we have heard them all before – but sometimes we forget and need a reminder to recalibrate.

Buddhist teachings offer a lot of insight on finding a path to enlightenment with the Four Noble Truths and the Eightfold Path. However, first, you have to detox your soul from the three poisons: **hate**, **greed**, and **ignorance**.

Nyanatiloka Mahathera, the Theravadin teacher, said, "For all evil things, and all evil destiny, are really rooted in greed, hate, and ignorance; and of these three things, ignorance, or delusion, is the chief root and the primary cause of all evil and misery in the world. If there is no more ignorance, there will be no more greed and hatred, no more rebirth, no more suffering." **Ignorance** is also described as delusion or blindness, when you believe in facts that are simply limiting you and that go against the fundamental nature of reality, ignorance in not realizing that nothing is permanent and attaching yourself to the false truths.

When you separate yourselves from everything and judge anything that is different than what you perceive yourself as, that is when you hold **hate** and anger in your heart and it manifests as hate and anger in your life. This includes jealousy and divisive thinking.

Greed, or desire, is the second noble truth that only leads to suffering. More, more, more! More money, more success, bigger house, better car. It stresses me out just writing that. I can understand wanting more time with family, wanting more friends, and wanting more laughter, but anything material seems to only add more stress. And for what? Are the things you are seeking going to truly fill a void, feed your soul, and make you genuinely happy?

Think about these three poisons and dig deep down in your consciousness. Are you holding on to any anger? Anger because you want, anger because you don't have, or anger because of the past? Are you truly taking the time to examine what you believe is true? Will having another baby save your marriage? Will that promotion finally make you feel successful? Are you always looking for self-glorification instead of self-love? Take the time to answer these questions and try to understand yourself and the root of your unhappiness.

In the end, no one has the power to break you or save you but yourself. You hold the keys to your inner peace and calmness. It does exist – you just need to find the path to it.

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."
Buddha



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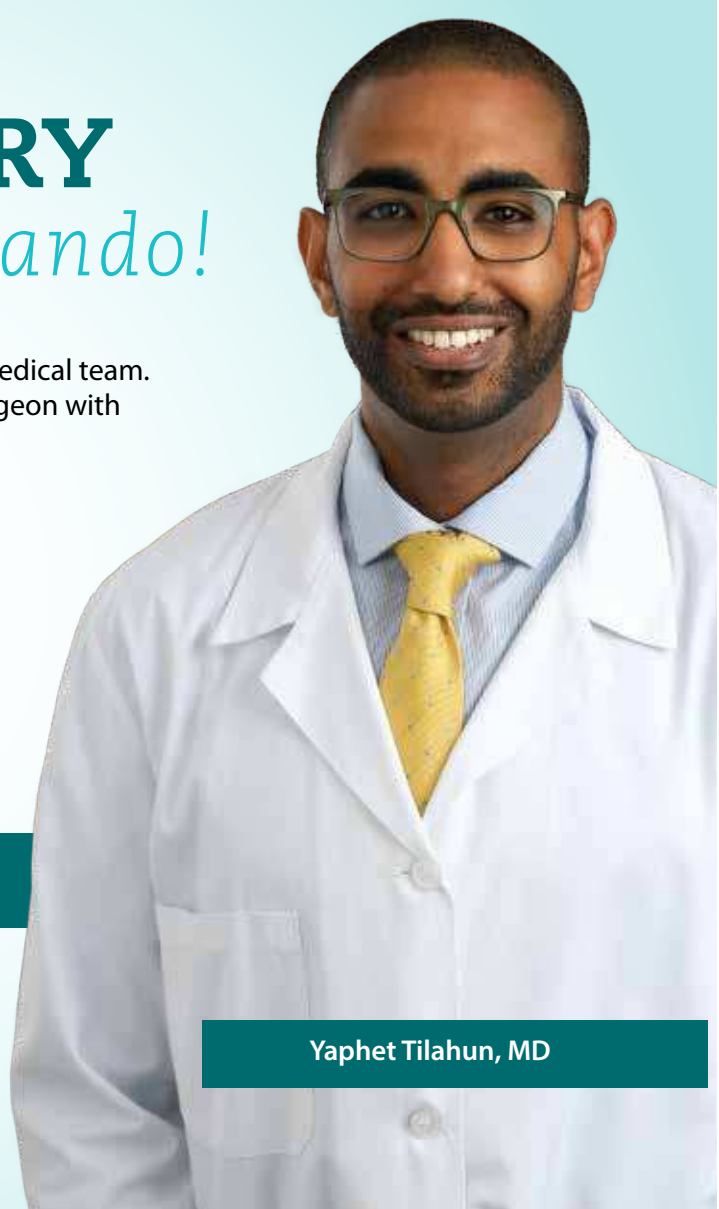
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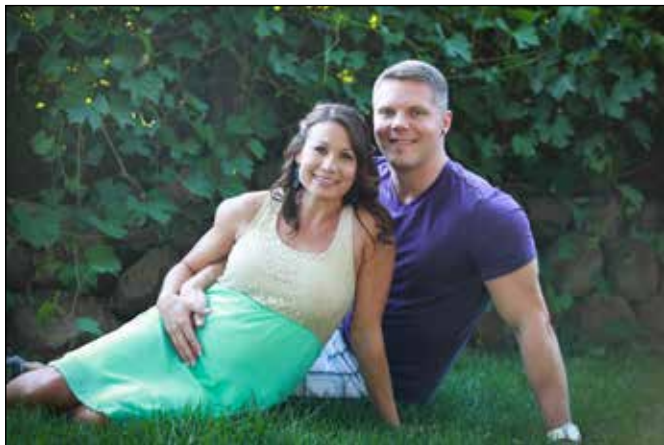
The Uninvited Metastatic Breast Cancer Beast

BY TERI SANBORN D'AMELIO -
NONAHOOD RESIDENT SINCE 2005

We became the family that illustrated every other family's nightmare...

Yet, during this horrible journey, we quickly emerged stronger together, exemplifying the significance of true grit, the importance of the precious present and unmeasured love. We still found a way to have utmost positivity, although living daily with an evolving pendulum of highs and lows and underlying anguish of the dark reality of Stage IV Metastatic Breast Cancer. A poignant phrase that remains true, "When your loved one is diagnosed with cancer, you all carry the diagnosis as well."

In July 2013, my little sister, Kristin Sanborn Todd, at 32 years young and 34 weeks pregnant, was the innocent woman faced with the grim reality of her narrowed future. Her once "normal" life as a healthy, avid exerciser, devoted wife and family member, and dedicated nurse practitioner, while awaiting the arrival of their first child, was now turned upside down.



Kristin and Brian, July 2013, Photo Courtesy of Jaimi Lynn Photography

New Mom Dreams Shattered

Kristin reported to her physician a lump in her breast during her third trimester. She was told it was likely changes due to her pregnancy and she could wait until their baby was born. Feeling unsettled, she went with her gut and got a second opinion. Kristin was sent for an ultrasound and a biopsy but was still told it was most likely nothing to worry about. Upon return from their "Baby moon," Kristin and Brian received the dreaded news: Invasive Ductal Carcinoma (ER/PR+ and HER2-) Breast Cancer.

At 36 weeks pregnant, she endured a lumpectomy and lymph node dissection surgery, then later was readmitted for a kidney stone! A week following, Kristin gave birth to their healthy baby boy, Logan Kristopher. Our hope and prayers from that day forward were that the cancer was contained in her breast, she could move on through her treatment, go into remission, and enjoy raising their son.

When Logan was just three days old, Kristin had a port placed for her chemotherapy and found out more devastating news: liver and bone metastases. The cancer stage jumped to stage IV. My mom called and all I could hear on the other end was screaming and crying. I begged her to tell me what was going on. "Teri, your sister has tumors in six to seven locations throughout her bones, and they stopped counting tumors at 15 in her liver! It's saturated with cancer! It has spread!" I fell to my knees and sobbed. Kristin joined on the phone and was silent and in shock. She repeated, "I can't believe this, sister. I can't believe this. It will be okay, though. I can do this. I have a lot to fight for. I love you." This moment is engraved in my memory as if this initial shock was just yesterday. Instead of enjoying the first week of motherhood, she would be fighting breast cancer for the duration of her life.



Kristin and Logan - October 2013 by Jaimi Lynn Photography

True Grit

Kristin's prognosis was far from good, but she found a way to still be Kristin. Getting knocked down many times, she would muddle in the darkness for a short while, reset and then bounce right back, pressing onward.

In almost a five-year time span, Kristin had more than 24 scans (MRIs, CTs, etc.). She participated in regular bookwork, endured a liver biopsy, had her ovaries removed (pushing her into menopause), and handled a large variety of side effects and body changes. Adversity was knocking, but she never let any test or medical change ruin her positive spirit.

Unmeasured Love

Our family dynamics were altered. Louise Sanborn, our mother, retired early and moved to California to be a much-needed support to Kristin and Brian. Our father Dr. Alden Sanborn's role was now heightened. Not only was he Daddy, but he also became the bearer of all good and bad news. Every scan and test came across his

desk first. And at his daughter's request, she wanted to hear it straight from him.

My life seemed to be put on hold (in my mind) as everything I did revolved around trying to help serve Kristin and her healing journey. We never accepted the statistics. We always had hope. Contrary, it is the most hopeless feeling to not be able to "fix" your little sister. I recall a friend asking once, "How are you doing with all this, Teri?" My response was, "I feel like life right now is a movie, and I'm watching all the players. I'm on the outside, just viewing. There's lots of static." Her husband and many family and friends rose up to do whatever it took to support her on her journey. According to her oncologist, the vast amount of love and support she received made a huge difference in her longevity, along with how active with exercise she stayed throughout her journey.

The Precious Present

Kristin was determined to enjoy her life, continue caring for her patients, and never quit. She rarely asked for help and devoted being present daily with anyone she spent time with, especially Logan. Her exhaustion was amplified, but at the end of the day, she still committed to reading Logan his three books at night, snuggling and cuddling while easing him into dreamland, never missing a beat.

Everyone else's well-being was of her concern, and she still sat down to hand-write thank you notes and birthday cards weekly - she continued to connect and inspire. There were multiple times Kristin was asked to speak and encourage other young women with the same gloomy diagnosis and she motivated many across the globe to not give up a fight for anything. She kept a daily gratitude journal because, according to Kristin, "No matter what, there is always something today to be grateful for."

The Journey Is Ours

The last week of her life, I asked her, "If you had one word, what would that be?" She looked down, there was a long pause. Finally, looking up, she quivered, "The Journey Is Ours." It wasn't one word. It was a phrase that, to her, was one word. She reminded me how she couldn't have thrived as long as she did without the love, not only that as a sister I gave her, but that which hundreds of "Team Kristin" supporters gave her along the way. She continued, "Small and big ways, I couldn't have done this without my team." One of her final social media posts was this: "I want to inspire people. I want someone to look at me and say, 'Because of you I didn't give up.'"

Sadly, but not without a strong fight, Kristin passed away on April 14, 2018, here in her hometown of Orlando. Her journey with Stage IV Breast Cancer was 4 years and 9 months, just a few months shy of her short-term goal to witness Logan turning five.

She still ignited the room with her smile, determination, and presence during that last week at home. I've learned through Kristin how to never give up on your goals, no matter how small or big they are, and to be present; and that I was, until her last precious breath. I am forever grateful for God's gift of sisterhood that can never be replaced.

Metastatic Breast Cancer

There are five stages in labeling breast cancer. Metastatic Breast Cancer, or advanced breast cancer, is stage IV where the disease has spread to distant sites beyond the axillary lymph nodes. There is no cure. The main goals of treatment are to suppress and control the spread of the cancer for as long as possible, giving the patient the highest quality of life possible.



Kristin and Logan, May 2017

METAvisor Breast Cancer Research and Support

Scientists know that research specifically focused on Metastasis is crucial in order to significantly reduce the breast cancer mortality rate. The biggest obstacle is the lack of funding: *Only an estimated 2-5% of the funds raised for breast cancer research is spent on studying this stage of the disease.* One hundred percent of donations to METAvisor goes toward research for Stage IV breast cancer.

Our goal is to raise \$50,000 for a research grant in Kristin's name and so far we've raised \$27,893.12. If you are inclined to donate during October's Breast Cancer Awareness Month, please visit secure.metavivor.org/research-fundkristintodd to give a tax-deductible donation. It's OUR JOURNEY to help find a way to stop the cancer spread.

This printed article is an abbreviated version of the full story that Teri submitted, due to printing constraints. Please read the full story on our website, www.nonahoodnews.com.



Teri and Kristin, October 2015 Vacation in San Diego, CA.



Kristin, Photo Courtesy of Jaimi Lynn Photography

USTA Hosts League National Championships

ARTICLE BY DANIEL PYSER
PHOTOS COURTESY OF USTA



October marks a big month for the USTA National Campus in the world of adult tennis. Each weekend in October, the USTA National Campus will be hosting a USTA League National Championships, covering a number of age and skill divisions.

Established in 1980, USTA League has grown from 13,000 players in a few parts of the country in its first year to more than 310,000 players across the nation today, making it the world's largest recreational tennis league. USTA League was established to provide adult recreational tennis players throughout the country with the opportunity to compete against players of similar ability levels. Players participate on teams in a league format, which is administered by the USTA through its 17 sections. The league groups players by using six National Tennis Rating Program (NTRP) levels, ranging from 2.5 (entry) to 5.0 (advanced). USTA League is open to any USTA member 18 years of age or older.

Teams compete at the local level and advance to their respective Section Championships. Winners of those Section titles earn a spot at the National Championships, hosted throughout the fall at a number of venues across the country, including the USTA National Campus.



For local players who want to get involved, the USTA National Campus offers a number of different competitive formats for adult players. Those interested in a traditional USTA League and the chance to potentially advance to the National Championships, visit the National Campus website to find more information about local leagues run by the USTA Florida Section.

More casual options are available as well through the USTA National Campus "Social Play" program. These sessions resemble a classic "pick-up league" and include both singles and doubles options for a wide range of skill levels. The sessions, which cost \$10 per person, are led by USTA National Campus pros and are designed for local players to grow their tennis network in a fun, yet competitive atmosphere.

As always, the full complement of adult programming, including beginners classes, cardio tennis, private lessons and more, are available. Local players will also, for the first time, have the unique opportunity to play on the USTA National Campus' authentic red clay courts beginning in October. The courts, which are part of the USTA Player Development's private training area, will now be made available for rental or to book private lessons. The courts will be available on

Tuesdays through Thursdays, in addition to organized social play on Fridays. For complete availability and pricing, please visit ustanationalcampus.com.

Also new in October is "Happy Hour" at the Net Post Grill. On Mondays through Thursdays, from 2 p.m. until close, the Net Post Grill will be offering buy-one, get-one-free on a number of items, including beer, wine, smoothies, and pizza by the slice.

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



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Treating Endometriosis: Surgical and Non-surgical Options

BY DR. JOHN TRAMONT,
UCF HEALTH



Dr John Tramont

Endometriosis is a painful gynecological disorder that is common among women in their 30's and 40's. The pain is caused by the endometrium, which normally lines the inside of the uterus, when it grows outside of it instead.

This can lead to serious health issues if not treated. Scarring in the pelvis, infertility, certain ovarian cysts (called endometriomas) and other gynecological problems are common issues that result from endometriosis. However, there are treatment options to manage symptoms and avoid further complications.

Non-surgical Options

Patients experiencing mild pain and discomfort may choose more conservative

methods of treatment, such as the use of pain medications or home remedies.

For these patients, I may recommend taking anti-inflammatory drugs like Advil or Aleve to ease the pain on a regular basis and advise them to use heating pads or take warm baths during menstruation when the pain is worse.

If the patient is still experiencing pain, I may suggest hormone therapy, such as the use of birth control pills or contraceptive implants. Hormone medications can help limit the abnormal tissue growth, which can reduce or even eliminate pain during menstruation.

Surgical Options

If conservative therapies do not work, surgery may be the best option.

1. Laparoscopic Surgery

For patients who are trying to become pregnant, laparoscopic surgery, also called minimally invasive surgery, is the best solution. During the procedure, the endometriosis, endometriomas, and scar tissue are all removed through small incisions instead of one large abdominal incision.

This procedure is usually brief, and patients can often go home soon after the surgery is over. However, the procedure time and results depend on the patient and the amount of endometriosis that needs to be removed.

2. Hysterectomy

If the patient is no longer planning to conceive and is seeking a permanent solution to endometriosis, a hysterectomy may be the best option for treatment. This procedure includes the removal of the uterus and/or ovaries, eliminating the source of the tissue and the hormones that provide support.

However, if the ovaries are removed during surgery, it will cause the patient to enter menopause. This is known as surgical menopause and can cause menopausal symptoms such as fatigue, night sweats, and hot flashes. This can be controlled through hormone therapy, and I generally suggest low doses of estrogen for women

who have undergone a total hysterectomy.

If you believe you are suffering from endometriosis and considering surgery, talk to your gynecologist about the best options for you.

John Tramont, MD is an assistant professor of gynecology at UCF College of Medicine and a board-certified gynecologist at UCF Health. He specializes in complex gynecologic and urogynecologic conditions as well as chronic pelvic pain and menopause.



Work Out Smarter ... Not Harder

BY DR. DONOVAN ROSAS,
INSTITUTE OF AESTHETIC
SURGERY

The alarm clock goes off and the day begins. And with that, so do the questions. Gym today? Do you really have to go? Is it leg day? Or, worse yet, core and abdominal day?

It's admittedly hard to stoke the motiva-

tional flames when hundreds of agonizing crunches and endless sets of squats await you. But the promise of the body you desire fuels you. "No pain, no gain," you whisper to yourself as you head out the door, gym bag in tow. Remember your personal trainer's reminder: Pain is simply weakness leaving the body.

Twenty-four hours later ... the alarm clock sounds and yet another day dawns. Gym (again)? It all feels disappointingly familiar. More effort ... more delayed gratification. What choice do you have? You cannot fast forward results from your workouts ... or can you? What if there were a better way, a smarter way? What if we could hit the proverbial fast forward on our fitness goals? Can you imagine rock-hard abs without all the hard work? Have

you dreamed about a sculpted/lifted rear without the inherent risks of surgery? The Institute of Aesthetic Surgery may have a quicker answer.

We at the Institute of Aesthetic Surgery (IAS) invite you to no longer imagine it but experience a more effective way to build your abdominal muscles. Non-invasive body contouring has evolved. We are no longer simply chasing fat but rather sculpting muscle as well (after all, more than a one-third of the body is comprised of muscles). Welcome to the future of non-invasive body contouring. Or more appropriately ... welcome to your fitness future!

IAS is proud to introduce our patients to our newest addition, the EMSculpt. The EMSculpt is the only available device that is FDA approved to help both women and men build muscle, burn fat, and sculpt their body. EMSculpt is also the world's first and only non-invasive buttock toning procedure. Through the use of hi-frequency electromagnetic stimulation (similar to an MRI), this device launches a dual front attack by building underlying abdominal muscles (16 percent increase in mass) and decreasing excess fat deposits (20 percent decrease). These results were measured by radiologic imaging studies at seven different centers across the country. Experience 80,000 supramaximal contractions over two weeks in four pain-free, non-invasive sessions.

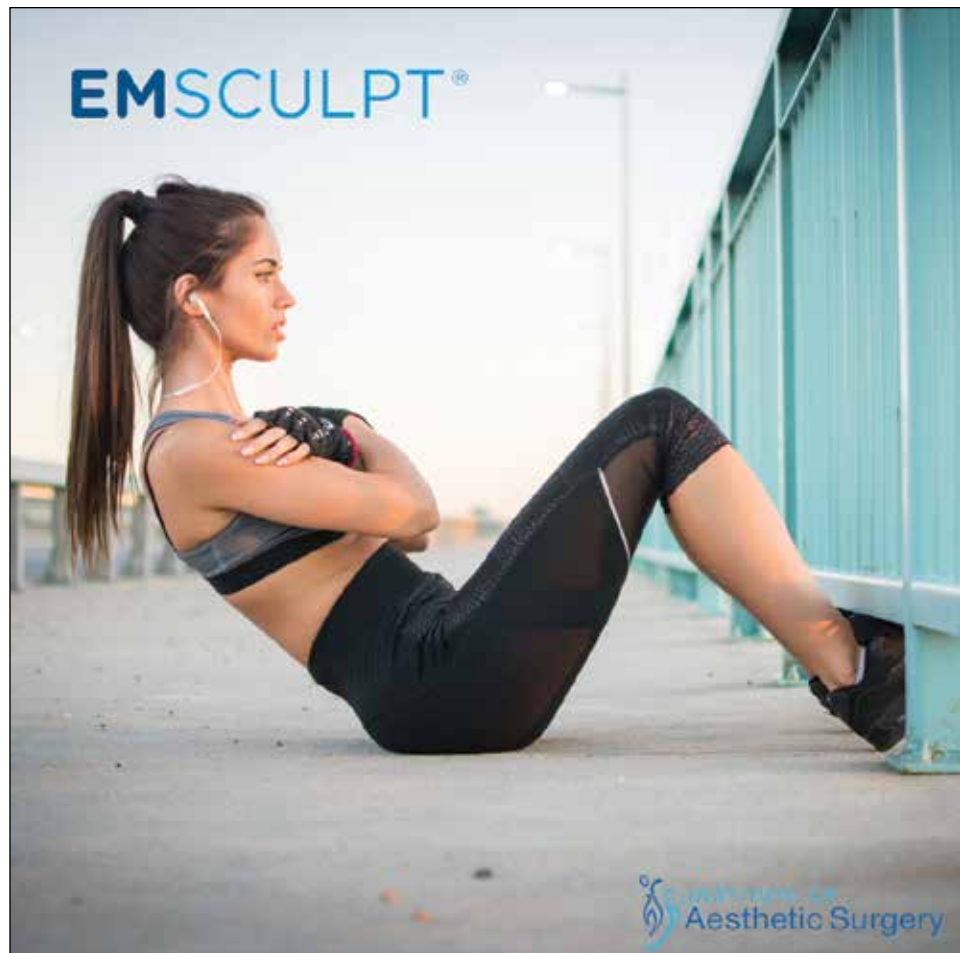
Either as a jumpstart to a new fitness resolution or a shot in the arm (or abs) to a flagging gym habit, EMSculpt takes your workouts to infinity and beyond. You will achieve levels of contraction and muscle activity that are simply not possible through traditional means. These muscle contractions are stronger than those you can voluntarily make and more frequent than humanly possible within that period of time. These supramaximal contractions will trigger the release of free fatty acids, which consequently break down local fat deposits and increase muscle tone and strength, similar to the way doing a sit-up or squat would strengthen and tone. These effects are in addition to the caloric toll of sustained physical activity on such a high level. As in the case of traditional exercise, the body reacts to the wear and tear by rebuilding and repairing tissue, resulting in

stronger, firmer muscles.

After treatment, one will feel the same soreness that you would feel after a strenuous workout. After 30 minutes, it's back to life as usual (try that after 20,000 crunches!). The difference, however, lies in the results. Dramatic reductions in fat and improvements in muscle definition will be noted in as little as three to six months (and felt immediately), with studies demonstrating a waistline decrease of almost two inches (that's two pant sizes) and (for frustrated mommies) a decrease in muscle separation (aka rectus diastasis) of 11 percent.

EMSculpt delivers immediate results you can actually feel that were previously not attainable without surgery (no anesthesia, no pain, no risk, no downtime). Fat alone is no longer the only target. Now you can improve your core, which can help with posture and back pain. It represents the next evolution in non-invasive body contouring and is poised to take the fitness world by storm. We here at IAS are pleased to be among the first in the nation to offer this cutting-edge technology to our patients. We invite you to work smarter, not harder, and put our science to work for you.

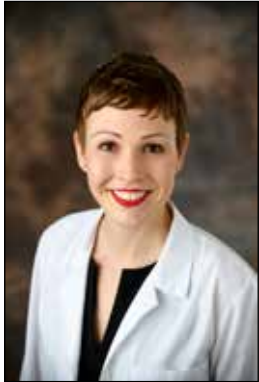
Dr. Donovan Rosas, MD, is a board-certified, fellowship-trained and Ivy League-educated plastic surgeon who specializes in cosmetic and reconstructive breast surgery. A New York City native, he received his undergraduate education at Princeton University followed by his medical degree at the University of Rochester. He undertook both his general surgery internship and his residency in plastic surgery at Brown University in Rhode Island, completing his tenure there as Chief Resident before going on to a prestigious fellowship in reconstructive/aesthetic breast surgery at the esteemed Harvard University/Massachusetts General Hospital in Boston.



Cancer Care For the Body, Mind and Spirit

Treating the Whole Patient Can Improve Outcomes

FLORIDA HOSPITAL MEDICAL GROUP



Amber Orman

Breast cancer is the most common type of cancer affecting U.S. women (aside from skin cancer) with about one in eight women being diagnosed at some point during their lifetime. The good news is that with advances in methods of detection and treatment, many women can, and do, beat breast cancer. Even better news? Using an integrated approach to treatment, combining evidence-based complementary therapies with conventional therapies, helps women not only survive cancer but thrive. "Focusing on overall wellness improves quality of life by reducing common side effects of breast cancer therapy in the



short term," says Amber Orman, MD, a board-certified radiation oncologist in Orlando. "The long-term goal is to improve major outcomes, including risk of recurrence and overall survival."

Body, Mind and Spirit

Dr. Orman emphasizes that holistic therapies like exercise, a plant-based diet, yoga, and meditation should be used alongside traditional medical interventions to complement and boost the effectiveness of treatment. "Most studies report that exercise, whether pre- or post-diagnosis, is associated with a decrease in recurrence rates and breast cancer-related deaths," she says. "Along with plant-based nutrition, and mindfulness-based interventions such as yoga, meditation, progressive relaxation, and guided imagery, improving a patient's overall wellness can establish an essential foundation for successful medical treatment."

The Best Offense Is a Stronger Defense

- Exercise during breast cancer treatment improves physical fitness, reduces fatigue, reduces anxiety, and improves cognitive function.
- Limiting processed sugars and foods while eating a plant-based diet can lower systemic inflammation, achieve a healthy weight, and greatly improve overall health.
- Mindfulness-based interventions can significantly reduce fatigue and anxiety, thereby improving quality of life.
- Acupuncture can often help with cancer-related pain, nausea, neuropathy, hot flashes, anxiety, and fatigue.

About Dr. Orman
Dr. Amber Orman is board certified in radiation oncology and a member of the Florida Hospital Cancer Institute team. Her clinical focus is on breast cancer, with an emphasis on holistic care that encompasses the mind and body. She is the only radiation oncologist in Orlando who has devoted her career solely to breast cancer care.



To get out more information and to make an appointment with Dr. Orman, visit FHMedicalGroup.com or call (407) 988-2226.



UCF College Of Medicine Seeking Crohn's Patients For Clinical Trial



UCF RESEARCHERS ARE SEEKING 20-25 VOLUNTEERS

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 -Have no current infections

Can sesame oil extract help treat people suffering from Crohn's disease? A UCF College of Medicine Phase II clinical trial is trying to find out.

Sesame oil extract has anti-inflammatory properties that have proven effective in treating heart disease. And now the medical school is looking at whether those same properties can help Crohn's patients.

UCF researchers are seeking 20 to 25 volunteers between the ages of 18 and 75 who have been diagnosed with Crohn's and have no known nut allergies or current infections. Volunteers will not be compensated for their participation.

At the onset of the study, volunteers will have their blood drawn before taking an extract from sesame oil and will be given a supplement to take each day in the morning and evening for one month. They will be asked to keep a log detailing their diet and symptoms. Blood drawn at the end of the study will be compared with the initial draw to see if inflammatory markers have decreased.

For more information about the clinical trial (IRB: SBE-17-13152), please call (407) 266-7120.




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UCF Life Sciences Incubator Hosts BioFlorida Event

ARTICLE AND PHOTOS BY BRITTANY BHULAI

A meeting was held at the recently-opened UCF Life Sciences Incubator on Aug. 29 where folks were welcomed to tour the facility on the second floor of the GuideWell Innovation Center and listen to updates on the incubator's plans for the future. Guests also got to meet with the current companies that are a part of the incubator. Additionally, there was a presentation on the updates concerning BioFlorida, which is a membership network that, to quote their website, "is the voice of Florida's life sciences industry, representing nearly 6,200 establishments and research organizations in the biotechnology, pharmaceuticals, medical technology (devices and diagnostics), health IT and bioagriculture sectors that collectively employ nearly 87,000 Floridians."

The companies that are currently residing in the Lake Nona UCF Incubator include Aviana Molecular Technologies, SynapCyte, Inspired Performance Institute, Healthy Life America, Merging Traffic and OncoTroy Inc. Each one had a chance to speak about their recent advancements and research. According to the UCF Life Sciences Incubator client overview sheet, here is a brief description of each company listed:

- Aviana Molecular Technologies is a "diagnostic company developing a miniaturized biosensor capable of attaching to a smartphone/smart device through Bluetooth or other wireless connections."
- SynapCyte is a "regenerative biotherapeutic company focused on

research, development, regulatory approval and commercialization of therapies for the treatment of Alzheimer's and Parkinson's diseases."

- Inspired Performance Institute states, "You will gain greater self-awareness into old behaviors that no longer serve you, and through our video program and series of follow-up audios and exercises, you will develop healthier behaviors and patterns."
- Healthy Life America's goal is to "help families save, live well, balance work and life and plan for the unexpected."
- Merging Traffic is a "portfolio management company whose equity-based crowdfunding framework is designed to match entrepreneurs with accredited investors, primarily in the FinTech, data science, health, real estate, and artificial intelligence (AI) sectors."
- OncoTroy Inc is "Oncolytic Virus research and development headed by Dr. Hao Yu."

As for BioFlorida, they are a nationwide association that supports the development and growth of the state's life sciences industry. They have seven regional chapters that are volunteer-led. There are five levels of membership, including Standard, Preferred, Leadership, Chairman's Circle and Premium Circle. Leadership level members include Johnson & Johnson,

Florida Hospital and Butler Snow. A few companies that have the Preferred level of membership are Mayo Clinic, Jupiter Medical Center Inc., and Business Wire.

Dr. Thomas O'Neal, who is the executive director of the UCF Business Incubation Program, says he wants to turn Central Florida into a destination for medical research. When people graduate college, he wants them to be able to already have opportunities here rather than going somewhere else. "We want things to come out and grow here and we reap the economic benefit of it," says O'Neal. He also adds that UCF has been working with BioFlorida for 20 years, and he will expand the incubator once there is a need to do so.

Amy Backer, who is a business chair for the Central Florida chapter of BioFlorida, adds to O'Neal's point by saying, "It [BioFlorida's relationships with companies] means prosperity, economic growth. We want to be known as a hub for life science so that



we can attract people here. It's not just a benefit for the community but for Central Florida as a whole, and that shapes the future." Backer continues to say that BioFlorida is a nonprofit organization and that it brings everyone together. Based on their plans, Orlando will surely be a thriving place for the life sciences industry in the future.

To learn more about BioFlorida, visit www.bioflorida.com. For updates on the UCF Life Sciences Incubator in Lake Nona, visit incubator.ucf.edu/lifesciences/.



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Namaste With Natalia: Tree Pose Vrksasana

Your Monthly Yoga Pose

BY NATALIA FOOTE
PHOTOS BY MICHAEL FOOTE
AT SPLIT OAK TRAIL

Tree pose, or Vrksasana, is a balancing pose used in various yoga classes. The pose tones the leg muscles and gives one a sense of focus, balance, and poise.

1. Begin standing tall on both feet in mountain pose.
2. Transfer your weight to the left leg while raising and bending the right leg at the knee.
3. Place the activated right heel at the root of the activated left thigh, or as close to the inseam of the left leg as possible. A modification would be to allow the bent right leg to rest on the ankle or calf.
4. Rest the right foot on the thigh (or ankle or calf) with the toes pointing downward.
5. Bring the navel in toward the spine and allow your eyes to focus on the tip of your nose or a stationary object far away. This is considered your drishti or focal point.
6. Your arms may be fully extended, wide



Benefits:

The pose strengthens thighs, calves, ankles and spine. It stretches the groins and inner thighs, chest, and shoulders. It relieves sciatica and reduces flat feet. The most important aspect of this pose is how it improves your sense of balance.

You'll never be absolutely still; your body will adjust slightly to maintain the pose. Small muscles in your feet will strengthen and activate as you balance through the pose. While maintaining the breath, allow yourself to focus on the act of balancing and adjusting just as a tree adjusts to the wind, rain and the elements of nature.

Namaste.

Natalia Foote is the owner of threeR, a company bringing mindfulness, meditation and yoga practices to the workplace. Her mission in life is spreading love and light in the world. When not spending time with her family, you can find Natalia taking and teaching yoga all around Lake Nona.



- and above, or hands may be in prayer pose at the chest.
7. Allow your shoulders to be relaxed and imagine roots growing from your left leg, down into the earth.
8. For a challenge, hold the pose for 4-5 breaths and then change your drishti to the sky above, or close your eyes.
9. After 8-10 breaths, with control, release the right leg and repeat on the other side.

Cannonball Kids' cancer Donates \$25,000 to Nemours for Research on Using Zika Virus to Treat Childhood Cancer

ARTICLE AND PHOTOS BY
BRITTANY BHULAI

Cannonball Kids' cancer Foundation, a local foundation geared toward funding pediatric research on childhood cancer, donated \$25,000 to Nemours Children's Health System. The donation will be used to fund basic research in figuring out if the Zika virus can fully cure hepatoblastoma, a common liver tumor found in early childhood. Melissa Wiggins, executive director of Cannonball Kids' cancer, met with Dr. Tamarah Westmoreland, a pediatric general thoracic surgeon at Nemours Children's Hospital, and Dr. Kenneth Alexander, who is chief of the Division of Infectious Diseases at Nemours Children's Hospital.



by Michael and Melissa Wiggins in 2014. Their son, Cannon Wiggins, was diagnosed with stage IV high-risk neuroblastoma when he was 20 months old. During the process of receiving treatment, they discovered how little research was done in curing childhood cancer. Melissa said medical treatment involved using adult treatments of cancer to help crack the code for children. The options for children were much more limited when compared to the treatments and research devoted to adult-hood cancer.

The Wiggins took it into their own hands to find ways to fund the needed research. Melissa said they started by selling a t-shirt online. Shortly after, she wrote a book called, *Thankful for the Fight*. It was in regards to Cannon's journey battling cancer. The book was put online for sale, and money was raised that way. "Once we reached that first thousand [dollars], that's when we wrote a research grant," said Melissa. To raise even more money, they began to organize and host galas.

Since then, CKc has given out a total of 13 research grants. The foundation has stirred up more than \$800,000 in research funding. A press release sent out by CKc stated, "The grants are providing up to 60 children with access to bench-to-bedside treatments that could help give the chance to live to children who have



Hepatoblastoma is generally removed surgically. However, this treatment is not enough if the cancer has already spread. The lab team tested the interaction between the hepatoblastoma cells and Zika. Dr. Westmoreland concluded, "Zika viruses may be an effective tool to fight many childhood cancers. If, as our data suggests, CD24 is indeed a major determinant of what cancers would be killed by Zika viruses, then we have reasons to be very optimistic because many pediatric cancers (and, indeed, many adult cancers) express CD24."

previously been told there was nothing more to be done to save them."

All of the research done by the Nemours research team will be performed right here in Lake Nona in the biosafety vivarium at the University of Central Florida College of Medicine. An editor's note on the press release says that the "c" in cancer in the name of the foundation is purposely lowercase. They want to give cancer an "inferior status."

Cannonball Kids cancer (CKc) was formed



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Florida Technical College Student Overcomes Adversity to Fulfill Lifelong Dream

BY JEANNETTE RIVERA-LYLES

Belén Infante, 25, moved from Pennsylvania to Central Florida three years ago to raise her two sons closer to extended family and further her education. Following her high school graduation, she wanted to pursue a college degree. Nonetheless, life got in the way time and again. One day, she told herself that this time it would be different, but the earth shook under her feet, almost tearing her down, along with her dreams.

Infante's youngest son, Alexander, who was two at the time, was diagnosed with leukemia. Managing this serious illness required frequent and prolonged hospital stays, which meant that attending a traditional college was impossible for Belén. Nonetheless, she was not ready to give up. As her son slept in his hospital bed, she opened an old laptop and researched online college programs. When she read about Florida Technical College's (FTC) online Business Associate Degree, she knew this was the school for her.

"Obtaining a degree in 18 months, without having to leave my son's side, was an incredible opportunity," Infante stated. "I was determined to follow my dreams and stay positive. I knew that it would make me a better mom."

Completing the online lessons was not easy, but Infante persevered. That meant doing most of the work in a freezing cold hospital room with an unstable Internet connection. She had to wait for her son to take a nap or study late at night. Sometimes, she could not submit her work on time because her computer was not working properly. Through it all, FTC instructors and staff provided unconditional support.

"All my instructors knew about my son," Infante commented. "They were very patient and afforded me the flexibility to take care of him while pursuing my education. I am very grateful for their care and support."

FTC Kissimmee executive director Gabriel Garces explained that Infante's tenacity toward the face of adversity was inspirational for everyone at Florida Technical Col-



lege. "It was truly moving to see this young mother caring for a very sick child, while creating a better future for her family by getting an education," Garces said. "The thought of quitting didn't seem to cross her mind. She showed extraordinary strength, responsibility and tenacity."

Infante recently obtained her associate degree in business, but this story does not end here. Her lifelong dream has been to own a bakery that makes artisanal breads, cakes and pastries. Currently, she is enrolled in FTC's award-winning Baking and Pasteleria program.

"I got a degree in business because I wanted to ensure that I could successfully manage my own business," she said. "Many entrepreneurs fail the first year they start a business because they don't know how to run it. I don't want that to happen to me."

With her son's illness now in remission, Infante now at-

tends the Kissimmee campus, where she also has a job through the work-study program and volunteers organizing student events, such as graduations and Spirit Day. She is already planning to do an externship at a family-owned German bakery.

"I look forward to learning new techniques and developing skills that will allow me to reach my goal of owning a business," she stated. "I love to learn, and FTC has helped me do it in a way that allows me to be present in the lives of my two young sons. This school is now part of my extended family."

Infante is expected to graduate from the Baking and Pasteleria program in November.





Mariela Dubuc
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SCHOOL UPDATES

NORTHLAKE PARK COMMUNITY

BY SALLY SHUMAN AND AMY ALDAY

Around the School

During the summer, NorthLake Park's office clerk painted shadow students, a Wordle, and a book with flying pages on the media center walls! Maria Gonzalez is a very talented artist, and she has painted numerous murals throughout the school. The media center is now a bright, newly decorated area of the school with, of course, **READING** as the theme.



In the Classroom

Mrs. Harrison and Mrs. White's fourth-grade class had an Alice in Wonderland Tea Party-themed "Book Tasting" during the first week of school. Students "sampled" different genres of literature – historical fiction, realistic fiction, folktales, mystery, fantasy, science fiction, and classics – while they were sipping their tea and snacking on cookies. Afterward, each student chose the book that "tasted" the best to them!



SUN BLAZE ELEMENTARY

BY TODD PERKINS, PROGRAM & PARTNERS IN EDUCATION COORDINATOR

We want to welcome the newest member of our Sun Blaze administrative team, Ms. Nicole Rutledge. Assistant Principal Rutledge comes to Sun Blaze from Deerwood Elementary and Sun Ridge Elementary, where she was an instructional coach, MTSS coach, and dean. She is excited to join Principal Szymanski, Assistant Principal Ramsey, and staff at Sun Blaze.

During the first month of school, our staff voted on our Teacher and Support Person of the Year. We are proud that Mr. Travis Alvarez is the Teacher of the Year for Sun Blaze Elementary! He truly deserves this honor and exemplifies hard work and dedication. Mr. Alvarez has been with OCPS for four years as a physical education teacher. He is always willing to help in any capacity and strives for excellence in all that he is tasked with. Mr. Alvarez demonstrates respect for students, staff, parents and community members, and takes pride in being a



Maria Garcia



Ms. Rutledge



Travis Alvarez

Sun Blaze Stingray. As the coordinator for our safety patrol, Mr. Alvarez challenges students daily to make a positive impact at school, home and in the community. He is truly an integral part of our staff and a wonderful representation of OCPS. We are so very proud to call him our Teacher of the Year!

Ms. Maria Garcia is a dedicated employee who goes above and beyond for the students and staff at Sun Blaze Elementary School. As our resident custodian, Ms. Garcia exhibits a strong work ethic and is always available to help. Ms. Garcia has been with OCPS for 14 years and cares for our facilities and campus with pride. She continu-

ously strives to complete tasks with excellence and maintains a positive outlook on every situation. She is an asset to Sun Blaze, and we are thrilled to have her represent our school as Support Person of the Year!

We would like to invite the Lake Nona community to follow our social media links to stay connected with all that is happening at Sun Blaze Elementary. The website address is SunBlazeES@ocps.net, and you can follow us on Facebook at SunBlazeElementary.

Go, Stingrays!



EAGLE CREEK ELEMENTARY

BY JESSICA SCULLY, INSTRUCTIONAL COACH



Hello, Panther Community!

September has been an exciting month to be an Eagle Creek Panther!

Earlier this month, we welcomed a visit from School Board member Ms. Daryl Flynn. Eagle Creek appreciates all of the support Ms. Flynn has provided to us since day one!

We recognized our students who earned a PERFECT score on last year's FSA! We are so proud of these students for their dedication to learning and can't wait to see what their future holds. We know it will be amazing, and we are thankful to be a part of

their educational journey.

STEAM (Science, Technology, Engineering, Art, and Math) is important here at Eagle Creek. Each grade level has a STEAM committee member who facilitates STEAM groups through different learning cycles based on real-world applications. During the month of September, at the peak of hurricane season, we embarked on a journey of exploration into hurricanes, storm surges, and engineering homes that can withstand hurricane-force wind and storm surges. Students grades K through 5 participated in the creation and testing of their structures.

This month, we celebrated the P.R.I.D.E. Students of the Month who displayed a positive attitude in their classroom! A positive attitude means replacing negative thoughts with positive thoughts. Here are some pictures of our PRIDE students! Congrats, Panthers!

Mrs. Grande, our music teacher, is excited to announce that we will be hosting our first annual Hispanic Heritage Month Performance on Thursday, Oct. 18, from 6-8 p.m. Our STEAM groups will collectively be researching and creating works of art to perform and display throughout this event! We can't wait to share pictures of our event with you after.

the creation and testing of their structures.



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SCHOOL UPDATES



LAUREATE PARK ELEMENTARY

ARTICLE BY SUZANNE WORKUM, PRINCIPAL
PHOTOS PROVIDED BY KAREN LEE AND LP PTA

At the beginning of the school year, Laureate Park Elementary celebrated two staff members who have shown exemplary service to our students, families and staff. Stephanie Brauner was named Teacher of the Year, and Alice Moss was named Support Person of the Year. We appreciate all they do for our students and families.

Laureate Park's first, second and third graders enjoyed a visit from the Tampa Bay Lightning. Their program, Equip the Thunder, is a street hockey clinic to teach age-appropriate hockey safety rules and skills to our students.

Our second graders recently learned about the steps of the Scientific Method. The students observed and collected data when they performed the Runaway Pepper experiment. They discussed the results and evaluated if their hypothesis was correct.

Laureate Park's PTA hosted their first Book Swap and Ice Cream Party for our students and families. Kids were able to bring a book to trade and enjoy yummy ice cream treats. It was a huge success!



LAKE NONA HIGH SCHOOL THEATRE

BY BELLA FUENTES, SOPHOMORE

Lake Nona High School is turning 10 this year, and the theatre department's fall show will be commemorating this milestone. *The Family We Chose: A Cabaret* is a celebration of Lake Nona High School's theatre department and the people who made a home in it. Featuring alumni and current students, the show will include performances from past productions. The cabaret will be on Oct. 6 at 7 p.m. for one night only. Tickets will be \$10 and available at the door. Tenth-anniversary shirts with a design featuring all the shows included in the cabaret will also be available for purchase for \$10.



BOO TO YOU, INNOVATION MIDDLE SCHOOL!

BY CHRIS CLARK



The calendar says fall, so that means it's time for the biggest fundraiser of them all – The Fall Dance. The PTSA will host a fall dance for Innovation Middle School students on Thursday, Oct. 26, from 6-8:30 p.m. Students are encouraged to wear costumes and bring some extra cash for snacks and the haunted house. We also need many parents and volunteers to help make this a success. All volunteers must be additions approved via OCPs school policy. Look for more information on the IMS PTSA facebook page: www.facebook.com/groups/InnovationMiddlePTSA/.

Fall is also a busy time for IMS clubs. Be sure to see the school website at innovationms.ocps.net/calendar for a listing of all the clubs and activities meeting regularly at school.

Coming in November will be the fall play, *Inherit the Wind*. This award-winning play was the inspiration for the Academy Award-winning film of the same name. The play is just as relevant today and inspires everyone to think for themselves and to stand up for intellectual freedom. The play will be presented on Nov. 8 and 9 at Innovation Middle School. Tickets go on sale later this month. See the school website for more information.

LAKE NONA HIGH SCHOOL FOOTBALL

BY ANDREW GORDON, FRESHMEN HEAD FOOTBALL COACH



The 2018 football season is off to a booming start. Although our varsity football team might have lost to Winter Park High School in week one, our team beat Boone High School for the first time in our school's 10-year history, 42-27. We also beat Freedom High School 42-0 recently to move to 2-1 on the season. With the first three weeks of the season in the books and now entering district play, by the time of publication, our varsity team will have competed against St. Cloud High School and prepped for our homecoming game against Windemere High School. We enjoy having the Lake Nona community at our games to cheer on our Lion football team.

Our junior varsity and freshmen football teams have also been hard at work as well. Both freshmen and JV teams beat the Boone Braves. Freshmen won 7-0, and JV won 40-14 over Boone. Unfortu-

nately, Freedom High School did not have enough players to field a freshmen or JV team, so our freshmen and JV players had a bye that week. However, during their bye week, both teams were hard at work honing their skills and preparing for their upcoming games. Recently, our JV team had a game at Cypress Creek, where they

beat Cypress Creek 38-0. The freshmen team had a home game against Timber Creek. Unfortunately, our freshmen team lost 14-0. However, the team fought hard, and everyone gave everything they had. The effort that our freshmen team gave out on the field was tremendous, and we cannot wait to see how they will respond in coming weeks going into practice. By the time of publication, our freshmen and JV teams will have traveled to Winter Park and will have had a home game against East River High School.



SCHOOL UPDATES

MOSS PARK ELEMENTARY

BY STEPHANIE OSMOND, ED.D., PRINCIPAL

The first few weeks of the school year have flown by, and our students have adjusted well to being back on campus are ready to learn! We have also had a ton of fun already ... we have enjoyed seeing our parents and students at both our Meet the Teacher and Open House events. We especially enjoyed meeting the parents of our newest Eagles at the BOO HOO Yahoo Breakfast hosted by our PTA. Skate night was a wonderful success as well while our students and teachers had the opportunity to just have a little fun together!

Moss Park has such a wonderful community of exceptional, active, and caring parents and faculty, all keeping our students at the center of what they do. If you are interested in volunteering or visiting our campus, please complete the Additions application located at ocp.net or reach out to the front office and they will guide you. We are truly thankful every day for the support we receive.

I would like to congratulate our Teacher of the Year, Mrs. Maritza Jenarine. She

is a wonderful example of what Moss Park is at its core. As our media specialist, she loves our students and has ensured that they have every opportunity to fall in love with literacy. She goes above and beyond to make sure our media center is the heartbeat of Moss Park.

Congratulations are also in order for our Support Person of the Year, Mrs. Debra McCaleb. She is always one step ahead in ensuring that all of our back-of-the-house items are taken care of. No matter the need, she ensures that it is met, working with teachers and students alike. Her deep level of commitment to her job is undeniable. She makes our school a better place to work!

We are so excited for what this school year has to offer! Welcome back!



Our Teacher of the year Mrs. Maritza Jenarine and Support Person of the Year Mrs. Debra McCaleb pictured with our principal, Dr. Osmond and Assistant Principal Mrs. McDaid.



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LAKE NONA HIGH SCHOOL FOOTBALL SCHEDULE

Freshmen-JV Schedule

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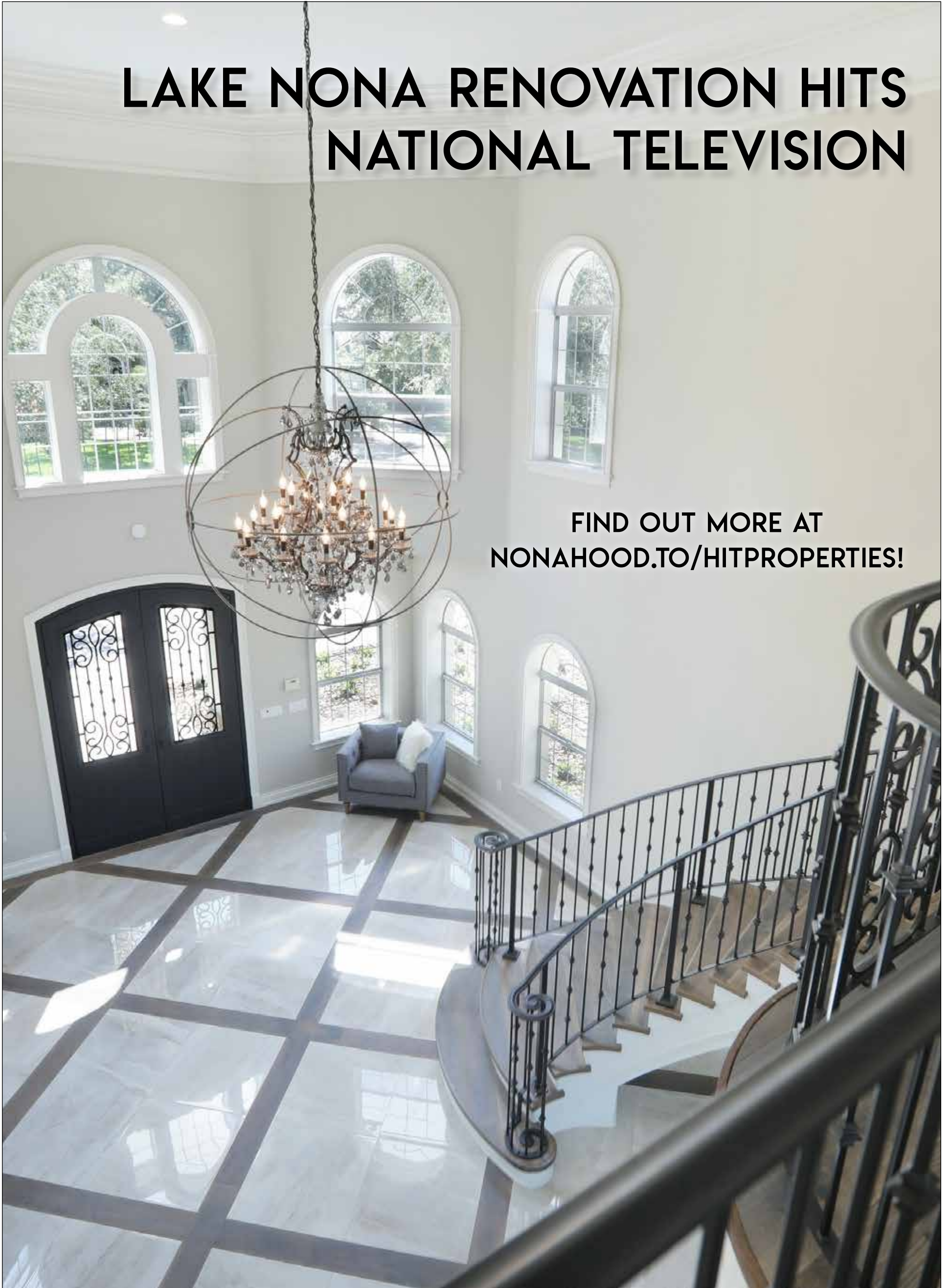
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Family Fridays: Time to Reconnect

BY VANESSA POULSON

Welcome to a new edition of Family Fridays. In this edition and many of the other upcoming editions, we're going to be discussing the importance of reconnecting with your family. In the hustle and bustle of the digital age, finding a moment of peace and quiet is so hard to come by. It can be easy to simply hand our kids technology, rather than engaging in real-world activities that challenge their minds and engage their spirits.

Each month, we're going to be discussing new and exciting activities that you can do with your family to re-engage and reconnect!

It's happened to all of us before. We're on a road trip or on public transportation and we see or have a child that is acting up. They're screaming and crying, face red from having a fit and being fussy. Time after time, it is much easier for parents, siblings, and strangers alike to engage these kids with a smartphone or tablet to help them settle down, rather than engage with them face to face.

Other instances of technology interfering with our family connections occur when the television buzzes throughout dinner time, or rather than listen to each member of the family discuss what happened throughout their day, family members

play on their smartphone or tune into their computers. It's hard often for us adults to put down our work or Facebook for a few minutes to talk with the people around us. We can get so caught up in trying to stay on top of everything else in our lives that we disregard the important people sitting right in front of us.

In the upcoming weeks in Lake Nona and just beyond, there are a variety of events coming up that get your family off the couch and engaging together. Here are a few ideas! Check out the October Calendar on the *Nonahood News* website for more upcoming local events!

- Mickey's Not-So-Scary Halloween Party
- EPCOT Food and Wine Festival
- Sea World's Halloween Spooktacular
- Brick or Treat at Legoland Florida

- Go out for a walk in the slightly cooler Florida fall air!
- Make your own Halloween costumes as a family! There are plenty of online tutorials.
- Bake some fall dishes together like apple pie, pumpkin, and sweet potato pie.
- Check out Pinterest for some fun fall DIY projects like playing pumpkin golf and making pinecone turkeys!
- Have a family game night without technology!

If you take any of our suggestions, be sure to tag us on Instagram and Facebook @nonahoodnews!



Nona's Natural Wonders: The Laureate Park Trail

ARTICLE BY VANESSA POULSON
PHOTOS BY MAXIMOS POULSON



swatting away bugs.

The best time to walk the trail would be just after sunrise, or just before sunset. During these hours, not only is the Florida weather cooler, but there is also the opportunity to watch the sky light up in gorgeous pinks, blues and purples as the sun fades to darkness on another day or rises on a new one. If you keep your eye out and keep quiet, you might be able to spot Lake Nona's favorite sandhill cranes or hear some of the other birds hanging out up in the trees. The trail is also dog-friendly, so feel free to bring your favorite running buddy!

My personal favorite spot on the trail is the spot where the trees split from the path and leave beautiful shadows looming across the path. This particular spot is especially beautiful in "The Golden Hour" in the evening where the light glows a stunning shade of gold and orange. The beautiful contrast of the stunning green in the trees and the soft glow of the light across the ground and through the sky is especially spectacular when you spend those moments tucked away on a trail under the trees.

The trail is open, has no cost, and is short enough for you to bring the little ones without them getting too tired along the journey! If you venture out to the Laureate Park Trail, make sure to take a photo of you and your hiking crew! Tag us on Facebook and Instagram @NonahoodNews! We would love to see your experiences in some of Nona's Natural Wonders!



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As we continue our journey through some of the best spots around Lake Nona to reconnect with the natural environment around us, there is one spot in Lake Nona in particular that some of us know about, while to others it may be a complete surprise that the scenic location even exists.

The Laureate Park Trail is a small, hidden spot located in the backside of Laureate Park, closest to Narcoossee Road. The trail runs behind the houses in Laureate Park and gives a stunning view of vast natural wonders, including trees, shrubbery and wildlife, located next to this scenic dirt trail.

Though this trail has no official markings or official entrance, it can easily be accessed and found right inside of Laureate Park with ease. To access this trail, park your car or walk to the entrance just after the bridge off of Narcoossee Road. You will see a split in the trees that opens up to a white dirt road path that cuts through the wooded areas of Laureate Park. The trail is fairly lit by the sun, so you may need to wear sunscreen and sunglasses, as there isn't a whole lot of tree coverage. Bug spray is also another must, as with most outdoor activities here in the Sunshine State. Mosquitos, horse flies and sandflies (more commonly referred to as "No-See-Ums" here in the South) all inhabit the trail, so you'll want to be prepared so you can enjoy your walk rather than just be

Say Cheese!

ARTICLE AND PHOTO BY NICOLE LABOSCO

The Spanish say queso.

The French say fromage.

I say cheese and more of it, please!

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

This month's cheese acts as a buffer for the weird transition we Floridians have as the change in seasons takes place everywhere else, but we really don't feel any difference here. Perusing the cheese section of our local Publix deli, I came across a garlic and pesto Monterey Jack cheese labeled as a gourmet and specialty cheese and, alas, here we are.

Upon opening the package, garlic immediately fills your senses. My first bite coated my taste buds with garlic with a rich and creamy texture of the cheese. I didn't seem to notice the pesto, however. The other ingredients listed in the cheese are parsley and basil, and they seem to take a back seat to the garlic notes, just like the pesto.

I'd use this cheese to elevate pasta, melting

it within the dish and spreading the ooey-goey garlicky goodness throughout. It could even be an amazing center of cheese curds!

All in all, this cheese is a nice change and upgrade to any standard Monterey Jack. At \$4.50 for about half a pound, I'm happy with this purchase and may even buy it again! For now, I will return to eating this cheese along with crackers and grapes because when something works, why quit it, right?!

When it comes to all things cheese, I guess you can't say I don't know jack!

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?



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Katie's Cucina: Harvest Quinoa Salad With Pumpkin Yogurt Dressing

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

Fall is in the "air." Well, maybe it's still on the warm side, but October has arrived, and I'm eating all things pumpkin. Get ready to treat your taste buds to the flavors of fall with this fancy yet easy-to-make salad and homemade dressing. I love nothing more than a hearty salad with homemade dressing, and I've done it yet again – created a salad recipe that I'm quite addicted to. Last year, when I created this recipe, I would share the dressing with friends and neighbors. Every neighbor that I shared it with also became addicted to this salad recipe. It's my second year making this salad, and it's been my go-to lunch for the past few weeks. I don't think I'll stop eating this salad until after pumpkin season has ended.

This recipe comes together quickly with a little prep work. I like to roast a big batch of fresh butternut squash and red beets. I chop and store the roasted vegetables in my refrigerator. I also like to make a large batch of quinoa in my Instant Pot. You can freeze the leftovers into small portions and thaw out to use for quick lunches throughout the week. With a little prep work (preferably on the weekend), the salad is half done. Of course, you don't have to limit this salad just for lunch. It would make for a perfect dinner, too. If you want to add a little protein to this salad, grab a rotisserie chicken from Earth Fare or even sear a few pieces of shrimp.

Tips on Making Homemade Dressing:

If you've never made your own salad dressing and have always felt intimidated, I'm

here to ease your fears. If you look at the first ingredient in just about every salad dressing on the market, it's water. Yes, you are basically buying flavored water. So, why not make your own dressing?

- Slowly add water when you make this dressing. If you want the dressing thicker, add less water. If you're not happy with the consistency of the dressing and want the dressing thinner, just add a little bit of water at a time. I go tablespoon by tablespoon to be on the safe side.
- Most dressings will last five to seven days in the refrigerator. If you are using yogurt, check the expiration date on your yogurt. Always label the date on your dressing container.
- I like to store salad dressing in a mason jar or salad shaker that has a lid that seals tightly.
- Chill the dressing for at least 30 minutes before serving.
- When you make homemade salad dressing, it's normal for it to separate. Just give it a shake or stir before you're ready to serve.

Pro Tip:

If you're a fan of salad in a jar, you would want to layer your ingredients in the following order: pumpkin yogurt dressing, apples, butternut squash, beets, cranberries, almonds and, lastly, the romaine. You can make two to three jars ahead of time for a quick meal.

Whether you are looking for a new salad recipe or simply want to break out and try something festive for the season, I invite you to give my recipe for Harvest Quinoa Salad With Pumpkin Yogurt Dressing a try!

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.

HARVEST QUINOA SALAD WITH PUMPKIN YOGURT DRESSING

Yield: 4
Prep time: 15 min. | Cook time: 15 min.

Ingredients:

For the dressing:

- 1 cup organic, low-fat plain yogurt
- 1/2 cup pumpkin puree
- 2 teaspoons pumpkin pie spice
- 2 tablespoons maple syrup
- 2 tablespoons unfiltered apple cider vinegar
- 2 tablespoons flax oil
- 1/4 cup water

For the salad:

- 2 cups romaine lettuce, chopped
- 2 cups cooked quinoa
- 2 cups roasted butternut squash
- 2 cups roasted red beets
- 1 fuji apple, diced
- 1/4 cup pecans
- 1/4 cup dried cranberries

Directions:

For the dressing:

1. In a large bowl, pour the organic, low-fat plain yogurt. Then add in the pumpkin puree, pumpkin pie spice, maple syrup, and unfiltered apple cider vinegar. Whisk together, then begin to slowly whisk in the flax oil and water. Whisk until well mixed for about 30 seconds.
2. Pour into a dressing container or mason jar and refrigerate for up to 1 week (or expiration date on yogurt container).

For the salad:

1. Divide chopped romaine lettuce between four large pasta-size bowls. Then divide the cooked quinoa, roasted butternut squash, and roasted beets evenly among the salad bowls.
2. Dice an apple and divide evenly among bowls. Sprinkle on the pecans and dried cranberries and repeat until each bowl has the toppings. Then pour the pumpkin yogurt dressing on top. Enjoy immediately.

Note: To speed up prep time, I roast the butternut squash and beets ahead of time and then store in the refrigerator to make this salad on the fly. I also make a large batch of quinoa ahead of time.



2018 Epcot International Food & Wine Festival Overview

ARTICLE AND PHOTOS BY
BRITTANY BHULAI

The Epcot International Food & Wine Festival is still in full swing from now until Nov. 12, and I had the opportunity to check out the festival's food, alcohol and attractions. I was overwhelmed with excitement as I walked into the park's Showcase Plaza. The air was filled with festival music and the smell of food from the Global Marketplaces all around.

Some new features that were added in the festival center are the Food & Beverage Pairing, the Shimmering Sips Mimosa Bar, and the Festival Center Wine Shop. Of course, beverages are available to purchase through the different countries as well. I went to Belgium and ordered their beer flight, which contained a "Leffe Blonde Belgian Pale Ale, St. Bernardus Witbier, and St. Bernardus Abt 12." They varied in flavor going from smoothest to a more bitter bite.

There were also new delicious food items released this year as follows:

- Butternut squash ravioli with brown butter vinaigrette, parmesan cheese, and pumpkin seeds by The Wine & Dine Studio.
- The Brunswick Slider: slow-braised beef brisket, "pot roast style," with horserad-



ish cream, and crispy fried onions on a potato roll with pickled vegetables on the side by Hops & Barley.

- Maple bourbon Boursin cheesecake with maple bourbon cream, caramel and pecan crunch by The Cheese Studio.
- Chocolate Picante: dark chocolate mousse with cayenne pepper, chili powder, and mango by Flavors from Fire.
- Charred chimichurri skirt steak on a smoked corn cake with pickled vegetable slaw and cilantro aioli by Flavors from Fire.
- Moqueca: Brazilian seafood stew featuring scallops, shrimp and white fish



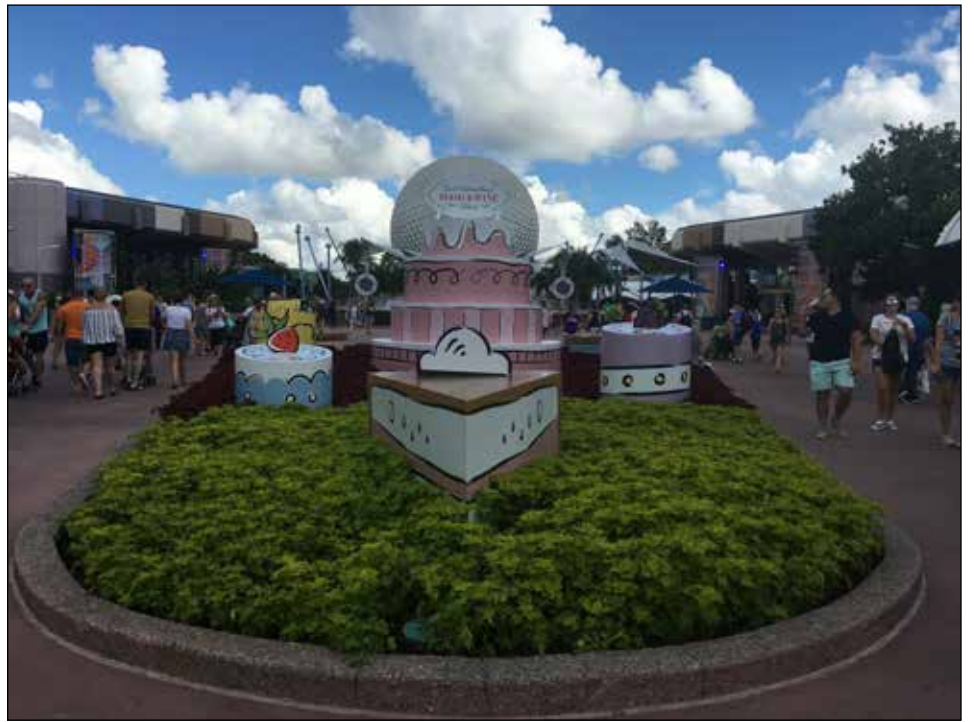
with coconut-lime sauce and steamed rice in Brazil.

My favorite out of all of these was the butternut squash ravioli. It is packed with so much flavor and leaves a sweet and salty kiss on the mouth. Also, for beverages, my favorite was the Guinness Bailey's Shake in Ireland. The shake is so icy and creamy with shredded java chips on the top. It's satisfying for coffee lovers, and you can taste the perfect hint of Guinness in it.

There is also festival fun for the children, too. This year, some of the activities include Junior Chef Kitchen, where kids get to make meals, and Candy Sushi, where children can make that as well. There is also something called Disney Du Jour Dance Party. I caught this show on my way out of the park around 9 p.m. It's performed at the Fountain View Stage and goes from 5:30-9:30 p.m. At the end, a Radio Disney singer comes out to perform. I have not listened to Radio Disney since I was a kid, but I was blown away by the performance. This is something a whole family would enjoy, too, not just the kids!

Speaking of entertainment pieces the whole family can enjoy, you don't want to miss the Eat to the Beat Concert Series. There is a concert there every night at the America Gardens Theatre. You can either stop in for the 5:30 p.m., 6:45 p.m. or the 8 p.m. show. This year, Epcot had nine new performers. They added in MercyMe singing "I Can Only Imagine," Glass Tiger playing "Don't Forget Me (When I'm Gone)," Vertical Horizon's "Everything You Want," Sheila E. singing "The Glamorous Life," and Jim Belushi & The Sacred Hearts performing "Soulful R&B Covers." (The nights to see these guys in action have already passed, but the next three new shows listed you can still make!) On Oct. 11-12, Anderson East will play "All On My Mind," on Oct. 15-16, 98 Degrees sings "Give Me Just One Night (Una Noche)," and on Nov. 1-2 High Valley will perform "She's With Me."

At the end of the night, there are also fireworks to enjoy at the Showcase Plaza. For a full overview on the Eat to the Beat Concert Series, seminars, and dining experiences, go to disneyworld.disney.go.com and type in "Food and Wine Festival" in the upper right search bar.



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Nona Heroes: Hazmat Battalion Chief Keith Grice

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF
KEITH GRICE

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



This month's hero has been fighting fires for the past 15 years and began working in EMS in South Florida in 1994. He moved to the Central Florida area in 1998 and worked for Florida Hospital and Rural Metro. He joined the fire academy in 2003 and found himself employed at Osceola County Fire Rescue as a firefighter later that year. Meet Keith Grice.

"I have lived in Lake Nona for the past three years. Besides working at Osceola County, I have two other jobs: I work at Florida Hospital as a Registered Nurse and I work at Universal Orlando as a paramedic." Grice continued to explain why he chose to fight fires and save lives. "Ever since I was



a child, I've had an interest in the fire department and ambulances. It wasn't until I was 23 when that interest became real life. I started working for an ambulance company in Fort Lauderdale."

Grice explained how he joined the fire department later in life at the age of 32 but wished he had joined when he was 18. When he's not acting as a battalion chief for the Osceola County Fire Department or working at his other two jobs, he spends time with his 15-year-old daughter. Grice also has a 22-year-old son and a 21-year-old daughter.



Grice has been battalion chief for five and a half years and he explained the list of promotions that led up to that title. "I started in the department as a firefighter. I was promoted to the rank of engineer in 2006. Then in 2009, I was promoted to lieutenant. And then in 2013, I made battalion chief. I currently serve as the hazmat battalion chief on my shift." Grice continued to explain some of his duties: "Being

a hazmat battalion chief has its challenges. Not only do I do the normal duties as a battalion chief, but I'm also responsible for all hazmat scenes on my shift. Not to mention all the training that goes into it ... battalion chiefs oversee the daily operations in their battalion. A battalion consists of three to five stations. They also are in charge of complicated scenes such as structure fires."

And speaking of structure fires ... when asked what some of his best memories were while serving as a firefighter, Grice mentioned a structure fire that he was in com-

mand of in December 2016. It was the largest fire he had ever been in command of.

Battalion Chief Grice has a twin brother who also happens to work as a lieutenant for Osceola County Fire Rescue. Back in 2000, they worked on the ambulance together and were even showcased on the TLC show Paramedics. "It's been [an] amazing experience working with my twin brother, and to be on the show with him was a great experience. How many people can say they were on a show with their twin that was real life?" To see Keith and his brother, Kevin, in action on the show, visit: www.youtube.com/watch?v=cRzHKayDfFE

Grice is not only a hero, but also a survivor. He had cancer twice in the last seven years – bladder cancer in 2011 and thyroid cancer in 2014. The good news is he is now cancer free!

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



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DOG OF THE MONTH



Ari & Lumi

Owner: Luz Frascarelli
Breed: 100% Pure Mutt

Lumi (three years old, pictured on the right) is an outdoorsy girl born in New Mexico, raised in Colorado and now a Florida girl. She loves snowboarding and hiking just as much as she loves swimming at the beach (but not the pool ... pools are scary). Aria (one year old, pictured on the left) is the baby of the house, and she knows it. She is polite and very girly. She loves to cuddle and snuggle, and she loves her daddy. They're both avid runners and protectors of the house. Make sure to say hello if you see them out and about in Laureate Park!

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Nona Your Neighbor: Samantha Senf

ARTICLE BY VANESSA POULSON
PHOTO COURTESY OF SAMANTHA SENF

Samantha Senf has been living here in Lake Nona for just over a year after moving from Venezuela. She is a talented graphic designer who is passionate about art and creating in all of its different forms. Get to know more about Samantha below!

NHN: What brought you to Lake Nona?

SS: The piece of mind of knowing I live in one of the most upcoming cities in America, the project of expansion, the friendliness of people, the quietness, landscaping, and modernism of its structures. A hidden retreat next to the city.

NHN: How long have you lived here?

SS: We moved here last summer from South Florida.

NHN: Where are you from originally?

SS: I am from Venezuela with German roots.



NHN: What do you do for work?

SS: I am a graphic designer by trade, owner of Samantha's Wall, and I do create pieces of art in walls making each space luxurious and unique.

NHN: What is your most interesting graphic design project?

SS: Along [with] my career, I have been able to do many different projects, and I have gotten so involved with every single one that is impossible [for] me to choose a specific one.

NHN: What drew you to Lake Nona?

SS: I was contacted and hired by a resident in Storey Park to do a job at her place, and I fell in love with the area and decided to make the move.

NHN: What is your favorite memory in Lake Nona?

SS: To find out that I was pregnant and expecting my second child!

NHN: What is your favorite thing in Lake Nona?

SS: First Friday art night at Town Center [Art After Dark].

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

SS: Wow, so many things ... its fine dining,

schools, architecture, and landscaping. Location, ease of access, and, of course, the Town Center with its upcoming projects.

I love everything.

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

SS: I am convinced that it is and will be a great, prosperous and beautiful city in the years to come, providing me and my family the safety and comfort of upscale living, far enough but close by to any need.

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

SS: No doubt about it, do it now.

You can get in touch with Samantha on social media below!

Facebook: Samantha's Wall

Instagram: @samanthaswalls

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



How We Got Here: The Varro Family

ARTICLE BY VANESSA POULSON
PHOTOS BY LORI VARRO

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 Varro family, with members Lori, Mike, and dogs Cairo and Olaf, ventured to Lake Nona because of Mike's job with Veterans Affairs (VA). After moving from Minneapolis to Gainesville, the family eventually found their way to Central Florida, with Mike working at the Lake Nona VA. The various moves for the Varro family were not always easy. Leaving Minneapolis for Gainesville, they left behind a large family and, with that, family traditions that couldn't be carried over with them being so far from the rest of their extended family. Once they arrived in Lake Nona, they fell in love with the people, the close proximity to Cocoa Beach, and the memories that they have been able to share with their new friends whilst embarking on new traditions.

The Varro's story is filled with both exceptional bravery and strength and pro-

digious loss, beginning when Mike was just 11 years old and lost his leg from birth complications. Lori has also faced her own difficulties, including finding out she had strand 18 of HPV. After multiple tests, the doctor told her that she had a very rare form and late stages of pre-cervical cancer, leading to her having a hysterectomy at just 30 years old.

However, the two of them have continued to prove that hardship and tragedy cannot damage the power of the human spirit. In 2016, Mike went to an open house at South Orlando Rowing Association, and he tried rowing for the first time. He fell completely in love with the sport. After winning a few races, he gained attention on the national stage and was invited to try out for the team in Boston, Mass. He made the team in 2017 and was in the 4+ boat that represented the United States in the World Rowing Championships in Sarasota last year.

He made the National Paralympic Rowing Team in 2017 and 2018. This year, Mike was invited back and again made the team. In a few short weeks, he will be off to Plovdiv, Bulgaria, to represent the USA in the 2018 World Rowing Championships. "This is all prep for the ultimate goal of the 2020 Tokyo Paralympics," said Lori.

Mike has also done all he can to give back to the local community, specifically the veterans at the VA. "He eventually went on to school to be a prosthetist, and he builds prosthetic limbs for our veterans at the VA hospital," Lori added.

Check out the rest of our interview with the Varro Family below to learn more about their inspiring story!

NHN: Tell me a little bit more about the most memorable thing to happen to your family?

LV: Mike and I got engaged in early August of 2014, just a few weeks before moving to Florida. I had recently been laid off from my job and didn't have health insurance, and after setting a date and a venue for an April wedding in Minnesota, we decided to sneak off to the courthouse in Gainesville and get married. We didn't tell anyone except our immediate family and bridal party. Three months after that, I had gone to the doctor to get my IUD replaced, and I found out that I had strand 18 of HPV and that something wasn't right. After multiple tests, the doctor called me and told

me I have a very rare form and late stages of pre-cervical cancer. Basically, she told me that on a scale of 1-10, 10 being cancer, I was at a 9.5. After a few consultations and a cone biopsy, they told me that the form of cancer I had was rare because it would jump from one spot to another, and it basically meant that I had to decide if I wanted to have kids and if I did, I had to get pregnant right away and immediately after giving birth I would have to have a hysterectomy. Keep in mind, I am only 30 years old when this is happening. So, after a long discussion with Mike, we decided that since we were actively trying not to get pregnant right now, we would just go ahead with the hysterectomy sooner rather than later. So, three weeks after we had the wedding in MN in April, I had a hysterectomy, and eight weeks after that, we moved to Orlando. Needless to say, our first year of marriage was definitely eventful!

NHN: What drew you to the Lake Nona area?

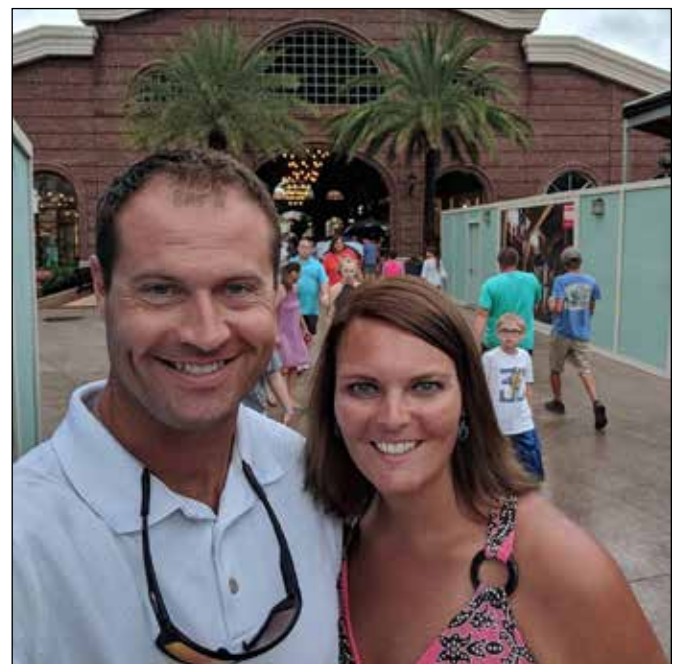
LV: What interested us in Lake Nona was how it was a developing community. It was new and exciting that all these new places/communities were going to start popping up over the next few years. We also really liked how they seem to be very fitness-focused. My husband and I both enjoy working out and doing things outdoors. There are so many neat things to do here!

NHN: What is your best memory here in Lake Nona?

LV: I can't pick just one, but I would say it is a compilation of all the memories and fun times we have had at the boatyard and the memories we have built with the families there.

NHN: What do you both do for work now?

LV: I am a project manager for a school furniture company called Meteor Education. Our focus is really helping school districts transform their schools and communities into high-impact learning environments. We are hyper-focused on collaborative learning spaces. Mike works for the VA in Lake Nona. He is a prosthetist and helps our veterans walk every day, so that is pretty cool all around!



NHN: What brings your family together?

LV: What brings us together is God. God has been such a help to us, and we could not have made it through the struggles we have had to get where we are today without him and our faith. We owe all we have and all the experiences we have in our lives to God. Secondly, what brings us together is our love for each other. We spend a lot of time together since it is just the two of us, and because we want to spend our time together, we both end up doing things that we probably wouldn't have expected. For instance, I am a rower now. I never thought I would be, but I am, because I wanted to spend time with my husband, and this was something he loved. I took up the sport, too, and now I love it, too!

NHN: Where do you both see yourselves in the next five years?

LV: In the next five years, I think we both see ourselves advancing in our careers and relaxing after four years of nonstop training for the Paralympics! We plan to stay in the area long-term and want to really lay down some roots here in the Lake Nona area.

Would you like to share your story of how you got here? Please fill out this online form:

forms.nona.media/how-we-got-here or send an email to Vanessa@nonahoodnews.com with a brief summary of why your family moved to Lake Nona. We'll be in touch.



Meet the Press: Marnie Brophy

ARTICLE BY NICOLE LABOSCO
PHOTOS BY ROBERT MCCLORY

Marnie Brophy is the *Nonahood News* layout guru who dabbles in graphic design. She's originally from Venezuela and moved to the Chicago area in 2000. Five years later, she moved to Orlando.

Extrovert or Introvert? Ambivert, lately leaning more toward introvert.

Indoors or Outdoors? Outdoors for sure; my favorite place is the beach.

Sun or Snow? Sun! Snow is pretty only for a few days during Christmas time when we visit our family in Wisconsin.

Dogs or Cats? I absolutely love cat personalities, but I have never had a dog; I can see how I would easily fall in love with a dog.

Vans or Converse? Toms.

Coffee or Tea? LOVE LOVE coffee; if you see me drinking tea, I am not feeling very good that day...

Adventurous or Laid Back? Super laid back; I love and appreciate safety and security.

Canon, Nikon or Sony? iPhone.

Books or TV? When I want to engage and learn: books. When I don't want to think and just relax: TV.

What brought you to the Nonahood?

We were looking to establish our family in a safe community that we both loved and where we could meet like-minded people and enjoy life! The area where we lived



was not developing in the direction we initially thought when we moved there, so we started looking around and when we came to Laureate Park, we fell in love with the unique, colorful homes and saw the great potential for growth in the area with the forward-thinking plans of Tavistock.

What's your favorite hobby?

I don't have time for hobbies right now, but I am very passionate about everything that I do. All my time is dedicated to healthy living (I love taking walks), my family and close friends, serving on the Laureate Park Elementary PTA, and working as a freelance graphic designer.

What's your biggest dream?

To live healthy until 100.

Where do you see yourself in 10 years?

I don't think much about it other than making the decisions I can today to have a better tomorrow ... but who knows, life is really unpredictable. Hopefully, 10 years wiser and with time to cultivate some hobbies and see more of the world with an open mind and heart.

What are you most excited about in Lake Nona?

The movie theater, Foxtail Coffee shop, the city park, the brewery ... all the town center area sounds exciting!

Who's your biggest inspiration?

My husband, Scott. He is persevering, balanced, and always gives people the benefit

of the doubt; he is a really strong rock in my life. Second, my son, Colin. I feel it's a true blessing in my life to have the enormous responsibility to shape him into a responsible, happy, and healthy adult. This shared responsibility is what makes us get up every day with the enthusiasm to do life together as a family. In general, I admire emotionally strong and intelligent people that have sailed life's ups and downs without becoming a victim.

What's your favorite book?

There are so many, but one I've read over and over is *The Alchemist* by Paulo Coelho. My favorite quote of the book: "The simple things are also the most extraordinary things, and only the wise can see them." If I can say a second one, it would be *The Little Prince* by Antoine de Saint-Exupéry, which is very deep.

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

Honestly, that is a hard question; like I

said, I love safety ... but when I think about it, moving to the U.S. was scary, but exciting ... fortunately, the people really embraced and supported me; the language barrier was the most difficult thing to overcome. It still makes me nervous today.

Describe one of your most memorable experiences.

Becoming Colin's mom. We were told by my doctor that we couldn't have kids. So, we applied for adoption and were waiting for a baby when I started not feeling well ... and there it was, a big, POSITIVE pregnancy test! God's miracle, our Colin ... the whole thing was magic, and he makes our life magical every day!

Check back next month to meet another Nonahood Staff member!



Nona Alumni: Mackenzie Newton

BY NICOLE LABOSCO

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

Name: Mackenzie Newton

Age: 25

Year Graduated: 2011

Occupation: Bartender/Server

Current Location: Orlando, FL



Photo courtesy of Porter House Media

Mackenzie Newton found herself in Lake Nona almost a decade ago. "My father had gotten a new job down here, so we moved from Grand Rapids, Michigan, in 2009, and we've been here ever since."

Newton was extremely focused throughout her high school years on what her future would look like. "My post-high school goals were to study music, move to LA to be a singer/songwriter and pursue a career in the arts. Over the years, I've added onto that list as well."

Although her job is currently working as a bartender and server, she has a career as a fashion model, singer/songwriter, and an actress. Newton explained her journey to get to where she is now.

"Oh, man, where do I even start? Well, straight out of high school, I went to Valencia for two years, got my A.A. degree and then started UCF in the fall of 2013. I knew if I was going to college that I was going to get a degree in what I love. From there, I studied music with Dr. Joanne Stephenson as my voice coach. Fast forward four years later, I now have a degree in music and a minor in sociology," Newton continued. "I got to where I am now by being confident in myself, determined, and having an amazing support system. My parents have shown me so much love and ongoing support. I am forever grateful for them."

She dabbles in writing her own music and lyrics and has even recorded a few songs with other local artists. When Newton's not working, she directs her attention to seeing new sights and enjoying the time she has off.

"I travel whenever I can. I love the feeling of being on vacation, honestly. I can be a workaholic sometimes, so I really enjoy getting away. I do pole fitness, hang out with my pup, Teddy, read, try new things and just enjoy my time with my loved ones."

For someone who has always been goal-oriented, Newton continues to focus on her career and her future, no matter how challenging it might get. Some of her cur-

rent goals include doing commercials, print modeling, performing her own original songs and possibly even releasing an EP. She hopes to see lots of change in the next five years as well.

"I plan on living in another city, not sure if it will be LA, but wherever God leads me. I will have a stable career in the three things I'm doing now, or maybe one or two of them. I also plan on having a family, so hopefully, I'll be married and have one then."

Thinking about her future left her reminiscing on the moments that have led her to where she stands today. She acknowledged past events that have greatly impacted her career and confidence.

"Well, this may not be super recent, but it's recent to me. I graduated from UCF in spring 2017. I was in my first paid musical in September 2017. I did my first runway show in September as well. I was in my first show at the Dr. Phillips Center downtown that wasn't school related in December 2017. I was in my first show at the Orlando Shakespeare Theater this past spring and first paid fashion runway show this past spring as well. I've put myself out there a lot this year, met some wonderful people and have had some great opportunities."

As Newton's journey to success continues, she was inspired to leave some motivating words to future Lake Nona High School alumni: "Believe in yourself. It doesn't matter who tells you they believe in you,



Photo courtesy of Brion Price photography

you'll never believe it if you don't already believe in yourself. It starts with you. Take your time and discover yourself and do what you want and love. Don't pay attention or try to mimic anyone else's journey."

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



Nona Motors Ride of the Month: Vishal Mathur's 2016 Cadillac CTS-V

ARTICLE BY BRITTANY BHULAI
PHOTOS BY AYE ALLAN

Make: Cadillac
Model: CTS-V
Year: 2016
Mileage: 20,100
Horsepower: 710
Price: \$96,000

Name of Car: "Vicious V" because people call him "Vish" for short because of his name.

Backstory:

Vishal Mathur is a 39-year-old with a wife and two children ages 7 and 3. He and his family live in Somerset Park right here in Lake Nona.

He begins his story by explaining how he got into automotive. When he was young, he did not know much about cars. "I just know that I liked looking at the pictures in a magazine store when I worked at a magazine store." When he became of driving age, he decided to purchase a Civic. He took it to a local shop for them to do some work on it. However, he was unsatisfied with the work they did. When he contacted them to fix his car to his liking, they failed to provide exceptional customer service.

The experience urged him to create a business that not only would provide better

customer service, but would also provide a variety of car parts to customers. He used his parents' business license and a \$700 loan that he borrowed from them to start ordering his own parts from California. He went to car meets and would sell the parts out of the back of his car. Eventually, his service became very popular, and people started asking him to turn it into a business. Two of his friends helped him out with the start-up of the business in 1999, right before he began school at the University of Central Florida. He eventually rented space behind his parents' business, where he set up shop. His company grew and grew over the past 19 years. Today, it is known as Speedzone Performance LLC located in Kissimmee.

In regards to his ride, Mathurs says he's always been into the General Motors stuff before he picked up the Cadillac. He snatched the CTS-V on a business lease. He was talking about the car with a friend over breakfast. That same day, he went to the Cadillac dealer and ended up taking it home. He likes it for the horsepower and comfort, as this is his daily ride. Here is the list of mods that he's done on it so far.

Mods:

- Metco Upper Pulley
- E85 Fuel Kit
- Speedzone Intake
- Speedzone Coolant Expansion Tank
- Kooks Long Tube Headers
- Fasterproms Tune
- Agency Power Exhaust Tips
- Carbon Fiber Strut Bar
- Red Painted Valve Cover
- Lowering Springs
- 19x10 19x11 Red/Polished BC Forged Wheels
- Rear Toyo R888 Tires

- Carbon Fiber Front Lip, Rear Spoiler, Mirror Tops, Hood Vent

Future Mods:

- Body Wrap
- New Lug Nuts
- Carbon Bumper Vents

Mathurs will have the car for another year before the lease is up. He says that he is always on the lookout for new cars. His next vehicle might be a Porsche or a Lamborghini. One can follow Mathurs on his business social media. Their Twitter and Instagram handle is SpeedZone-Web and Speedzone Performance LLC for the Facebook page.

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



Lake Nona Living Announcements

NICOLO AND MARIA CELEBRATED THEIR 22ND WEDDING ANNIVERSARY ON SEPT. 21

I would like to wish my husband, Tony, a blessed wedding anniversary of 22 years. Although we've been married 22 years, we've been together for a quarter of a century! My best friend, my high school sweetheart and forever my love! Here is to another three-quarters of a century to come!

*Love you always and forever,
Mely*



Do you have a birth announcement, wedding or engagement announcement, anniversary, graduation, or any other major milestone that you'd like to include in our Lake Nona Living Announcement section? Submit your announcement here: forms.nona.media/lakenonaliving.



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DECORATING DEN
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NonaVentures: Hanging With The 'Roos

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!



I found myself at Busch Gardens Tampa on a beautiful 80-degree day. Andrew and I were roaming the park, enjoying the rides when, all of a sudden, we came across the Kangaroo Sanctuary. I had to maintain my self-control. I've been quite obsessed

with kangaroos and all things Australia for as long as I can remember ... well, most things ... minus, like, every deadly creature that resides there and the MASSIVE huntsman spiders. Yeah, those I can live without. ... Anyway, back to the 'roos.

Every time I went to Busch Gardens, I would always miss the Kangaroo Sanctuary's open times and would be left heartbroken with crushed dreams. Today was the day I'd live out those dreams of seeing a kangaroo up close and personal. Before I could even think, Andrew walked over to the kiosk and came back. He asked me if I wanted to go in and hang out with the kangaroos. I was dumbfounded. ... Did he actually just ASK me that? OF COURSE, I WANT TO! But before I could even answer, I think the look of bewilderment on my face gave my thoughts away. He immediately retaliated, saying he knew what my answer would be but just wanted to double check in case I randomly decided to change my mind.

Next thing I know, I'm entering the sanctuary with a green ticket in hand, allowing me direct access to the kangaroos. I felt like I had the golden ticket. I wasn't sure what to expect. Would they be the six-foot-tall ones? Would I be intimidated if they were? Am I going to be in a boxing match with one? I'm not sure if I cared ... I just knew my dreams were about to come true, and I was hoping I wouldn't get emotional and cry.

I saw the posse of 'roos and was immediately overwhelmed. There were like 20 of them! I was in kangaroo heaven! As I stepped into the enclosure, I wondered if they'd come hopping over to investigate who the new intruder was. They didn't. They were all so at peace with sunbathing and sleeping that they barely even noticed my presence. I went up to a beautiful one who caught my attention – I mean, they were all beautiful, but this one particular kangaroo was just stunning. His name was Louis, and I was in love. He was just chilling in the sand, soaking up the vitamin D, and once I got down to his level, I felt a bit uneasy and uncomfortable, like I was meeting someone for

the first time because I was, but I wanted Louis to like me. I didn't know what would happen if he didn't. I was handed some food – pellets, which were described to me to be similar to what deer ate – and began to feed Louis.

To my surprise, he was very gentle. It reminded me of how a bunny would delicately nibble food offerings from your fingers. I snapped a few selfies with him and gave him a mini photoshoot with portrait mode. I just wanted to lounge with him all day. Next thing I knew, I was out of food. I figured Louis and I had bonded enough over food, a.k.a. peace offerings, so I began to pet him. Although he was a bit dirty from the sand, HE WAS SO SOFT! I honestly would've never expected kangaroos to feel that furry. His coat was like straight-up cotton, only softer. I scratched his head, and he enjoyed it. For a brief moment, I thought I was petting a dog and wondered if I should rub his belly, too.

I took note of everything about Louis ... his strange-looking legs and insanely long claws (only slightly intimidating, might I add) and how even more strange their tails and bodies were up close. It feels a bit prehistoric watching them hop around after being so used to most creatures walking or flying as a mode of transportation. While I was taking in all of this experience, I almost got robbed by a female kangaroo nearby. She saw my food cup and tried to sneak up on me. I was told she had a joey not too long ago. I was given broccoli and cauliflower to feed her and her joey. Ironically enough, her joey spat out the vegetables. I guess even baby kangaroos don't like them! I got a kick out of that. I took one last video with Louis and said



my goodbyes.

So, there you have it, I was able to cross one more thing off of my bucket list. Although I wasn't in the actual Outback (one day soon I will travel to the land Down Under), I left my newfound two-legged friend and couldn't wait to be reunited one day. G'day, mate!

PRO TIP: If you want to sound like an Australian, say "good eye might" to nail that classic greeting.

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



Finding Now: From the Recovering Perfectionist

BY ODETTE VACCARO



Confession: I am a recovering perfectionist. While many people live in the land of "good enough," I've lived most of my life in the shadow of "not just right." With time and awareness, I've learned to be proud of having high standards but come to

terms with the fact that making mistakes is part of being human.

Throughout my life, I have seen how the need for things to be perfect has kept me from taking risks, trying new things, starting or finishing projects, or appreciating beauty unfolding before me. I've often fallen into the trap of beating myself up too frequently or feeling constantly disappointed.

As a perfectionist, I find myself constantly trying to make things "ideal." But, is that ever truly achievable? When adopting this point of view, it fuels the inability to act because, in truth, things, people and situ-

ations are never perfect. Instead of allowing me to take action right here, right now, perfectionism shifts my focus to a future that can, truthfully, never be obtained. The result is that positively efficient and creative actions that could be taken are overlooked in favor of placing attention on a future that can never actually come true. While it is healthy to strive for excellence, perfectionism can actually hold us back.

When being a perfectionist is at the core of who you are, it's not easy to break free from the knee-jerk reaction to overthink and judge. Without a doubt, I can safely say that mindfulness has helped me to make a necessary shift in my attitude and outlook. There is absolutely nothing wrong with striving to be the best you can be. However, in order to do and be our best, we must understand that being human and achieving perfection are just not compatible. As humans, we are not perfect. Overcoming perfectionism must include accepting this reality.

The beauty of mindfulness practices is that they allow us to observe ourselves, our thoughts, and our reactions. While perfectionism tends to cause a high level of analysis and judgment, mindfulness helps us to become more non-judgmental, both about ourselves and the circumstances that life presents us. With care and patience, I can now recognize when my mind is attempting to control things that are out of my control or trying to focus on minuscule flaws rather than big wins.

Being mindful can help us recognize when we are stuck in the cycle of "trying to be perfect." By observing this pattern, we can detach from that unachievable goal. Instead, we can focus our efforts on un-



derstanding actual needs and becoming better able to meet them. We become better suited to navigate life's never-ending curveballs and are better prepared to meet challenges, as opposed to getting stuck on things not being as flawless as we would like them. Practicing mindfulness can help us settle into the unknown and let go of the need for perfection.

If you are anything like me, you might want to start working toward being comfortable with less-than-perfect. This doesn't mean that you shouldn't always work toward doing your best – less-than-perfect and excellence can harmoniously exist. Focus on doing the best work that you can do and being the best self that you can be. But, at

the same time, recognize and make peace with the fact that you are human, and just by the nature of your humanity, you have absolutely zero chance of being perfect.

Life is beautifully unpredictable and ever-changing. Perfection is just completely unachievable. It is actually how we learn to accept this truth that determines our well-being and daily experiences. Today, I choose to focus on what is right, what is good, and what is joy just as it is: perfectly imperfect.



ReThink Life: A Conversation About Life, Leadership and Relationships

Made for Mondays

BY RODNEY GAGE, LEAD PASTOR



Of the country's approximately 100 million full-time employees, Gallup reports 51% are not engaged at work according to a recent article by *Money Watch* (March 31, 2017). In other words, they feel no connection with their jobs. Another 16% are actively disengaged, meaning they gripe to their co-workers and drag office morale down. Therefore, they tend to do the bare minimum. Now, more than ever, people are experiencing drudgery in their work instead of finding joy with their

job. No wonder Monday is better known as "Moan-day." If you find yourself singing the classic country song, "Take This Job and Shove It," as you drive to work, I have good news for you. You can turn your Mondays into a mission.

Maybe you're in a situation where you don't enjoy the kind of work you're doing. Maybe you don't enjoy the environment you work in or the people you work with. Like many, you feel overworked, underpaid and underappreciated. It's easy to get down and discouraged. Instead of moaning and groaning about your situation and circumstances, keep in mind that there are people who would actually consider your job as a step up compared to what they're currently doing. Whether you agree with that statement or not, it really does come down to the attitude and perspective we CHOOSE to have toward our work.

What if you chose to approach your Mondays differently? What if Monday could be meaningful, Tuesday could be terrific, Wednesday could be wonderful? What if you could thrive on Thursday, and Friday could be fantastic? Sound like a bunch of unrealistic, hyped-up positive thinking? I will admit, that last line of Monday through Friday stuff was a bit cheesy. However, I believe it is possible to find more purpose in your work than just seeing it as a paycheck. How?

1. Be Thankful for the Job You Do Have.

Remember why you took the job in the first place. Perhaps you find yourself doing something different than what you signed up for. Maybe you feel limited in your role. Perhaps you have more to offer than what your current role allows or your company or boss recognizes. Maybe you don't see any value in what you're doing. If we focus on the negative, it will rob us of our joy. It's easy to take for granted the opportunity that we do have to keep learning, growing and providing for yourself or your family.

2. Be Faithful in Your Now.

You may not be where you want to be or

where you *will* be in the future. However, you can choose to bloom where you're planted. Use your now to get you to your next. Keep giving your best. Approach your Mondays with new meaning and motivation. Be the attitude you want to be around. Go the extra mile. Make the people you work with feel appreciated. Look for the opportunities in the midst of the obstacles or limitations. The late Zig Ziglar once said, "Opportunity does not lie in the job; it lies in the individual who looks at the possibilities instead of the problems." Be the best you that you can be!

3. Remember Your Excellence Will Increase Your Influence.

Excellence is the gap between average and exceptional. The word "excel" literally means to go beyond average. The quality of your work, character, trustworthiness, consistency, positive attitude and willingness to go the extra mile will get you noticed more than you could possibly imagine. Many people would never see themselves stealing from their company. However, it's easy to rob the company from unproductive time by checking Facebook or scrolling through Instagram when no one is looking or spending unproductive time shooting the breeze with co-workers on company time. Commit yourself to being a person of excellence because your excellence will increase your influence with those you work for and work with.



When you change your perspective on why you work and how you work, it changes the way you work. You can turn your mundane into a mission. Perhaps your mission is to brighten someone else's day, lend a helping hand to someone who feels overwhelmed, or give a word of encouragement and appreciation to someone who feels under appreciated. To quote the great Zig Ziglar again, "You can have everything in life you want if you will just help other people get what they want."

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.



Back to Basics: Life Skills 101

Sugar and Salt and Everything Exfoliating!

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. Now that we have moved on from chasing foodie trends, we're tackling the next best thing in the Realm of Basic: Life Skills! Each month, we're taking on learning a new and valuable life skill that we hope to share with you (in the most BASIC way possible, that is!) We hope we can inspire the rest of the Nonahood to embrace their inner basic and learn to be their very best!

Our Tasks for This Edition: Create our own DIY Sugar and Salt Scrubs!

Our Tools/Ingredients:

- 1 bag of lavender Epsom salt
- 1 bottle of rosewater
- 4 tablespoons coconut oil (we made mini scrubs; if you are looking for a larger yield, use more coconut oil and more salt to your preference.)
- A bit of water

What Happened:

Nicole: As soon as Van told me the ingredients we were using for the salt and sugar scrubs, I squealed with excitement. Lavender is known for its relaxing and stress-relieving properties, and I feel there is no greater benefit than those health benefits when it comes to anything wellness related. Take that and mash it with the extremely beneficial qualities of coconut oil and my ever-existing want to try rose-

water, and I couldn't be more eager to try this combination. Van went to mixing the sugar scrub for her lips, and I began stirring up the lavender salt scrub with the rosewater for my face.

This is super easy to mix together, and you can honestly play around with the measurements of the ingredients. I used a couple of sprays of the rosewater to have a more floral and refreshing scent, and I was not disappointed. As I slathered my salt scrub all over my face, it was instantly cooling, which was surprising because that's the sensation I expect to have with peppermint. I enjoyed the cooling effect, and I began to exfoliate. After about two minutes or so, I washed off my face, and my skin was baby smooth! No exaggeration here! It was phenomenal!

With how simple this DIY was, I would totally recommend it and I'd love to begin doing



Photo by Brielle Perez



Photo by Brielle Perez

this at home in my daily routine. To personalize the salt/sugar mask to better meet your needs, play around with different scents and essential oils.

Vanessa:

Listen, I was more than excited to begin our quest into exfoliation. I've been low-key/high-key into the beauty world for a while now. I've been using essential oils and products like Epsom salt and rosewater for a long time to help with injuries I get from hiking or biking (or just falling down because I'm a total klutz). I had never actually made a salt scrub or a sugar scrub before, so I was eager to see this DIY come to life. Plus, like Nicole mentioned, coconut oil and Epsom salt come with a whole host of different health benefits; it's hard not to want to find new ways to incorporate them into your weekly beauty routine.

Let me tell you, the way the studio smelled when we were filming this video was AMAZING! I have never felt so comfortable and wrapped up in beautiful-smelling, clean, and refreshing scents! I know that



Photos by Vanessa Poulson

stores like LUSH sell premade salt and sugar scrubs, but creating your own is such a fun and engaging experience, it's hard to not want to get in on the action (Zar, the Golden Retriever, was very eager to smell everything that Nicole was making and scrubbing on her face). The process takes just about five minutes, and it is so easy to complete!

Personally, I liked the sugar scrub a lot better than the salt scrub. Though my hands and feet felt incredibly soft after using the salt scrub, the sugar scrub makes for smooth, kissable lips, and it tastes exceptional! I definitely recommend this to anyone who has a problem with chapped lips when the colder months roll around or who suffers from any kind of dry skin that requires exfoliation and then something to soothe and moisturize the skin afterward. I recommend it 10/10.

Do you have an interesting beauty, hobby, habit, or life skill we should test out? Send an email to nicole@nonahoodnews.com or vanessa@nonahoodnews.com and we would love to find a way to check it out!



Travel: Lucca, Italy

ARTICLE AND PHOTOS BY
DEBORAH BULLEN

November might seem like an off month to take a vacation, but it proved to be an excellent time to visit Lucca in Tuscany. We had the most wonderful weather ranging from 65-70 degrees during the day and dropping into the 30's and low 40's at night – great for fires and sleeping. In addition, our room rates were lower than “in season” prices, and we never fought crowds.

We flew into Rome, took a day to acclimate to the time change, rented a car and drove north, stopping in Orvieto for a few hours. Orvieto is a small city on a rock cliff where I wish we had had the opportunity to spend more time. We checked out the Cathedral (dated from 1290) and had lunch but missed one of the main attractions: the Pozzo di San Patrizio, a 16th century well shaft that looked well worth the many steps.

Arriving in Lucca in the late afternoon, we met our host, who led us up a steep, bumpy hill just outside the walled city to our farmhouse villa, Brigante House. Two Fiats could barely pass each other on this “road,” which went from paved to rock to dirt tracks through a thick grove of trees – really more of a farm cart path where a rock wall or barn could completely restrict the view of an oncoming car – and wound around switchback turns through olive groves until we finally saw the sign, leading to the house on the hill. Getting there was half the adventure. The other half was experiencing a lovely, rustic Tuscan farmhouse with views of olive groves and vineyards for days, just exactly what I'd always dreamed of when a Tuscan farmhouse is mentioned. Not that it comes up in everyday conversation, but, well, there was that book and movie, *Under the Tuscan Sun*. If a similar experience is on your bucket list, look up “Brigante House.”

Lucca is a wonderful small city by the Serchio River surrounded by Renaissance walls on its broad tree-lined pathways. We took walks, rented bikes, stopped for our 2-year-old grandson to play on playgrounds, and explored the interior a little bit more every day. Our “schedule” was not to have one. We got an early start every day (and for those of you with young children, you know it's not really an option), played and explored the area surrounding our house, usually leaving late morning to drive the 10 minutes into the walled city to explore.

The tree-topped Guinigi Tower, one of the few remaining towers within the city walls, was basically a status symbol, as towers were for wealthy families of the time. The Basilica of San Frediano was another marvel, dating from 1112-1147. When we wandered in, we had no idea of its history as the outside of the church is a bit mundane. But once inside, we were honestly very surprised to find St. Zita, a fairly intact saint from the 13th Century: “On the right hand is the side chapel of St. Zita (1218-1278), a popular saint in Lucca. Her intact mummified body, lying on a bed of brocade, is on display in a glass shrine. On the walls of the chapel are several canvases from the 16th and 17th centuries depicting episodes from her life.”

Each day we went into the walled city, we made new discoveries, found time for cappuccinos with cornettos (an Italian version of a croissant with fillings), and watched as our grandson chased pigeons around the elliptical-shaped piazza.

We spent one day driving to Chianti for a lunch and tour of one of the Frescobaldi vineyards. It was yummy and historically very interesting and spectacularly beautiful. There are many wine-tasting tours you can take – we chose this one, and we continue to buy the wine at our local Total Wine. There are so many small towns and cities to see nearby, and a few more we saw on this trip, but I'll have to leave our wanderings there for another article.



Another tower in distance



Pathway along the wall surrounding Lucca



Brigante House



Brigante House



Frescobaldi vineyard in Chianti



The view along the way to the Brigante House



The view along the way to the Brigante House



On top of Guinigi Tower



Frescobaldi vineyard in Chianti

In the Garden: How to Grow Vegetables All Year Round

ARTICLE AND PHOTOS BY
AMBER HARMON

Well, it's quite simple. All you have to do is live in Central Florida, where we can grow vegetables 12 months out of the year. The best time to plant your fall garden is in September or the beginning of October. When the rest of the country is packing up their gardens in November, ours will just be taking off. We can grow fall vegetables



Frostbite on collard greens

all the way through March when we will plant our spring gardens.

The first thing to remember is what to grow and what not to grow. It is crucial to the success of a fall garden to pick cold-weather vegetables. Fall seasonal varieties include cauliflower, broccoli, carrots and beets. Greens, collards and kale also do very well in the cold. Most herbs are very easy to grow in the fall, too, such as basil, thyme, oregano, dill and chives. For a comprehensive list of the vegetables to grow in each season for our area, visit: edis.ifas.ufl.edu/pdf/files/vh/vho2100.pdf.

When it gets very cold, all vegetable production tends to slow down, but when the right varieties are planted, they will con-

tinue to grow. Some fall vegetables, like carrots, actually get sweeter after a frost. It is still important to protect vegetables from a frost or freeze. Remember, the weather forecast is not always correct. A frost can be predicted and then it actually turns into a freeze, so it's important to know the difference. Frost occurs when temperatures reach 32 degrees at night. A hard freeze is when the weather is below 28 degrees for five hours or more. In either situation, vegetable plants need to be protected.

For a frost, it is typically necessary to cover vegetables that we can grow in the fall but are not specifically cold-weather crops, like tomatoes and peppers. When preparing for a frost, water the garden, as the moisture will help to trap the heat that radiates from the soil and create a protective barrier for the plants. Then drape a sheet over the vulnerable plants and secure it with clips. It is best to use hoops or vegetable cages to keep the cover from touching the plants. Never use plastic to cover plants as the necessary air is not able to reach the plants.

For a hard freeze, more protective measures need to take place. In a hard freeze, even the cold-tolerant vegetables can be vulnerable to frost burn. If a hard freeze is in the forecast, water and cover as described above, but this time instead of a sheet, use a frost cloth that is rated for freezing weather. These can easily be ordered online or found at a local nursery. The frost cloth will be needed to cover all vegetables in the garden when there is a hard freeze, not just the tender ones.

Another benefit of using a frost cloth is that they are breathable and designed to be left on plants for multiple days if necessary. They also allow the sun to shine through. It is best to leave the cover on plants until the temperature warms to around 55 degrees. Removing the cover too early can also cause damage to the plants. So, better to be safe than sorry and just leave the frost cloth on during the next day after a hard freeze.

Spotlight on Spinach: Fall is the perfect time to grow spinach and literally the only



Planting our fall gardens at the Laureate Park Community Garden

time of year that we can grow it from seed. Spinach will best germinate when temperatures at night drop between 60-65 degrees. Keep this in mind and wait until that happens in November to be successful growing spinach in your fall garden.

Amber Harmon is the owner of My Nona's Garden, an organization with a mission to bring health, promote growth and provide vegetable gardening education to local communities, one garden at a time. Visit www.MyNonasGarden.com for more information.



Our organic, vegetable gardens are Simple, Self-Watering and Sustainable!
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Mama's Turn: Everyone Needs A Mental Health Day

BY SHARON FUENTES

I was a good kid growing up ... well, at least by society standards. I did what I thought I was supposed to do: go to school, get good grades ... I was even active in theatre after school, which kept me from getting into too much trouble. I guess you could say that, for the most part, I didn't cause any of the grownups in my life too much heartache.

One day, when I was a junior in high school, I remember missing the school bus and having to have my dad take me to school. The night before I had stayed up extra late studying for an exam and catching up on other homework that I had not gotten to because my after-school rehearsal ran late. I was exhausted and slept right through my alarm.

My father could feel how stressed I was and did not complain about driving me. In fact, he was doing everything he could to make me laugh. Which explains why he was so surprised when I broke out in tears and said, "Can I skip school today? I think I need a break." Without even a second thought, my dad turned the car around and took me to Corky's Diner, where he let me order spaghetti and French fries at 7:30 in the morning (I know, gross), and, more importantly, he allowed me the mental health day I had no idea I needed

so badly.

That day, I learned a life lesson. Who would have thought that spaghetti and French fries could teach me about the importance of self-care and allowing ourselves permission to take a break?

Growing up is hard. REALLY HARD! Kids today are being forced to grow up and navigate a world that the adults around them don't even understand. Their days are filled with AP/IB/Honors/Dual Enrollment classes, after-school activities, volunteering hours, family commitments, balancing friendships, and, of course, thinking about their futures. Add to that the anxiety of just being a kid at a time where school shootings and violence are a common occurrence, parental divorce is at its highest, economic hardships are all around us, depression, anxiety, bullying, learning disabilities, mental health issues ... the list goes on and on. It is fair to say that kids today are not living the carefree lives we might think they are.

Now, I know a lot of folks reading this might be thinking that kids these days are too soft ... heck, they might even call them "Snowflakes." These well-meaning people believe that this generation of youth have it easy and that we need to prepare them for the inevitable challenges they're going to face in life. I understand this way of thinking. Really, I do! However, when my 15-year-old daughter called me from school freaking out because her water bottle broke and spilled all over her backpack and she needs to just go home, I knew it was much more than her acting like a "snowflake" who was going to melt from getting wet.

So, I did what my father would have done ... I picked her up from school, dried her



off and went to breakfast. Between bites of chocolate chip waffle, my sweet girl admitted just how stressed she was, how much she needed the day off, and how grateful she was that I allowed her to do so. It was a good day off, too. We cuddled on the couch, she caught up on her AP class work, she took a nap, she relaxed ... she was able to breathe!

It is vital that we teach our children the importance of hard work, encourage them to reach for the stars, and to become responsible members of their community. But, it is equally important that we teach our kids the value of self-care, that taking a break is not being weak and that it's more than okay to just stop once in awhile and BREATHE!

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.



The Importance Of Meaningful Connections

BY NORM DUBOIS, LEAD PASTOR



Pastor Norm & Dina Dubois

Do you have a proper support system in place?

Recently, I heard it said, “While we may not choose what we go through in life, we can choose WHO we go through it with.” This statement speaks to the all-important issue of establishing and

maintaining vital connections with the right people. We all have many connections in our lives – family, friends, our neighborhoods, and work. And we certainly can’t leave out the connections we find in online communities.

With so much communication, you’d think our connections with other people would be strong and vibrant. However, this doesn’t seem to be the case. It turns out that despite having constant communication at our fingertips, people are lonelier than ever. Depression is at an all-time high, and lives riddled with anxiety and stress are rampant.

I love the quote by C.S. Lewis, “Friendship is born at the moment when one person says to another, ‘What, you too? I thought I was the only one.’” You were designed to be in relationships. This is why it is so vitally important to find and foster the right relationships – relationships with people who can stand beside us in our hard times and celebrate with us in our triumphs. This is a core value at East Coast Believers Church (ECBC). Sure, our

church is God-centered, but the idea that connections with others are so important is actually HIS idea. The Bible teaches this in Ecclesiastes: “Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. A person standing alone can be attacked and defeated, but two can stand back to back and conquer.”

Isolated is a dangerous place to be; we were never meant to walk through life lonely or alone. When we are alone, we can easily become overwhelmed or discouraged. We need others to help lighten our load. And while we can believe this to be true, at some point, we will need to take some steps to build good connections and establish relationships that will be a support system when we need it. I know we are busier than ever, but let’s make time to be the person we were created to be.

Some great steps to take with this in mind:

- Initiate meaningful relationships
- Cultivate the important relationships in your life
- Restore broken relationships
- Sever harmful relationships

At ECBC, we are doing life *together*, and we truly believe we are *better* together! Being connected in a local church is a wonderful place to start! I believe to not only survive but to thrive in such volatile times, we need a church home where we can find love, support and encouragement. In a church, we become part of a *family* – family where someone like you



Campus Pastors Rich and Allison Longden and their three daughters



LAKE NONA/BOGGY CREEK

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can belong.

ECBC was established more than 15 years ago in the Oviedo area. We started with a dream to spread the message of Christ’s love in Orlando and the surrounding areas. Through a season of prayer and seeking God’s direction, we are now expanding our reach into the Lake Nona area.

On Nov. 4 at 10:30 a.m., we will launch our satellite campus located at 3675 Boggy Creek Rd. (Tohopekalgia High School), serving the Lake Nona/Boggy Creek com-

munities. You are invited to come and experience the difference a church family can make in your life. For more information, please visit eastcoastbelievers.org or follow us on social media @eastcoastbelievers.





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: The Upside of a Downturn



Before I begin this month’s column, I would like to share a disclaimer. This article is based on the opinions and experiences of a person who was in a really bad marriage, in every single aspect. There was no hope for reconciliation, and things were only getting worse to the point where the behavior of both parents was negatively affecting the kids and exposing them to things kids shouldn’t be exposed to.

I am in no way promoting divorce, nor do I think it is reasonable to seek perfection in marriages. If you have ever been divorced, you know a day comes when you think to yourself, “This is it. Enough!” However, if you are just having a few bad days, weeks, or even years in an otherwise healthy, loving relationship that has a strong friendship base and a decent sex life, this article doesn’t apply to you. You are better off going to a marriage counselor, giving it time and making small changes by truly listening to the needs of the other person. Going through a divorce is not a fun ride, so if there is even a small inkling of hope

lingering in the air, just work it out. Now, on to the story...

The day I decided it was all done was the day I realized that I just can’t change anymore, and I didn’t want to. I liked who I was, and I was not a bad person in any way. I was just emotionally and physically drained and tired of the fighting and the awkwardness at home. Thinking to myself, “Oh, he is almost home, what errands can I make up to leave the house and avoid him until I absolutely need to be at that dreadful dinner table with him.” We couldn’t look at each other anymore, and when we did they were looks of hate, contempt and resentment. I know that was not fair for me, him or the kids. I also know he felt the same way.

I can just hear my grandmother’s voice in my head saying, “The grass is not greener on the other side.” That voice, along with all the other fears about how things would be when I became a divorced mom with two kids under the age of five, probably prolonged my marriage a lot longer than it should have. Thankfully, my marriage was so bad that it shattered all these fears and gave me the courage to say, “Just forget it.” (Of course, I used another F-word.) I will take whatever color grass there is on the other side, and as long as it’s not mucky, worm-infested mud, I’ll take it. Actually, I might even take worm-infested mud over the misery I was experiencing on a daily basis that was eating away at my soul. Side note: I have never been a big fan of cursing, but the grueling process of divorce brought me and the F-word closer together, and now it’s my friend for life.

I wrote “thankfully” earlier because now that this process is over, I can truly say I am thankful I did it and I am much happier. Yes, I have to take out the trash myself and, yes, I can’t rely on my ex for small

things around the house, but I was paying a hefty price for all the benefits of having a man in the house. We weren’t cuddling in front of the TV, taking walks together, or sharing a bed anyway, so the loneliness is the same, minus the emptiness that comes with being next to someone and still feeling completely alone.

At least now, the loneliness is actually mixed in with the hope of possibly finding something better. The grass doesn’t have to be brand new or bright green, just greener. I’m not expecting the fairytale, but I am expecting peace, friendship and intimacy. I know I deserve it, and it’s not too much to ask. I am obviously not jumping into anything anytime soon, but the hope makes me feel alive. It makes me feel like taking care of myself and going out on my days without the kids and building friendships again and just living an average, healthy life. The most important positive change that came out of my divorce is that I am now one of the best versions of myself, and my kids notice it and feed off of it. They smile more; they have become more social and more playful. And that is the only green I need on my grass.

Question of the month:
If it weren’t for logistics, finances, and the kids, would you seriously consider divorcing your spouse?

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

Lake Nona Youth Sports: Youth Baseball and Softball Coming Soon To Lake Nona

BY VALERIE SISCO



If you've been following the construction progress of the East Airfield Park on Dowden Road, adjacent to the Water's Edge neighborhood in Lake Nona, you've

probably noticed that lights are up, the grass is down, and the field looks more like a baseball diamond. It's no longer much of a stretch to imagine kids playing games there.

Come spring, Lake Nona Youth Sports will join forces with South Orlando Babe Ruth Baseball and Softball to bring those two sports to Lake Nona's kids, ages 4 to 18, with the potential of playing games at the new field.

"South Orlando Babe Ruth has had an outstanding program for more than 35 years, providing youth baseball and softball for the South Orlando community," says C.R. Dunnivant, president, Lake Nona Youth Sports. "For the past 10 years, Lake Nona Youth Sports has provided football, cheer, wrestling, rowing, and lacrosse programs, so it's an exciting time for us to partner and now offer baseball and softball."

South Orlando Babe Ruth plays its games at the Southport Baseball and Softball Complex, located just south of McCoy Road and Jetport Drive. Because the organization has a long history of success in Central Florida, their leagues fill up quickly, serving more than 500 players.

"Many families want their kids to play baseball and softball, so when they discover our program is inexpensive, well organized, and competitive, with a long-term positive history of serving the community, we quickly reach capac-

ity," says Roger Tamborlone, president, South Orlando Babe Ruth. "But we also want to continue to grow and support the incoming Lake Nona players, so we welcome the opportunity to expand into additional fields being developed around Orlando."

Tamborlone believes the partnership will provide new options to Lake Nona's young athletes. "By working together, we can spread the word to families about the sports programs that are available for their kids to try," he says. "Lake Nona Youth Sports and South Orlando Babe Ruth have a common goal of providing sports opportunities to Central Florida kids to help them stay healthy and learn valuable life skills from every sport they play."

Both Lake Nona Youth Sports and South Orlando Babe Ruth operate through the efforts of dedicated volunteers. Roger started his involvement with South Orlando Babe Ruth as the parent of a player, then moved into the roles of head coach, T-ball director, and now president of the league.

"I still coach a T-ball team because I love it, even though my son has moved on to the older age group," Roger says. "I've been a part of this organization for more than 15 years, and many of our board members are still with us even after their kids have aged out of the program. Some of our volunteers now have their grandkids playing with us."

Lake Nona Youth Sports and South Orlando Babe Ruth welcome new volunteers to help coach and fill board positions, especially as both organizations expand to offer additional sports opportunities. "We couldn't provide our athletes with such an outstanding youth sports experience without our volunteer coaches, board, and parents who generously give their time and talents," Roger says.

Registration for the spring baseball season is just around the corner and, along with Lake Nona's young athletes, the entire community is looking forward to the grand opening of East Airfield Park's four ball fields, spectator bleachers, and shaded concession area to enjoy baseball games.

"I know Roger and I are both anticipating this exciting partnership and the opportunity to provide baseball and softball to kids in Lake Nona," C. R. Dunnivant says. "Together, our organizations will be supporting more than 1,000 kids who are

eager to play sports."

For more information on both organizations, visit LakeNonaYouthSports.org and SouthOrlandoBabeRuth.com.

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



Merrill Lynch is proud to support Lake Nona Youth Sports.

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Lake Nona Youth Sports

"Home of the JR Lions"



"WE ARE MAKING A DIFFERENCE FOR THE YOUTH IN OUR COMMUNITY. COME JOIN US."
Thank you parents, student athletes and volunteers for your support!

CURRENT EVENTS

- **Football & Cheer** - Thanks to all those who are volunteering in the community to help make this program successful
- **Wrestling** - Fall Practice Program Open Now!
- **Spring Program** - Registration opens in December
- **Spring Lacrosse** - Registration opens in December
- **Baseball** - See website for updates and more information

IMPORTANT DATES:

- FYFCL Conference Cheer Competition Oct. 21st @ LNHS
- Rock Star Rumble COheer Competition Oct. 28th 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 to serve on the Board? Inquiries for Board positions are welcomed.

Community Service Hours available for High School Students!

Sponsorships Available. Simply go to:

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

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

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

Website LakeNonaYouthSports.org

We are a nonprofit 501(c)(3)

Camp Gladiator Trainer Talk: Meet the Macros

ARTICLE AND PHOTOS BY VERNICE SALVERON-GASPER

Understanding macronutrients/macros is critical when trying to lose weight or tone up. However, for some, this is a very confusing and frustrating topic that might leave you feeling lost in the process and giving up altogether.

Macronutrients is the collective term used to describe the compounds that make up our food and are broken down into three major components: proteins, carbohydrates, and fats. It is important to understand the function and caloric weight of each macronutrient to develop an effective eating regimen to support your goals.

Macronutrients	Calories per gram
Carbohydrates	4
Proteins	4
Fats	9

It is recommended that individuals research and seek professional assistance on how to best calculate and manipulate their individualized macronutrients. However, the following information outlines a general guide as to how much of each macronutrient we should aim for each day.

Protein is a compound made up of molecules called amino acids. There are two types of amino acids: essential and non-essential. Non-essential amino acids are naturally produced in the body. However, there are nine essential amino acids that are not produced in the body that must be acquired from food. Food sources that contain all of the essential amino acids are known as complete proteins or high biological value (HBV) foods. These protein sources include meat, fish, eggs, dairy, soy, legumes and protein supplements (see table below).

High biological value (HBV) protein source:	Cooked weight?	Amount of protein:
Chicken	100g / 3.5 oz	25g
Beef	80g / 2.8 oz	25g
Fats Fish/Salmon	100g / 3.5 oz	25g
Egg	2 eggs	12g

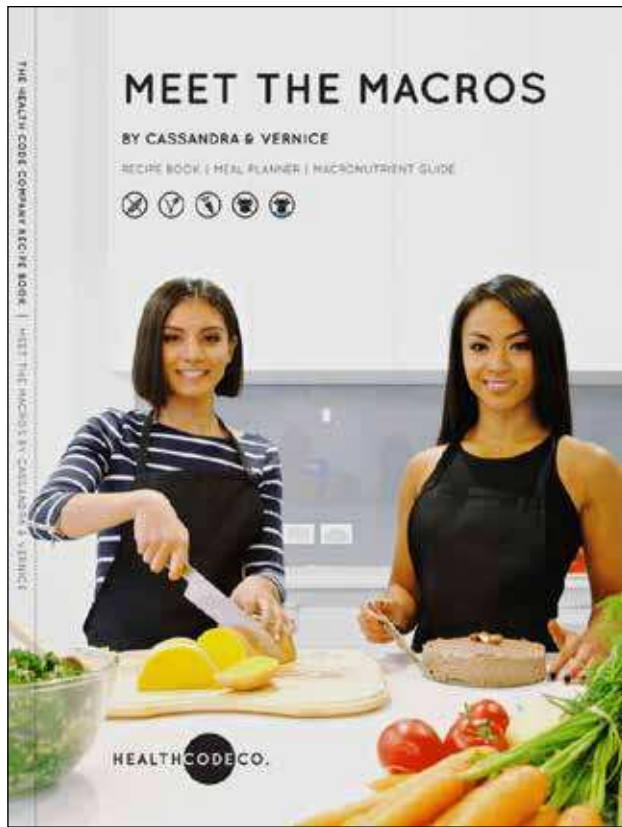
Protein is important for muscle maintenance, growth and repair, and assists with increasing strength, physical function, and transforming body composition. Research has shown that consuming 20-25 grams of protein at each meal will maximize protein synthesis, resulting in optimum muscle growth/toning.

Daily individual protein requirements may differ from person to person based on height, weight, activity level, and physique goals. However, as a general guide for those engaging in regular physical activity, it is suggested that 1 gram of protein is consumed per kilogram of ideal body weight per day.

Carbohydrates are predominantly found in grains, bread, pasta, rice, dairy products, fruit, and starchy vegetables. Carbohydrates provide a valuable source of energy to fuel the body and brain for optimal functioning. Daily individual carbohydrate requirements vary from person to person. However, as a general guide, individuals engaging in regular physical activity have carbohydrate requirements of 3 grams per kilogram of ideal body weight per day.

Fats are often viewed as the bad macronutrient. However, it is important to note that unsaturated (healthy) fat is essential to achieve optimal cell and brain function. There are three groups of fat: saturated, unsaturated and trans.

Unsaturated fats are known as healthy fats and are usually found in plant-based foods, such as avocado, nuts, seeds, and vegetable oils. Omega-3 fatty acids are found in oily



fish such as salmon and tuna.

Saturated fat is typically found in fatty and processed animal products such as sausages and bacon, as well as other processed foods like cakes, pastries and fast foods. Saturated fat can build up plaque in the arteries, which increases the risk of heart disease. It is recommended that saturated fat is limited, if not avoided completely, in a healthy diet.

Trans fats are added by industries to increase the shelf life of some goods, such as baked and fried foods. Studies have linked the consumption of trans fats with an increased risk of heart disease and diabetes. Trans fats should be avoided!

As a general guide, individuals who engage in regular exercise are recommended to consume approximately 1 gram of fat per kilogram of ideal body weight per day.

Given the above information, it may be still a little tricky to practically apply this to your daily eating practices, which is why I have teamed up with my cousin, best friend, and business partner to develop a macronutrient guide, meal planner, and recipe book. I can't wait to share *Meet the Macros* with the Nonahood in an effort to assist you with achieving a healthier, nourished and more confident community.

Please go to www.cassandraandvernice.com for pre-sale dates and book launch information.

LOCATION & TIMES

Lake Nona Family Dentistry - Monday, Tuesday, Thursday 5:15 AM

Spring of Life United Methodist Church - Tuesday, Thursday 5:45 PM

Moss Park Elementary School - Monday, Wednesday 6:30 PM

LIKE Camp Gladiator and FOLLOW @campGladiator for exclusive offers, fitness tips, pictures, events, camp updates, and more!



WEIGHT MANAGEMENT

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



METABOLIC TESTING

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

SKIN CARE


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

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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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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

LakeNonaOrthodontist.com

Nona Cycle: Women's Cycling 101

ARTICLE BY MEUDYS GUTIERREZ
PHOTOS BY JOE JAN QUIWA

With cycling growing worldwide and being encouraged by all sorts of health professionals, knowing where to start can be a bit overwhelming, especially if you're a girl! Its benefits are innumerable, and it leads to an indisputable improvement in your overall health, mood and social life. So, here are some pointers as to where to start this amazing new lifestyle (from girl to girl!).

The Bike

Getting your first bike can be a hard decision ... there are so many options! You can check your local bike shop, or you can always consider buying used. If you go with the shop, make sure you find one whose employees are willing to go the extra mile with the details, measurements, and working with you and the type of riding you'll be doing. For example, if you like nature and trails, probably an MTB is your thing; or if you love smooth, endless roads and riding with a huge group, you will probably enjoy road cycling. If you're a swimmer/runner, a triathlon bike could be your thing. Technically speaking, there are bikes that are more suitable for women with longer legs or torsos and, depending on the type of riding you'll be doing, you should choose accordingly. All options are valid, if you make an educated choice. And at the end of the day, choose the one you absolutely love!

The Gear

Safety first: Get a helmet! It doesn't have to be an expensive one, but not having one is not an option. There is a large selection of brands, prices and styles to suit your needs, so have fun with this part and don't be scared to choose a color you normally wouldn't wear to the office.

Gloves are also a good idea. In the case of a fall, your hands are the first to land. Eyewear also has all ranges of prices and styles, but consider that this is more related to something (anything, even a bug) crashing onto your face at a high speed than it is to UV protection, which is also a factor to consider when buying. Also, the state of Florida requires you to wear a front (white) light and a rear (red) light if you're riding before dawn or after dusk.

Your bike shop will most likely hook you up with these essentials. Other basics would be clothing, a computer to track the data of your ride, and some water bidons. Go crazy on the colors – not only it is stylish, but it makes you a lot more visible on the road. There is A LOT to choose from!

Have fun with the process of choosing your gear. You will most likely fall crazy in love with this lifestyle and will use your stuff a lot! It will take a couple of hours that day, so make sure you have the time and be willing to make some choices and ask all your questions. Cyclists are usually friendly and very passionate about it and willing to give advice and share experiences.

The Fit

Whatever bike you choose, make sure it fits you properly. Your bike shop can help you with this. Take the time to measure your inseam, torso, arms, and overall height, and apply that to certain standards of bike fitting so you're less prone to get injured and the trans-

fer of power between you and the bike is more efficient. Regardless of the technical aspect of the "pro" fitting, if you don't feel comfortable after trying that position on the road a few times, you can always adjust it yourself: minuscule tweaks here and there can add so much comfort to the ride! So be aware of what aches and/or hurts, that way you can change whatever you feel is not right.

Getting Out There

You got the bike, the gear, the fitting, and you're all set to go out there! Do whatever feels comfortable at first, perhaps starting with a couple of miles around the neighborhood or in a park where you feel safe. If you know a more experienced rider, ask them to show you some nice and safe routes you can take. They will most likely know a few and will be excited about it. They can also help you with the gear changing and some bike-handling tips that are better learned on the road when taught by someone else. Practice, practice, practice!

Riding Etiquette

Once you've decided to go riding with a few more people, it is always nice to respect some rules. Cycling is, by nature, a social discipline, so sometimes you will find yourself riding in a group of 200+ people (Nona Cycle signature ride on Sundays, yay!).

Please be mindful that you have people riding in front of you, on your side, and behind you. They don't see what you're seeing, so don't make any abrupt, unannounced movements, call out objects on the road, announce if the riders in front of you are slowing or coming to a complete stop, and always stop at red lights.

Additional Tips

You'll learn fast, and you will be hooked! To improve your skills, strength and fitness, try to ride with the guys! It makes you faster, stronger and smarter on the road. They will always look after you and help you out.

Check your nutrition: figure out what your body runs on and go with it. Remember to stay hydrated; don't wait until you feel thirsty to drink.

Learn to change a flat: Most of the time guys will do it for you, without you asking, but you need to learn how to do it yourself.

We're looking forward to seeing you in our signature ride – we take off at Canvas on Sundays at 8 a.m. There's room for every skill level in our ride, and we always stop for coffee. Ride on!

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





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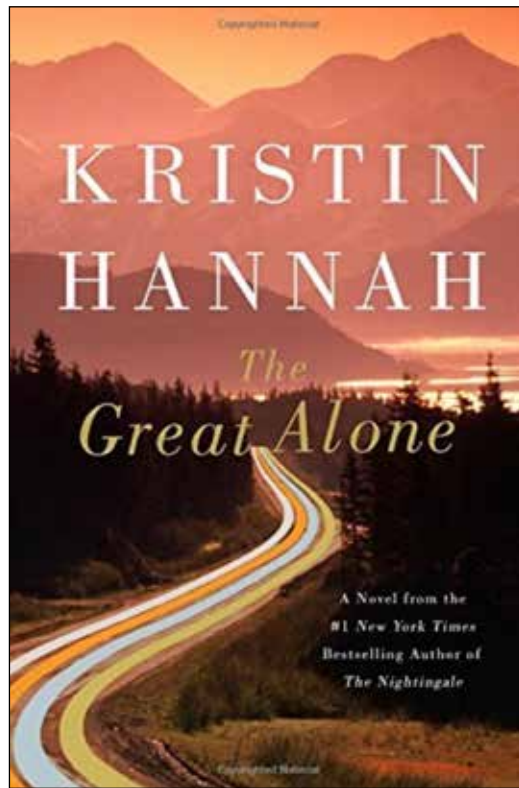
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The Lake Nona Book Maven Review: *The Great Alone*

Author: Kristin Hannah
Genre: Fiction
Format: Hardback, 440 pages

Kristin Hannah is the author of several novels, most notably *The Nightingale*, so I was glad when my book group picked *The Great Alone* as our selection for last month. This story is set in the Alaskan wilderness in the 1970s. It centers around the Albright family, Ernt, Cora and their daughter Leni, who try to make a go of it there. Ernt suffers from PTSD from the Vietnam War. Although he has made several failed attempts to start over, the idea of the Alaskan wilderness presents a compelling way to make a new life. So, his wife and daughter buy into his idea, hoping Ernt will return to the happy and healthy husband and father they remember from before the war.

When the family arrives in what is real wilderness, they begin by living on the edge in a small, broken-down cabin off the grid. Through hard work and the support of their neighbors, they make it through the first winter, and their living conditions improve a bit. Their community is mostly a gathering of misfits, and regardless of their neighborly support, Ernt's emotional and mental struggles increase and domestic violence becomes an issue. Eventually, it is clear that Ernt can't run from his demons no matter how far out in the wilderness he goes. Cora loves Ernt in her own broken way, so



she and Leni are stuck in a continuing downward spiral of their co-dependent family relationship.

Leni is 13 when the family moves to Alaska and is the unintended victim of her parents' dysfunctional relationship. Over the next few years, as she matures, she begins to realize the extent of her father's toxic emotional cycles. Fortunately, over time, Leni becomes more self-sufficient and develops an internal strength as she watches her father emotionally and physically dominate

acters are memorable and add dimension and balance to the novel. And, as Leni gets older, her high school and young romance adventures also help to offset the difficulties she experiences in her own family.

This story is one of an extremely difficult mental health issue and the family dynamic tragedies that result. At the same time, it's a picture of the wilds of Alaska in the 1970's and the resilience and grittiness of those who made a life there. The descriptions of the landscape, animal life, and natural world in the Alaskan wilderness are breathtaking at times. The author takes great pains to describe what planning and preparation the settlers have to make during the short summer season to endure the darkness and isolation of the winter when stored food, wood for heat and often the support of neighbors are necessary to keep them alive.

In the end, *The Great Alone* is a story of strength in the face of physical and emotional challenges and of overcoming obstacles. Although this novel is very different from Hannah's well-regarded novel *The Nightingale*, true to form, in *The Great Alone* her heroes are still the strong women.

her mother.

Two of the main characters are certainly flawed, but some of the secondary char-



Orlando Ballet School Updates Curriculum and Programs

ARTICLE BY BRITTANY BHULAI
PHOTOS BY MICHAEL CAIRNS

Orlando Ballet School recently made updates to its curriculum that will enhance the learning experience for its students. A press release sent from the Orlando Ballet on July 30 states, "Orlando Ballet School has made exciting new additions to continue the upward trajectory of the organization and better serve its dancers, community, families and staff. These changes include a new influx of talent, an expansion of the school's curriculum and programs, and a stronger partnership with the professional company."

The ballet school has a new interim director, Phillip Broomhead. He has taken the place of Dierdre Miles Burger (who was the director for the past eight years) and has chosen to live closer to family in Jacksonville. Broomhead will be taking the initiative on Orlando Ballet's American Ballet Theatre and the Jacksonville Summer Intensive. Some of his accomplishments include being the principal dancer with The Royal Ballet and Houston Ballet, Houston Ballet's ballet master, and his involvement

with Youth America Grand Prix. Broomhead's goal now is to work alongside Robert Hill, who is the artistic director of the Orlando Ballet.

In the press release, the outgoing Burger says, "I'm honored to have overseen such a wonderful school and worked alongside the talented artists and the exceptional faculty. Orlando Ballet is entering into a fantastic new chapter after an incredibly successful year of performances; I am confident the school will continue to bring superior training to all that love to dance. I wish the organization tremendous success in the years to come."

Broomhead is not the only addition to the team. They also added new talent to their faculty, including Yan Chen as principal academy teacher, Chiaki Yasukawa as principal teacher, and Shannon Blust as the director of contemporary programs and manager of south campus.

Yasukawa will be head of the Academy Prep Program at the South Campus and will teach at the Central Campus as well. She is an Orlando Ballet company dancer and has performed 17 seasons with them.

As for Chen, she will be instructing the upper levels of the school. She was previously Orlando Ballet School's ballet master and made a thriving career for herself in American Ballet Theatre and The Washington Ballet.

Blust will be centered at the Dr. Phillips location and has 43 years of experience under his belt. He has even performed on Broadway. Blust will be in charge of



the new classes being offered at the Central and South campuses. Orlando Ballet says that new classes will include "Jazz/Stage Film, Tap, Musical Theater, Floor-Barre®, Young Men's Class, Pilates, Contemporary, BeMoved®, Latin Cardio, and Hip Hop."

Hill, the artistic director, says he is excited about these new updates. Even he has been putting more of his time toward the school, teaching and coaching in addition to being a director. "I like referring to our mission statement. We aim to educate and

enrich, entertain through the highest quality of dance. I kind of stayed plugged into that mission," says Hill.

The Orlando Ballet will have an opportunity to flex its talents at the Dr. Phillips Performing Arts Center on Oct. 12-14. The performance called *Carmina Burana* will be playing for the third time. Hill says it is a spectacular show with a full orchestra in the pit with up to 200 singers in the choir.



IMMERSE 2018 Returns to Downtown Orlando

ARTICLE BY VANESSA POULSON
PHOTOS COURTESY OF THE
CREATIVE CITY

The Creative City Project is returning this fall with IMMERSE for its seventh year as Central Florida's signature arts and performance event. The event will once again be hosted in downtown Orlando for this year's presentation of "IMMERSE 2018." The event will be held on Friday, Oct. 19, and Saturday, Oct. 20. The event's basic ticket is free and allows guests to explore some of the beautiful performances and exhibits.

IMMERSE is "the annual performing and interactive arts experience from the Creative City Project." The event will cover the streets and public spaces of downtown Orlando and showcase some of the best and brightest of visual and artistic talent. This year's event showcases more than 1,000 artists from over 100 arts organizations in the streets and public spaces along Orange Avenue, Church Street and Pine Street on Friday and Saturday from 5-11 p.m. with experiences opening at noon on Saturday.

IMMERSE 2018 features new large-scale, interactive experiences that are accessible for those with a "Full Experience Plus" ticket, which can be purchased on the Creative City website. The IMMERSE "Basic Level" ticket is free, but to experience some of the more exclusive aspects of the event, guests can purchase a variety of different ticket packages: "The Full Expe-

rience Plus" ticket, "The VIP Experience" ticket, and the "The Dinner Party Project Experience" ticket.

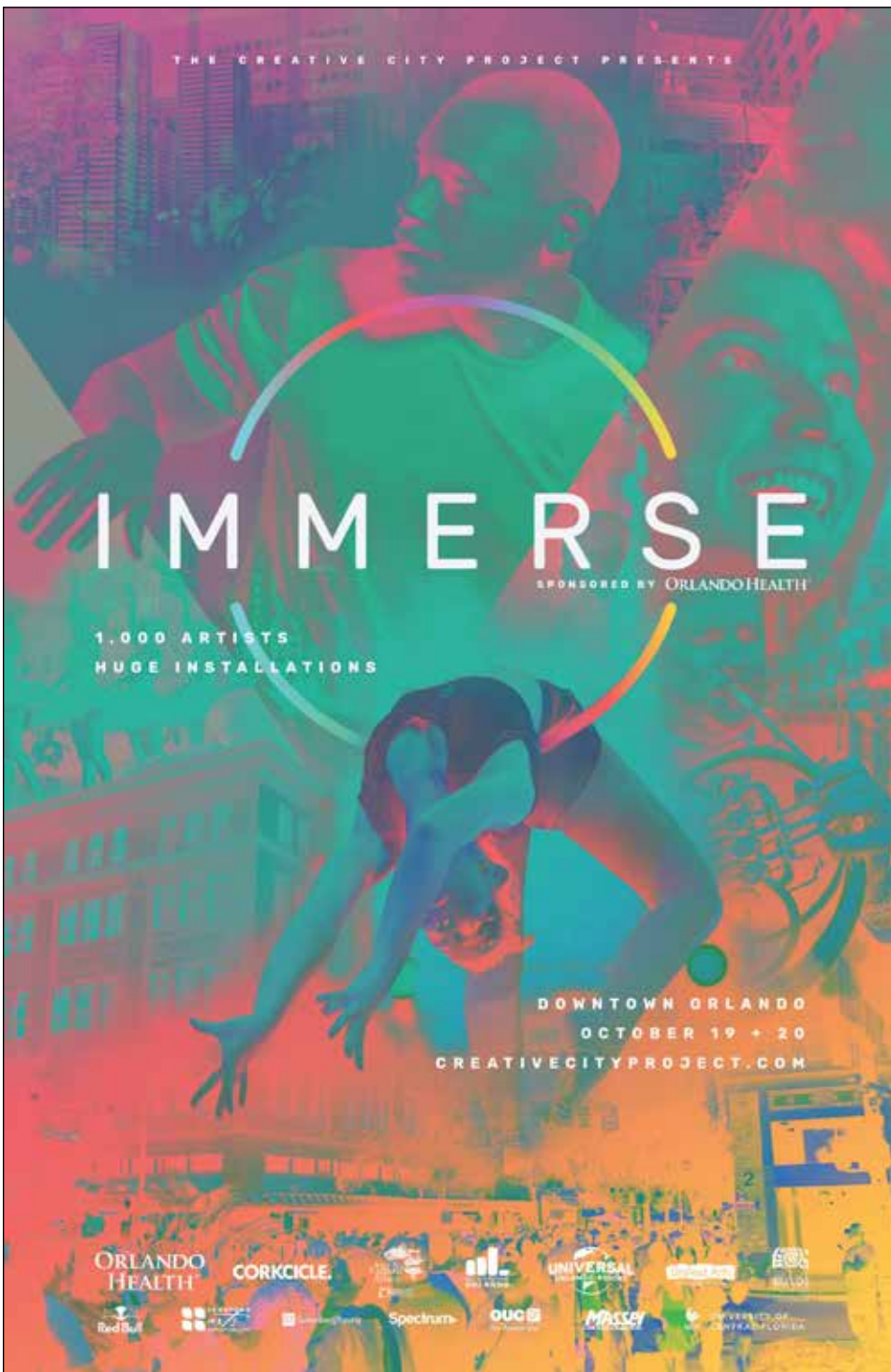
Some of the new interactive experiences available with the "Full Experience Plus" ticket and above packages are:

- A 3,200-square-foot giant ball pit
 - An immersive photo experience in partnership with Corkcicle called "The Worlds of Corkcicle"
- This year's performances include original content from more than 100 organizations, including:
- Orlando Ballet
 - Orlando Philharmonic with Rollins College Choir
 - An electronic/orchestral collaboration between The Mood Designers and the 100-piece Central Florida Community Arts Orchestra

"The Creative City Project's annual event, IMMERSE, is dedicated to creating experiences that audiences can't have anywhere else," said executive director Cole NeSmith. "Whether it's a Cirque du Soleil performer flying from a crane high overhead, an immersive orchestral experience that puts the audience at the center of the orchestra, or large-scale, interactive projection experiences, we're committed to creating a one-of-a-kind experience."

A variety of restaurants and bars are located within walking distance from the event, and two craft cocktail experiences will be part of IMMERSE 2018. For more information and to purchase Full Experience, VIP and Dinner Party Project tickets online, visit www.CreativeCityProject.com.

Check out *Nonahood News'* coverage of *Immerse 2018* in our November edition, online, and on our social media!



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Short Stories: A Million Miles Away, Part Four

BY BRITTANY BHULAI

Continued from the September 2018 edition of Nonahood News...

I was on Mars. The human race had been living here for the past 500 years. For some reason, Earth had diminished into nothing. It was ruined. I wished things hadn't turned out this way, but they did.

I connected with my friend Pach here on Mars. He was the only one left besides myself who was from Earth. Everyone else here was born on Mars.

We entered a dark room with a single light bulb hanging from the ceiling. A small table sat in the corner of the room with a cup on top. On the opposite end lay a small mattress on the floor. There was no one else but us.

"Welcome to my home", said Pach. "This is where I live."

"It doesn't look so high tech here, taking into consideration it's the year 3005," I said with a chuckle.

Pach smiled and gave me a look as if I were about to ask a million questions as once.

"Have a seat, please," he said, as he pointed to a couch I hadn't noticed.

As I sat down, my mouth spilled words everywhere. "So what happened? Why doesn't anyone seem to care about Earth anymore? How are people living here? Who is in charge of this place? Does other life exist?"

"Well, I remember the day ... the day Earth

had fallen. It was the year 2505. The planet was bound to have its day of total extinction. Scientists began to pick up on the clues back in 2300. Every summer seemed hotter and hotter, no matter where you were. All the ice from the glaciers up north had finally finished melting away, and the oceans would rise in sea level, yes, but the waters began to dry out eventually due to the heat. The planet faced many dry spells for many years. Crops and plantations were failing. Different species of animals began to die off. Ecosystems failed. Scientists had to move more toward their alternative way of growing grain and fruit, which was in labs. However, not everywhere in the world was fortunate enough to have growing labs. Population was overpowering the output of food. The high demand caused the death rate to skyrocket in many parts of the world.

"Innovators had to think. The earth's soil was almost dust. The air was so dry, and it was very hazy. It was almost like the Dust Bowl all over again. Our only way was out of there. So, all the inventors and scientists of the world came together for a solution due to our dying planet. They worked closely with NASA. It was the largest humanitarian effort in the world's history.

"When 2460 came, the world's population had sunk to a lame 300,000 as opposed to the near 8 billion you knew. We were dying out. By 2505, we were only 1,000 people left. The project, known as Project X, was finished. Several spacecrafts were built and set for Mars. We would learn how to survive there over the years.

"Months before our launch, several fires began simultaneously around the world. It hit Africa, then the U.K and North America. Before we knew it, our world was burning, and it was out of our control. No



one was ready for that launch, but we had no make a run for it. The fires were out of control. We all left with what the spacecrafts had packed prior in preparation for launch, but it wasn't everything. Our recorded history was gone.

"Eventually, years later, we got back on our feet. We were able to build Mars the way Earth used to look. It's our new Mother Earth."

I was speechless. I had no words to say.

"Is that really what happened to Earth? So, it was natural disaster ... but by human error?" I finally asked, after a few moments of silence as I processed what Pach told me.

"Yes, it was. With all the air pollution that kept up over the years, it took a major toll on the global climate. We've taken precautions here on Mars to prevent any major climate changes from happening. The red crystals I gave you play a huge part in the

picture. It wasn't until I came to Mars that I realized they had the power to equalize a planet's climate. If I had realized this before the Earth's disaster, it could have been saved."

Then, all at once, it came to me! I still had crystals! I could use my time machine to go back in time and save Earth to avoid the disaster that would come hundreds of years later.

I quickly got up. Pach had a confused look on his face and asked where I was going.

"Come with me. I have an idea. Earth still has hope," I said.

Tune in next month for Part Five, the final chapter, of the A Million Miles Away series.

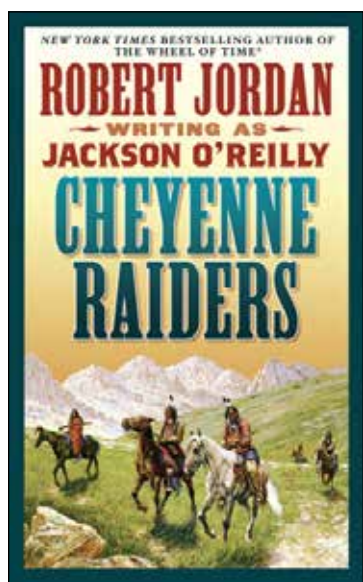


Book Review: Cheyenne Raiders

BY AARON VAIL

Author: Robert Jordan as Jackson O'Reilly

Publisher: Forge Books, 1982, 256 pages



Robert Jordan is a very well-known author of the fantasy book series *The Wheel of Time*, beginning in 1990. He was able to complete 11 books in the series before he lost his battle with heart disease, cardiac amyloidosis, in 2007. He commissioned Brandon Sanderson to finish his epic story with another three books. So, I knew of Jordan's fame and works ... or, so I thought. I then found *Cheyenne Raiders* at my local Goodwill in mint condition, and

to my surprise, it was written by Robert Jordan as Jackson O'Reilly in 1982. Seems Jordan started his career much earlier than I thought.

Cheyenne Raiders could be considered a Western as it takes place in 1837 with young Thomas McCabe heading out from Washington on assignment to write a report for the Office of Indian Affairs. The story starts with McCabe on a trail to the western territories in search of a tribe of Indians with whom he can hopefully earn trust and study for his report. It doesn't take long, and on page five, he finds an Indian man named Spotted Fox with a broken leg under some bushes. McCabe sets his leg and helps the man back to his people, where McCabe is swiftly given a teepee, horse, and a 19-year-old slave woman named Looking Glass to sleep with immediately ... all by page 26. Seriously. Not even joking. This all happens way too fast.

McCabe becomes best friends with Spotted Fox, and soon he learns the ways of the Cheyenne. They go buffalo hunt-

ing and horse thieving from other tribes. McCabe gets a new name of Horse Runner because he and some other men went to steal horses from the Utes (because that's what the Cheyenne do for fun, I guess), and in their haste to get away, he couldn't get on a horse so he just ran with the herd.

There's a lot that happens in this story, but it all feels really rushed. At first, I thought this was because the author was used to writing massive tomes of 1,000 pages and was trying to cram 14 books into one. That isn't the case because this was published very early on in his career. So then I assumed that Jordan was just meant to write long, in-depth tales.

The story lacks any kind of opposition. Everything just happens to McCabe, and there's no real threat from anything. He falls in love with a woman, Night Bird Woman, the first night on his way to his teepee before being given Looking Glass and has to come up with 100 horses to pay for her as a bride gift. They don't value gold to any degree, so McCabe heads out to trap beavers to buy horses from traders at a local fort. He traps more than 400 beavers in three months, but they get stolen by enemy tribes, so he just decides to go steal the horses of the Crow. He triumphantly returns with all the horses needed, and many to spare. All this and more happens just on page 123.

Oh, and then there's that time he kills a bear ... with nothing but a knife ... and barely gets injured. And then that one time he dances in a sweat lodge with giant hooks in his pectoral muscles for four days without food or water, so he sees a vision because he's the protagonist and that's just how amazing he is. He's the greatest white-man-Cheyenne ever!

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this would be a fun read. The plot isn't technical at all, and the vocabulary isn't expansive (like my reviews), so it's a quick read. Good for a plane flight or two.



Sunny Side Up

BY PHILIP LONG

On the lighter side of the Nonahood, this is a column about the humorous realities of life in Central Florida. We must choose to laugh and sweat rather than cry and sweat.

Is Central Florida a hospitable place for human beings? After living here for seven years, I'm not so sure. Let's do some empirical observation of this environment we've chosen to call home.

On any given day, how many turkey buzzards do you see loafing around with nothing to do? Whenever I walk by, I can just feel their big black eyes boring into the back of my neck. If I'm reading their body language correctly, they're saying, "He looks yummy, but let's let him ripen a bit."

Or let us observe sand. I've seen sand being pretty good at the beach, at least when kids aren't around. However, when it's not at the beach, it gets up to and into things it shouldn't. Say you're driving by one of Central Florida's road-work crews, which surely employs half of our population, and you have your windows down. (They're not down because your spouse says, "You're too lazy to call a mechanic to fix your AC." They're down because you like them that way and, well ... they're stuck.) If just one grain of the work crew's sand zips through your window, I'm convinced it will drill into your eyeball. While this hurts, it gets worse when, scrabbling at your eye, you drive into a retaining ditch or a pile of ... you guessed it ... sand. I've learned to expect this sort of behavior from sand, by observing it at the beach, when kids are around.

Let's venture further. The sun. Is it me, or does the sun seem a little meaner here? Most places, you can get away with standing in the sun for a little bit. Not here. Five minutes of direct sun, and you'll find your sunburned skin bubbling up like, well, like some form of saline bubble-wrap. Sadly, not as fun as bubble-wrap.

What about foot fungus, or scratch that, fungi? I'm not sure how anyone around here has feet that aren't beginning to rot off their bodies. Central Florida provides the ideal environment not only for bacteria and moisture to meet, but to exchange numbers, go to a movie, get married and have babies. I've seen this, on my feet. Apparently, I'm supposed to air out my feet to pour cold water on all this bacterial romance. But how, pray, am I going to do that? Am I supposed to unveil my two hideous advertisements for "tough actin' Tinactin" and bare them to the world?

And if this is the case for my feet, I shudder to think what other devilish schemes Floridian Fungi are planning for me as I age. As my immune system declines, I suspect

there's a veritable menagerie of Fungi just itching to enter my body. Maybe I'll try not to breathe.

Looming buzzards, ubiquitous sand, bacterial invaders ... you're probably thinking, "These are only minor inconveniences, they hardly comprise a case that Central Florida is inhospitable." Ah, but I've not yet mentioned the real dangers.

I've seen the Jurassic eyes staring at me from ponds, waterways and, occasionally, the sidewalk. Just when I thought I was used to these "real dangers," a groundsman told me to be aware of rattlesnakes. Yes, rattlesnakes. He said the most venomous ones are babies. I agree that in general babies are more of a pain, but really? Baby snakes are more deadly? Yes, he said, we must be aware of the baby albino rattlesnakes, for they shall leap upon thee.

While my prose just got biblical, I wasn't going to take this inhospitable environment up with God until I thought about "yellow flies." I'm not sure what they're actually called. Maybe Deer Flies (I'm not too lazy to look them up, just too scared)? Yes, mosquitos are bad, and we humans have a right to complain about them. Many shall query the Father on that day about such a creation. But, have you been bitten by a yellow fly? I'd rather swallow mouthfuls of mosquitoes than get bit by one of those guys. If you've been bitten, my most sincere condolences. Hopefully, they were able to save your limb.

I could go on about lightning, hurricanes, faulty AC units, and the occasional palm frond to the eye, but I'm depressing myself. I thought writing was supposed to be therapeutic, but this just makes me want to call Mom and tell her to find Binky the Blanket. I'm coming home. She lives far away from this Floridian sun-drenched, waking nightmare. Occasionally, I wonder when the wildlife will take back this sand-pile of doom we call home.

However, as homes go, I'll take it. And if you're reading this on paper, you've already surfed the heat wave of your driveway, that fireless inferno of hellish hotness. So, be kind to yourself today, give yourself a pat on your sweaty back, and thank your maker that you live on a plot that hasn't yet been swallowed by a massive sinkhole.

Philip writes for Cru, a nonprofit organization located on Moss Park Road, close enough to the 7-Eleven off of Narcoossee to justify ditching work for a Slurpee. While he thinks he's funny, he wisely never verbalizes his musings to his two ever-increasingly hostile pre-teens. Philip majored in History, minored in English, and then studied Hebrew and Greek for post-grad. We're glad he writes, as he's thoroughly unemployable.



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October events

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

- 2 LNRCC First Tuesdays (5:30-7:30 p.m.)
- 3 Ribbon Cutting for Chill Pop Lounge (12-1 p.m.)
- 6 Reymont St. Community Garden Workshop (9-10 a.m.)
- 10 Fast & Free Flu Shots at Lake Nona CentraCare (2:30-5:30 p.m.)
- 10 Ponte Health 2nd Annual Golf Tournament (7:30 a.m.-2:30 p.m.)
- 13 Back to Nature's Owlween (2-6 p.m.)
- 13 Taste of Nona (6-9 p.m.)
- 13 2nd Annual Law Enforcement Heroes Gala (6-9 p.m.)
- 13 Navy Birthday Ball (6 p.m.)
- 14 9th Annual Ride-For-RMHCCF in Lake Nona (6 a.m.)
- 20 Laureate Blvd. Community Garden Workshop (9-10 a.m.)
- 20 The Quantum Leap World Changer Mindset Workshop for Young Adults (9 a.m.-5 p.m.)
- 20 RMHCCF Bubbles & Blackjack (7:30-11 p.m.)
- 20 Lake Eola OktoBEERfest (2-8 p.m.)
- 22 Opioids & Florida, The Collaboration Imperative (10 a.m.-4:30 p.m.)
- 25 EOCC Coffee Club Nona (8:30-9:30 a.m.)
- 26 LNRCC Business Luncheon (11:30 a.m.-1 p.m.)
- 26 RMH Moonlight Masquerade (6:30 p.m.)
- 27 Reymont Street Garden Fall Festival pumpkin painting (9 a.m.-12 p.m.)

SAVE THE DATE:

- 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.)
- Nov. 18-Dec. 2 Central Florida Children's Home Christmas Tree Lot
- Dec. 7-9 Santa's Workshop Weekend

THE MONDAY MARKET
at Lake Nona YMCA
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LIVE + LOCAL
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Crescent Park in Laureate Park
facebook.com/pg/learnlakenona/events/

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

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

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