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JEFRÉ: THE BEACON AND CODE WALL ARTIST

ON PAGE 16



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EDITOR'S NOTE

Awestruck, But Not at A Loss for Words

BY ELAINE VAIL



Whoa, where did October go? We were just talking about school starting back up and now here we are with the holidays right around the corner! Goodness, are you ready for all of this?

Luckily, *Nonahood News* is not your typical newspaper filled with negative stories, divisive politics, or energy-sapping drama. I'm proud that we not only report on local events, growth and news, but we also have more than 45 recurring columns that are designed to uplift, inspire, inform, educate, and even make you laugh!

As I read through and edit every article that comes through, I always find it to be a bit magical that each month, without trying to, we almost always tend to have an underlying theme or common thread that seems to frame each edition. Sure, sometimes this is partly because of the season or holiday, but there's more to it than that. For example, of course, we have a Thanksgiving recipe, there are several mentions of gratitude, and we learn how to set up our gardens for an autumn harvest in this month's edition. But, that's not the underlying theme I picked up on.

While last month it seemed that the common thread was change – preparing for it, accepting it, embracing it, creating it, coping with it – this month's editorials are quite empowering and teach us ways to be present in the moment and be our best selves through positive-thinking, good health, building relationships, and serving others. In "Work Well," Natalia Foote teaches us tips on developing gratitude in the workplace, which will contribute to a happier work environment, which in turn lends itself to having a more meaningful life. Samia Solh reveals in "Rising Above" four techniques to silence that negative voice in your head so that you might live a life that "allows you to love who you are and where you are in life." Our insightful writer, Odette Vaccaro, explains all about the tricky balance of thoughts and feelings while understanding that being mindful is about being present and observing without judgment even the difficult and bad things around us in one of my favorite columns, "Finding Now." You can learn about how to keep marriage simple in Pastor Gage's column, "ReThink Life." Take a look at "Camp Gladiator Trainer Talk" to see how Vernice Salveron-Gasper guides us through eight ways to navigate our pursuit of happiness. And Lady Nona openly shares nine of the selfish benefits of living a selfless lifestyle as a humanitarian.

Another thing that left me awestruck this month is that there are so many amazing people doing extraordinary things in this community! It's my job to choose four stories to "call out" on the front page of each edition. Often while editing, three to five stories easily pop out as special announcements or experiences that beg to be shared. This time, I found the selection process to be a major struggle as I had nearly a dozen headlines I wanted to shout out to the world!

Not only do we have resident doctors and researchers discovering groundbreaking cancer treatments that will save lives, and a children's hospital in our backyard that is using 3D printing to aid in cancer and cardiac surgeries as well as preoperative interventional radi-

ology ... but we also have Briel Royce, a nine-year-old who just earned herself a spot at the sixth annual Drive, Chip and Putt National Finals at Augusta National Golf Club ... and Katie Graumann who won six gold and two silver medals with her team at this year's European Championship for Dragon Boating!

Not only do we have our own cycling club that has raised more than \$100,000 for local charities in three years and a volunteer committee who dreamt up an annual Santa's Workshop weekend event that will knock your socks off and engage the community while raising money for the Ronald McDonald House ... but we also have RJ and Jordan Fontana who are the "house mom and dad" for the Central Florida Children's Home, keeping siblings together while providing them with a family-oriented atmosphere, love, support, and education ... and we have Wendy Brandon, the newly-appointed CEO of the UCF Lake Nona Medical Center that just broke ground, whom I'm sure we will see great things from in coming years.

All around us, we have neighbors who are everyday heroes, national role models, and international champions, enriching our lives, building a better tomorrow, and restoring our faith in humanity. It's truly humbling and awe-inspiring to read these stories every month.

All of these accounts and so very much more can be found in our November edition. These incredible people are you, your families, your neighbors, your coworkers ... this is YOU, Lake Nona! You're amazing! Never underestimate the positive influence you have on the people around you which ripples into a better world overall. So, go back to being awesome, but be sure to set aside distractions from time to time so that you can be present and mindful and enjoy some time with friends and family during these upcoming holidays (making you even more awesome).



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Natural Killer Cells May Open Lifesaving Cancer Treatments to More Patients

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



Dr. Deborah German

Immunotherapy is making headlines for saving the lives of hundreds of cancer patients, including former President Jimmy Carter. However, many of these therapies only work for a small portion of people who have a specific molecule called PDL1 in their cancer makeup.

UCF College of Medicine cancer researcher Dr. Alicja Copik has just discovered a way to make that therapy viable to thousands by using the body’s own natural killer (NK) cells in a new way. Her findings were recently published in *OncoImmunology*.

NK cells are part of the body’s defense system and act as an army to protect us from invaders like viruses and infections. Copik has discovered a way to make NK cells even more powerful – by stimulating them with nanoparticles that multiply them and heighten their killing ability. Her technology has been licensed and is now progressing to clinical trials as a therapy for leukemia and later for other cancers.

In her latest study, Copik discovered that her energized NK cells do even more. They change the cellular makeup of tumors – especially the molecular defenses cancers use to protect themselves from the body’s immune system. “Cancer is a very smart enemy,” Copik explained. “That’s why we have to use so many tools to fight it.”

Here’s what her research has uncovered: For a malignant tumor to survive, cancers can place a protein molecule called PDL1 on their cells. The molecule tells the body’s immune system, “I’m one of your own cells, so don’t eat me,” Copik said, humorously. For patients with PDL1 on their cancers, new immunotherapy drugs use an antibody that blocks the PDL1 protection, allowing the body’s immune system to kill the cancer. These drugs have been very successful – even in stopping Stage 4, metastatic cancer and leading to long-lasting remissions – but only for patients whose tumors test positive for PDL1. Only 15 to 30 percent of patients – depending on the cancer – have PDL1 on their cancer cells.

Copik’s goal was to make PDL1 therapies effective for more patients. In the lab, she discovered that NK cells, stimulated with the nanoparticles developed in her lab, attack the tumor and induce it to present PDL1, which the new drugs can then target. In her study, combining NK cells with the new immunotherapy drug led to improved survival rates in mice with cancer. Recent work from other scientists has shown that once inside the tumor, NK cells go a step further – they recruit other immune cells to prime the immune system to attack cancer. “So these activated NK cells



Dr. Alicja Copik

will work synergistically with these immunotherapies,” she said.

Activated NK cells have advantages over other cancer therapies. First, they seldom cause side effects like chemotherapy and radiation do. And the NK cells don’t attack healthy cells. So, cancer patients could safely receive additional NK donor cells from people who are not a 100 percent match. Because blood banks remove and discard NK cells when they collect blood platelets and plasma for donation, Copik said there is a potential for scientists to develop ways to save such NK cells for cancer therapies.

Copik envisions her new discovery can be joined with planned NK cell clinical trials. And she said UCF’s new comprehensive cancer treatment and research center – to be housed in the former Sanford Burnham Prebys research institute – will allow College of Medicine researchers even more opportunities to find a cure for cancer. The center will include basic scientists, like

Copik, clinical researchers, cancer physicians and patients in the same facility. And the UCF researcher said such a partnership will provide new opportunities for discovery and inspiration. “As a scientist, it’s important to know from physicians and patients, ‘Where are the gaps in treatment? Where are the challenges?’ You see where we should be directing our efforts,” she said. “And when you’re in the lab late at night, you think about these patients. They are your motivation and your inspiration. You know we must do this work now because patients are waiting.”

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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New American Legion Post Coming to Lake Nona

BY NICOLE LABOSCO

With the Orlando VA Hospital and a large veteran population in the vicinity, Lake Nona will be the next location to experience the addition of an American Legion Post. What is an American Legion, you ask? Chartered and incorporated by Congress in 1919, the American Legion was created “as a patriotic veterans’ organization devoted to mutual helpfulness. It is the nation’s largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.”

The American Legion is a non-profit organization that supports the nation’s veteran community by standing behind issues most important to those who have served our country. The Legion was founded on four pillars: Veterans Affairs and Rehabilitation, National Security, Americanism, and Children and Youth. For nearly a century, the American Legion has helped military families through the transition into civilian life after service, won hundreds of benefits for veterans, and has influenced considerable social change in the U.S. The Florida American Legion has more than 130,000 members with more than 300 Legion Posts throughout the state.

“Our organization was founded on the premise that all those serving in the U.S. Armed Forces during times of national crisis, regardless of place of service, are eligible to belong to the American Legion. Our membership is based on period of service, not place of service,” clarified Bill Musto, Legion member and organizer of the Lake Nona Post. “Therefore, if you have served

at least one day of ‘active duty’ during the eligibility dates, are presently serving in the military or have been honorably discharged, you may become a member.”

Nonahood News spoke with Musto to learn more about the new-comer association that will likely make a lasting impact in the community. Musto helped organize the Lake Nona Post because he and others saw a need for one in this area. “There are four post[s] in the vicinity, but none of them were servicing Lake Nona or the VA directly. When I looked at a map of the area, I saw a huge gap in the coverage of the other four posts, and it was directly centered on Lake Nona and the surrounding area,” stated Musto. “I have friends and colleagues who live and work in the area who either are members of other posts or could be members of other posts but were not attending them because they were too far away, or they didn’t feel comfortable at the other posts. So, I decided to attempt a new post startup in the area.”

The future post reached its charter member minimum a few months ago, and once the initial post temporary charter package is reviewed and approved by the national office, the temporary post charter with the Lake Nona Post number will be delivered. Once the post number is delivered, a team of officers/chairmen are elected/selected and recruitment begins to build up the post membership. There has already been a decent amount of support for the Lake Nona American Legion post creation.

“The Lake Nona Post was the brainchild of



Steve Shuga, the past Florida Department Commander. He saw the potential in Lake Nona back in 2016 and attempted to start a post then, but he didn’t have the manpower or the time to commit to the startup,” Musto explained. “In May of this year, I contacted the Department of Florida and Commander Shuga and told them I was interested in starting a post in the area. We reviewed the new post checklist, gathered required materials and launched the recruiting drive to establish the Lake Nona American Legion Post.”

Having an established American Legion Post also means an eventual creation of The Legion Family. The family will be comprised of members that form the American Legion, Sons of the American Legion, American Legion Auxiliary and American Legion Riders.

The group is looking for assistance from the community. Musto described how future meeting locations are under immediate review and a search is on for a better location to hold meetings and conduct the

business of the American Legion. Community assistance is needed to help the Legion seek out a small building, land, etc., for a more permanent post location until they get fully established in the Nonahood.

If you are interested in joining the American Legion Post Lake Nona, email americanlegionlakenona@gmail.com or send a note to 10524 Moss Park Rd., Suite 104-190, Orlando, FL 32832 with attention to William Musto. Be sure to provide your phone number, email and mailing address. Current meetings take place at the VA Hospital in the Crescent Room on the third Wednesday of the month. The next meeting is Nov. 21 at 6 p.m. Current annual dues are \$40, and a copy of your DD-214 with a completed membership application are required to join.



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BUSINESS & REAL ESTATE

Business Spotlight: Guaranteed Rate

BY BRITTANY BHULAI

If you are interested in buying a home in the Lake Nona area or are a resident wanting to refinance a home, Guaranteed Rate is the mortgage company fit just for you. According to their website, Guarantee-dRate.com, they are a top 10 national lender in all 50 states. Lucky for us, they have an office right in our backyard on Tavistock Lakes Boulevard.

One of the many perks of choosing Guaranteed Rate is that you'll be working with people who know the ins and outs specific to the Lake Nona market. Eric Whitten, branch manager and vice president of mortgage lending for Guaranteed Rate, has lived in Lake Nona since 2013 and has been

in Orlando since 1985. He is well-versed in local tax rates and knows what the homeowner's insurance will cost buyers in this area.

Another plus for choosing Guaranteed Rate is the type of technology they offer to make a seamless process for all parties involved. There is no going back and forth with paperwork; it is all done securely online at your convenience. Accessed through their website, they have different loan programs tailored to your specific situation. The Intuitive Loan Finder offers customized loan options. A client can also get a free credit approval within a few minutes using their World's First Digital Mortgage tool. It allows for a digital and secure upload of all your relevant financial documentation. "The biggest advantage we have over most companies is the utilizing of technology. We've trademarked what we call the World's First Digital Mortgage. The borrower can complete their mortgage online if they want to without having to talk to me. They can choose their own program, pull their own credit report, upload all of the documents that are needed. It allows them to be in control of their mortgage process," said Whitten. This eliminates the hassle of phone calls and faxing information. And,



Photo by Matthew Mitrick

of course, Whitten and his team are available for those who still prefer the personal touch of a phone call or face-to-face meeting. There is also a mobile app that you can

access from your mobile device that offers just as much security and convenience.

Whitten said that a popular misconception many buyers have is that they need to acquire a 20 percent down payment before taking out a loan on a house. This is false. There are so many different loan programs, and each is designed to best serve you. If you qualify for a program, you can

pay as little as three percent down. "I'm fortunate enough to provide a product to people that, at the end of the day after the transaction's done, there's a long-lasting effect ... the value of the service excites me because I get to watch people move into their homes," explained Whitten.

Guaranteed Rate has been around since 2000. It is important to do business with people who are mortgage experts who know mortgage products, especially if they are local to the community. If you or someone you know is interested in settling in Lake Nona or needs to refinance a house, please feel free to stop by Guaranteed Rate at 6900 Tavistock Lakes Blvd., Suite 400, office 446. You can also visit their website at GuaranteedRate.com to learn more.



Photo courtesy of Gauranteed Rate

Work Well: Build a Grateful Workplace for A Happier Work Environment

BY NATALIA FOOTE

STOP. What are you grateful for? For the next minute, stop and ask yourself, "What am I grateful for?" What came up? Could you come up with two things? Three? More?

This month tends to be a month full of showing and giving thanks. However, research shows that showing gratitude daily has many benefits.

Gratitude is defined as the quality of being thankful or the readiness to show appreciation for and to return kindness. *The*

Greater Good, Science-Based Insights for a Meaningful Life states that although studies of gratitude at work are still somewhat limited, results so far link it to more positive emotions, less stress and fewer health complaints, a greater sense that we can achieve our goals, fewer sick days, and higher satisfaction with our jobs and our coworkers.

Steve Foran, founder of Gratitude at Work, says, "The number one reason people leave their job is because they don't feel appreciated." Contrariwise, according to a study by Wharton Business School, receiving a "thank you" from a supervisor boosted productivity by more than 50%.

So, how can we be more grateful in life and at work? Begin with you. Gratitude journals are popular and easily found at bookstores or Amazon. However, a simple \$1 composition notebook will do. Give yourself three minutes and write down what you are grateful for. It can be big, like "my health," or small, like "the AC is working." Nobody needs to see it, but simply writing it down will make it tangible for you. The more often you write in your journal, the more you'll notice how grateful you are and all the things you can be grateful for.

Another tool is to remind yourself as you are driving to work to simply think of who or what you are grateful for at work. You can play a game with yourself. Every red light or red car on the highway means you get to think of one thing you are grateful for. Couldn't think of one while driving?

Then, how about, "I have a car that can take me to work."

Take your gratitude a step further. If someone specific came to your mind while playing the gratitude game, write them a note or let them know in person that you are grateful for them. Make sure you are specific in what you are grateful for. For example, instead of, "Good job," write or say, "I noticed how hard you worked at your presentation with client G. Thank you." This is where you really place gratitude into action. Feeling grateful is great, but showing your gratitude and appreciation is magical. This is how you can begin to transform your workplace.

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.



Business Spotlight: Sport Clips' Help A Hero Program

ARTICLE BY BRITTANY BHULAI
PHOTOS BY SPORT CLIPS

Veterans Day is right around the corner. What better way to honor our veterans than by giving back to them? On Nov. 11, Sport Clips Haircuts will donate a dollar from each haircut to their Help A Hero Scholarship program. This is known as their “Biggest Haircut Day of the Year.” And, if you are a current service member or veteran, participating Sport Clips stores will give you a haircut on the house, free of charge! Our Lake Nona Sport Clips is one of the participating locations!

Sport Clips has partnered with Veterans of Foreign Wars (VFW) to create a scholarship program that can aid service members and veterans with up to \$5,000 per college



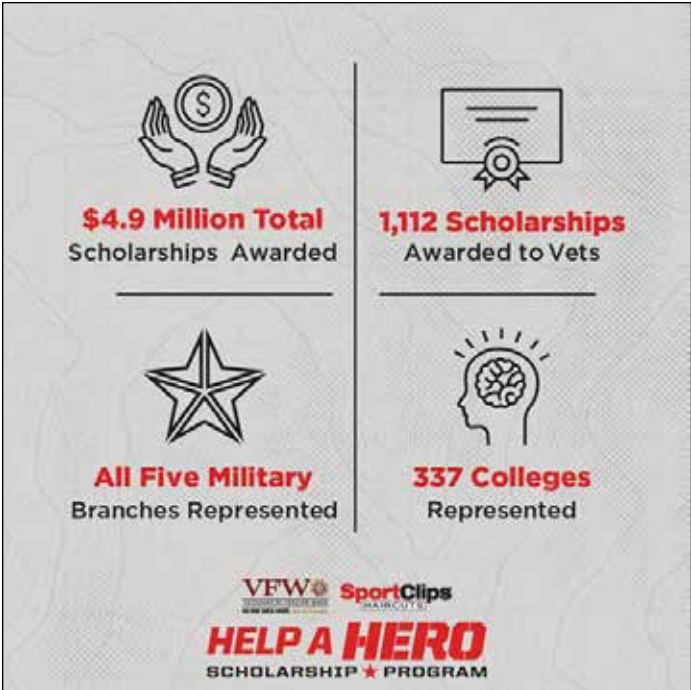
semester. According to their Help a Hero Scholarship program, “The scholarship covers traditional colleges and universities, plus technical and trade schools.” They have donated more than \$6 million to the VFW since 2007.

A Sport Clips press release also states, “Sport Clips and VFW have awarded more than \$4.9 million for the program to fund 1,115 scholarships.” The release also says their CEO, Gordon Logan, is an Air Force Veteran. He serves on the VFW Foundation Board and is an International Franchise Association VetFran committee member.

You don’t have to wait until Veterans Day to help the cause. You can visit any Sport Clips location and make a donation when you stop in for a haircut now until Nov. 11.

In another press release from Sport Clips, Debra Sawyer, who is the franchisee for the Lake Nona location, stated, “For every \$5 donation at our Lake Nona location, clients will be entered to win a gift basket valued at \$150. The gift basket includes a Season Ticket (good for three MVP haircuts worth \$25 each) and a variety of our most popular professional products.”

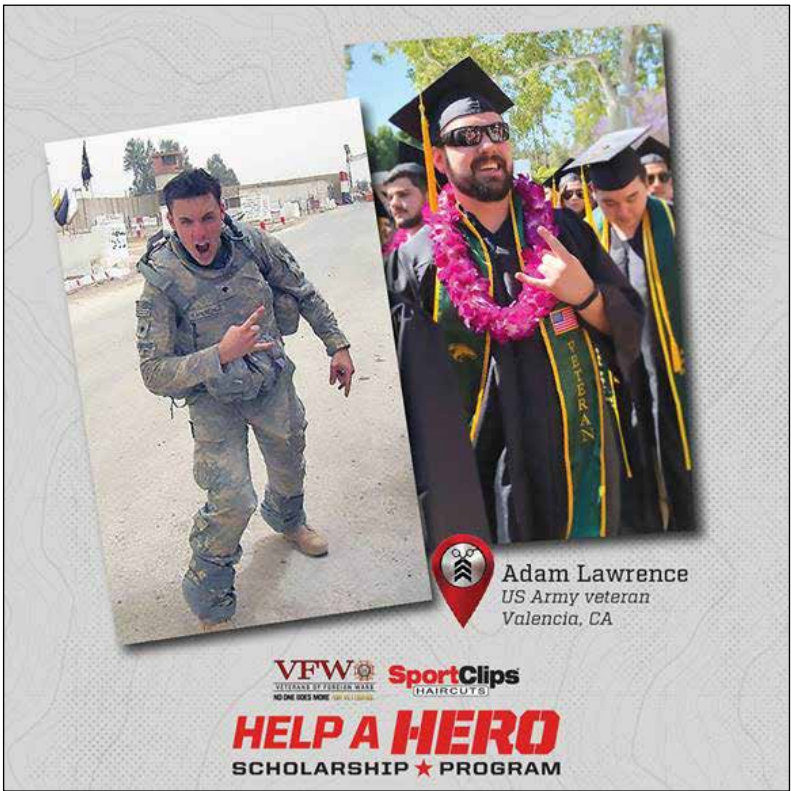
Last year’s figures were quite impressive as Sport Clips was able to drum up \$130,000



from the dollar-per-haircut service donations. Including additional donations above and beyond the dollar-per-haircut donations, they were able to generate a total of \$1.25 million. This year, they have set a goal of reaching \$1.5 million. The amount will allow for the \$5,000 scholarships for veterans to take up education after their service is over and attain civilian careers.

Sawyer went on to say that her personal goal is to raise \$1,000 for each store that she owns. This will bring her total contribution to \$21,000 out of the \$1.5 million. “I’m from a military family. My dad was in the Army and Secret Service. I greatly appreciate everyone putting their life at risk protecting our country. We appreciate everything that our veterans have done for us,” added Sawyer.

Sport Clips’ Lake Nona location is stationed at 9971 Tagore Place, Suite 2, Orlando 32827. To learn more, email Debra Sawyer at dk Sawyer@comcast.net. If you are interested in applying for a scholarship through the Help a Hero program, please visit sportclips.com/hero for more information.



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Get In-Powered!: Could We Live Before We Die?

BY EDWARD A. RODRIGUEZ



Edward A. Rodriguez

The other day, while we were lying in bed, my wife had a headache and asked me to get her a Motrin. I grabbed a bottle of water on the side table, went to the medicine cabinet in the bathroom, took a Motrin, and I swallowed the pill myself. Say what? Yes, I did.

Sometimes, we are so much hypnotized by our habitual thoughts that we are not connected to the now, doing things automatically, missing the next "big" turn on our lives, or simply taking the wrong pill. We are so anchored into our past experiences or worrying and daydreaming about the future that we lose our sense of time and our present vanishes along with the opportunity to live, to create and to appreciate.

Amazingly, very often we ask ourselves if there is life after we die, but, given our current lifestyle of deep trance and distractions that overwhelm, the question we should be asking is: **Could I truly live before I die?**

The past is a canceled check and your future is an illusion unless you decide to step out of the habitual trance and make it your own ... intentionally. For this reason, I want to share 18 things you can do to help you accomplish just that:



1. Take 100% responsibility of your life experience by committing to be the director of your own movie. Only the director can choose who is the victim and who is the hero ... choose wisely.
2. Don't live from memory but from your potential. Set amazing goals and discover how far you can go.
3. Goals are there to reveal how powerful you already are, not to test your worth. Set the "What," learn the "How," and make it happen.
4. Dream big, but start small. Your goals should be outside of your comfort zone, but the small actions that will lead you to your dreams don't need to be.
5. Have a relentless focus. Learn to control distractions from people, from technology and, yes, from your own thoughts.
6. Reward your efforts ... don't wait to achieve your goals to feel good, and you will achieve them faster.
7. "Leave the drama to your mama." Yes, sometimes things are tough. Don't think of them better than what they are, but don't make them worse, either.
8. Let it go. You know what I am talking about, don't you? Ed Forman once said that all the water in the world will never sink a ship unless it gets inside.
9. Turn the phone off! When you are with someone, BE with that someone.
10. When you hug someone, feel their heart. Smile and fully enjoy their presence.
11. Identify and confront your fears. Don't allow an emotion to keep your dreams hostage. If you need help, consult a professional.
12. Discomfort is the currency to your dreams. Not feeling good about doing something is not an excuse to avoid taking action toward your dreams.
13. Every morning and night, think about three things you can feel grateful about. Feel it.
14. Meditate. For many years, I was reluctant to try it. Oh, how wrong I was. Now I have more focus and better control of my emotions. You can try apps such as "Calm" or "10% Happier." You will be happy you did. Pun intended.
15. From your past "bad" experiences, you either get the pain or learn the lesson. If you learn the lesson, the pain tends to disappear. If you don't, sometimes you might find yourself, unconsciously, repeating the class.
16. Identify and confront your limiting beliefs that prevent you from creating the life you want. Yes, you can. Yes, you deserve it. And, yes, you are worth it.
17. Pause your "busyness" and enjoy the silence. In a great symphony, you will find highs, lows and pauses; so it is in life. Enjoy it.
18. Forgive. Do it for you. It will liberate you.

I hope that from the above list you found a few points you can use right now to live, to create and to appreciate. Every experience should help shape a better version of you. It's all about who you are becoming. As someone once said: Live every day like your last because one day you will be right. Get In-Powered!

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



Get Traction: Celebrate the Small Wins and Build a Culture of Accomplishment

BY CHRIS WHITE, CERTIFIED EOS IMPLEMENTER AND AUTHOR



Chris White

All too often, leaders and managers of teams in business overlook the importance of celebrating small wins. Have you ever heard your boss say, "It's about time this team made some progress"? (I know I have in my early career in corporate sales.) Although the intent was to recognize progress, the tone was negative and uninspiring.

As a leader and/or team member, it's important to recognize individual's and team's accomplishments even when they're small. When you do this, you are

recognizing their efforts and progress toward the larger company goals. This recognition will boost the energy and mood of the team, and it will be felt throughout the office.

My clients use several tools from the EOS (Entrepreneurial Operation System) toolbox to track and measure their accomplishments on a weekly basis. One tool is the Level10 Meeting Agenda that tracks their weekly KPIs (key performance indicators), To-Dos (7-day action items), Rocks (quarterly priorities) and Company Issues. At the end of the meeting, each team member rates the meeting on a scale of 1-10, 10 being the best. Rating the meeting is an opportunity to recognize the small accomplishments during the week.

Time and time again, I hear team members say, "I never rate anything a 10." To an extent, I get it. A 10 can be perceived as perfection, and perfection doesn't exist. But what if you hit your KPI goals for the week, completed your list of To-Dos, all of your Rocks are on track for the quarter, and the team solved a few important company issues? Isn't that worth celebrating? Remember, small wins build confidence, and they're also an opportunity to reflect on what's working (so you can do more of it). Research shows that when employees see visible progress and experience small wins, they become more engaged and productive.



So, the next time you have an opportunity to recognize a small win, celebrate it! Ring a bell or give a round of applause. (You might even give your team a 10!)

Without the small wins, there would be no big celebrations!

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.



Creator Mindset: The Secret of Denial

BY NIR BASHAN



Nir Bashan

In my line of work, it seems that I deal with lots of problems. And often. No one ever calls me when things are going well. And it feels as if each one of these problems is unique. After all, every man thinks his burden is the heaviest. So, likewise, every company thinks its issues are unique. It turns out that I have spent most of my career trying to find a unifying theory. Is there one thread to tie all of these issues together? Is there something that holds true for all companies, no matter what problems come up?

It seems I have uncovered a big surprise. And it's something that comes as a shock to my clients each and every time I uncover it because we all think our problems are unique and that we are the only ones in the world who have to deal with them. But, it is no surprise to me because I see it time and time again across different companies. I will fill you in on this deep, dark secret that no one ever wants to talk about.

The secret is that companies almost always believe that their problems lie somewhere else, somewhere other than with them. They are in denial. "It's not my fault," they say; it's someone or something else. The market right now is not receptive, the clients are not buying at this time of year, it's not our ego-laden culture. Or what I hear

a bunch of times, "We are #1, so no one else can do what we do." The list goes on and on. Yet, what I have found is that this amounts to nothing more than a list of excuses.

The problems inside a company are rarely perceived as being internal. It's just about always believed to be external. And in the search to place blame, it's tempting and even "normal" to look anywhere but inside to place that blame – it's far easier than taking responsibility.

This phenomenon is a side effect of human nature that allows us to believe that the problem is not us. It serves our ego. It serves to protect us and shield us from a long, hard look in the mirror, which tends to be one of the hardest things for humans to do.

Companies are the same way. It is more comfortable to place the blame on something or someone else, the unknown other who is blocking progress, blocking the market, blocking invoicing or whatever

else we convince ourselves the problem is. Many wars throughout time have started as a blame of the other, a vilification of some unknown.

But, I am here to tell you that there is nothing truly normal about it! Any decent study of the Creator Mindset maintains that the light of creativity must not be extinguished. And keeping that light ignited relies on taking the blame for our own shortcomings. You cannot be creative and use creativity to solve problems if you are unwilling to accept both the failures and successes of your ventures.

Not all enterprises will succeed. Some will fail for reasons other than your doing. Some will fail for reasons directly of your doing. There is far too much finger-pointing these days. And far too little accepting responsibility. Quite frankly, I am alarmed by the recent trend in our society to not take the blame for anything. It seems that we never allow ourselves to fail. We give trophies out for just trying instead of see-

ing things for what they really are: failures we can learn from. I suggest looking deep within and taking responsibility for your own shortcomings. Lord knows I have some significant shortcomings! While it is incredibly hard, the thing is, it might make your business run more smoothly – and it just might make you a better person.

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



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Nona Growth: Storey Park Boulevard

BY SOPHIA ROGERS

What's Happening East of Narcoossee Road?



Image Courtesy of Orange County FL

When was the last time you drove on Moss Park Road? For neighbors in communities near North Shore and Isle of Pines, Moss Park Road is a main artery that commuters use for travel to Narcoossee Road or the 417 Expressway. For more than a year, road construction made commuting this



Storey Park Blvd., Drone Photo by Sophia Rogers

area a bit stressful. Changing road patterns during construction, one-way road usage, more congestion ... and finally the intersection of Moss Park Road and Storey Park Boulevard is complete.

No one likes traffic, and some are even apprehensive about growth. Although it might seem that government officials make these decisions overnight, these plan are years in the making. With a bit of research online, I found agreements between the City of Orlando and OUC to realign Moss Park Road and connect to Innovation Way dating back to 2001. Then, in 2004, Orange County approved the Innovation Way Overlay, a vision for East Orange County as a mixed-use, high-tech corridor connecting the University of Central Florida, Lake Nona's Medical City and Orlando International Airport. Fast forward to 2016, Orange County approved amendments to the comprehensive plan related to a project known as Sunbridge, including amendments to the Long Range Transportation Plan to incorporate certain framework roadways serving the area. (Source: orangecountyfl.net)

The growth near this area is comprised of three roadway segments: the easternmost extension of Dowden Road, the creation of proposed Storey Park Boulevard to the south of the newly extended Dowden Road, and the creation of proposed Innovation Way to the west of proposed Storey Park Boulevard. What's happened so far? Dowden has been extended and now connects to Storey Park Boulevard. The Innovation Way connector to Dowden Road is under construction.

For Innovation Middle School students coming from the North Shore/Isle of Pines area, the opening of Storey Park Boulevard creates a direct route to school. Prior to the road opening, parents had to take Moss

Park Road to Narcoossee Road north, then head east onto Dowden Road.

Notable projects currently under construction near Storey Park Boulevard include DR Horton Orlando's Corporate Office, Orlando Health's freestanding Emergency Room, Randal Walk Townhomes by Mattamy Homes, Storey Park by Lennar Homes, Meridian Park by Mattamy Homes, and Belle Vie by Beazer Homes. What to look for in the future: Tavistock's Sunbridge Community. Eventually, these roadways will provide infrastructure for a

booming future in our corner of southeast Orlando.

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



Behind The Scene: The Nobilo Foundation And Sally Ride Elementary School

BY SOPHIA ROGERS

You're probably saying to yourself, "Sally Ride Elementary? Is that a new school in Lake Nona?" And the answer is yes – it's a new school; and no – it's not in Lake Nona. Yet, the hearts of Lake Nona residents encourage and lift student spirits at Sally Ride Elementary. Located minutes outside of Lake Nona, local children are in need.

As a Title I school, a majority of students come from families struggling to make ends meet. Breakfast and lunch is provided, and on Friday afternoon, food is sent home. An overwhelming majority of students go home to less-than-favorable conditions.

The new Sally Ride Elementary sits where Cypress Park Elementary once stood. Combining the student bodies of Cypress Park and Durrance elementaries, young leaders of tomorrow were welcomed on Monday, Aug. 13, 2018.

For more than two decades, Orlando has been the "home away from home" for Frank and Selena Nobilo. As a player on the PGA Tour, Frank (now a TV analyst)



was involved in many charitable endeavors on the tour as was his wife, Selena, through the PGA Tour Wives Association. Frank explains, "When I retired from playing professional golf, it made sense to set up this foundation to raise money and reach as many charities as possible." Selena, a volunteer of Orlando's Hubbard House for more than a decade, adds, "Being able to give back to our community gives us a sense of purpose."

The Nobilo Foundation has been a Partner in Education with Cypress Park Elementary for many years and continues the legacy with Sally Ride Elementary. The foundation takes every student and their siblings shopping at Christmas and also provides support throughout the year with varying donations. The Nobilo Foundation has provided each student with a school uniform shirt, funding for field trips, food for teacher appreciation, and helps stock inventory at the "Star Bucks Store," where students shop with "money" they earn for reaching their goals.

from the Lake Nona community who mentor during the school day. "All students in the program have made amazing progress," says Selena.

Lake Nona resident Marilyn Swan volunteers weekly. Swan is a retired senior vice president from Smith Barney and financial consultant of 34 years. "The teachers at this school really love these children," says Swan. "Selena spends a tremendous amount of time thinking about ways their foundation can add to the improvement of the school. I am happy and proud to be part of their team of mentors."

The Nobilo Foundation views Christmas as a time for family and giving generously. Each year, Frank, Selena, the foundation directors, and hundreds of volunteers accompany as many underprivileged children as possible on a shopping extravaganza. Each child is chaperoned by a volunteer and has \$100 to purchase gifts and essential supplies for themselves and family members. You can help

as well! If you would like to show your support, please feel free to make a donation. You can change a child's Christmas by donating \$100. For further information on the Nobilo Foundation and to make a donation, please go to www.thenobilofoundation.com, Facebook @TheNobiloFoundation, or contact Selena Nobilo at selena@nobilo.com.

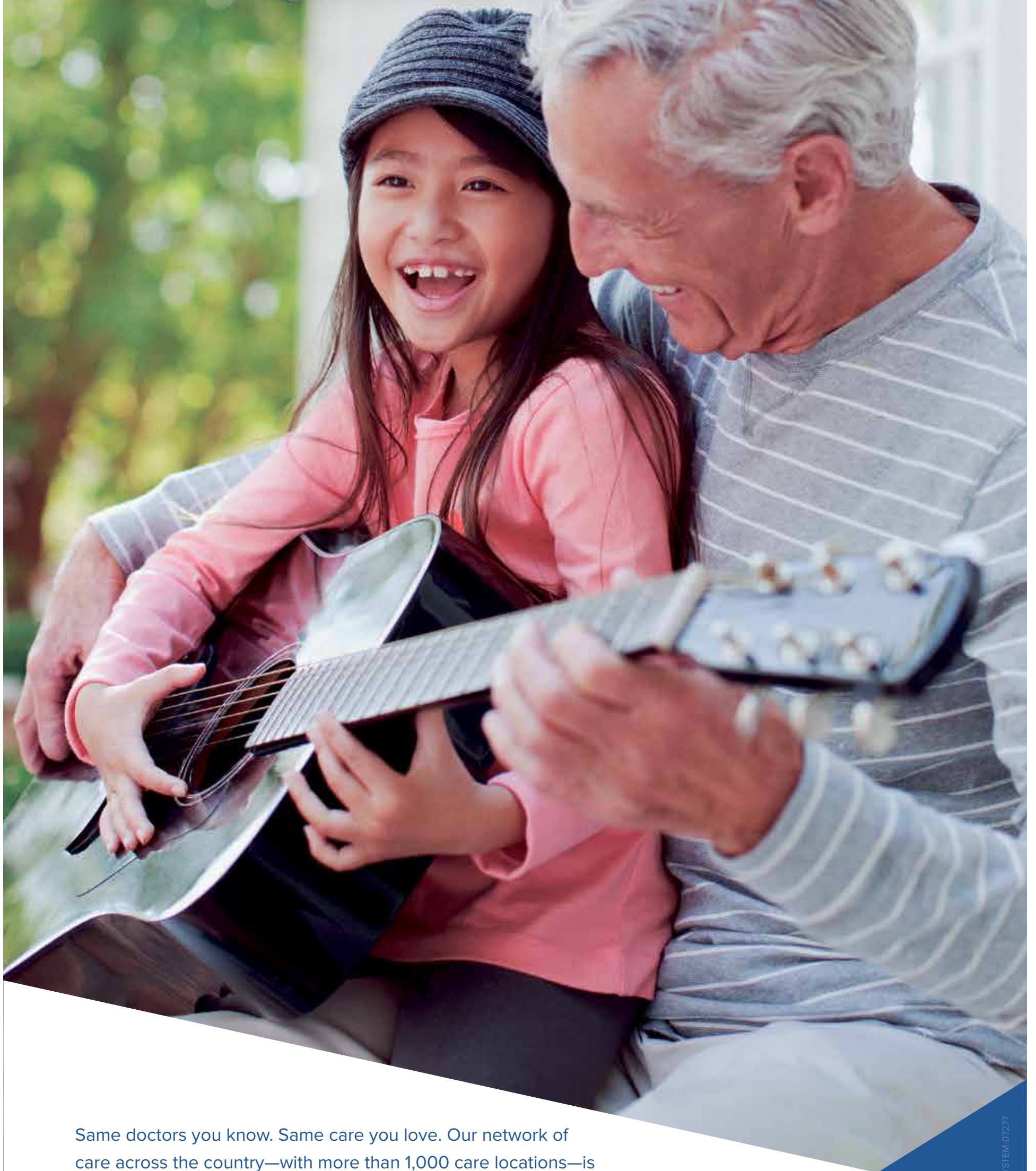
Sophia Rogers is a Lake Nona area resident and Realtor/founder of NonaHomeGuide.com. A wife and mom of four, family, relationships and real estate are her passions. She can be reached at sophia@nonahoodnews.com.



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Better Call Saul

BY SAUL MARKOWITZ



Before we begin our journey together, let me explain something right away – if I hear someone saying to me one more time, "Better Call Saul," I'm going to scream. It happens to me so often and all I can say (sarcastically) is, "Oh! I've never heard that before!" Help me, Lord!

So, why did I decide to name my monthly column something that will most likely give me a panic attack? I'll try to explain. When I was asked by my friends at *Nona-hood News* to create and write a monthly column about the world of public relations and promotions, I was also told to find a creative name for this cool endeavor. As a good husband, I asked my wife, Bonnie (definitely my better half!), to brainstorm with me on the name. For some reason (within a split second), she blurted out, "Better Call Saul!" OMG! Not her, too! But, for some reason, it worked for me. I really didn't want it to fit, but it did. Then came our staff back in the Burgh. Both staff members loved the name, too.

So, let's make this work. I'm easy. I'm open-minded. Just don't repeat the title to me when I see you. I'm begging you! Promise?

Okay, let's begin. My name is Saul Markowitz, and I've been in the public relations/promotions/marketing business for many years. Actually, for more than the last 21 years, I've been the president of Markowitz Communications



(www.markowitzcommunications.com) in Pittsburgh, Pa. I'm originally from Buffalo, N.Y. (Let's go, Bills!) and moved to Pittsburgh in the early 1980s to attend the University of Pittsburgh. Been married for 30 years to a real Pittsburgher and have an incredible 17-year-old son, Brandon (who currently works part-time at the Marriott in Lake Nona and loves it!). And, yes, our Sheltie, Bailey Barkowitz, is the head of our household and really enjoys her newest game, "Try and catch the gecko." Whatever.

Throughout the years, I've been so fortunate to have worked on some incredible projects, from the grand opening of many Krispy Kreme doughnut locations to promoting dogs and cats in silly Halloween outfits as the national PR agency for the entire PetSmart chain (the United States and Canada). From promoting more than 15 Cirque du Soleil shows to the national PR campaign "Won't You Be My Neighbor Days" for *Mister Rogers Neighborhood*, it's been an incredible run and challenge.

Now, it's time for a new life-changing



adventure. Due to health issues with our teenage son, my wife and I have decided to find a house in the Lake Nona area (VillageWalk, to be exact) and learn what life is like without cold weather, snow and scarves. So far, the people we've met in the area have been so friendly and supportive.

While retaining our business in Pittsburgh (we love our staff and our clients up north), we've also decided to begin our PR business in Florida. So far, so good.

So, here's the deal. I will try to use this column as a chance to share some tips and pointers on how best to promote your businesses through strategic media relations, creative promotions and more. I'll show you what to look for in a story and how to find the right angle to build your clientele. I truly believe there's a story in everything – you just need to find it.

And, yes, you can definitely "Call (or email) Saul" if you have any questions or concerns. As a newcomer to the area, I'm always looking for your advice on the best places to find the ultimate chocolate desserts. Hey, we're in this together.

Before I end my first column, here's my four important Rules of Public Relations ... grab a pen and paper and write this down. (I'll wait.) Hey, I'm still waiting. (Yep, that's me singing to myself.) Okay, ready?

The 4 Rules of PR:

1. Tell the Truth.
2. Never say, "No Comment."
3. If the media ever calls you and you're not sure what to say, just say, "Let me get back to you."
4. And the final rule: Get back to them.

Welcome to the world of PR. Feeling good about yourself? Nice.

If you have any questions or comments, Better Call - or email - Saul at (412) 977-8517 or saul@nona.media.

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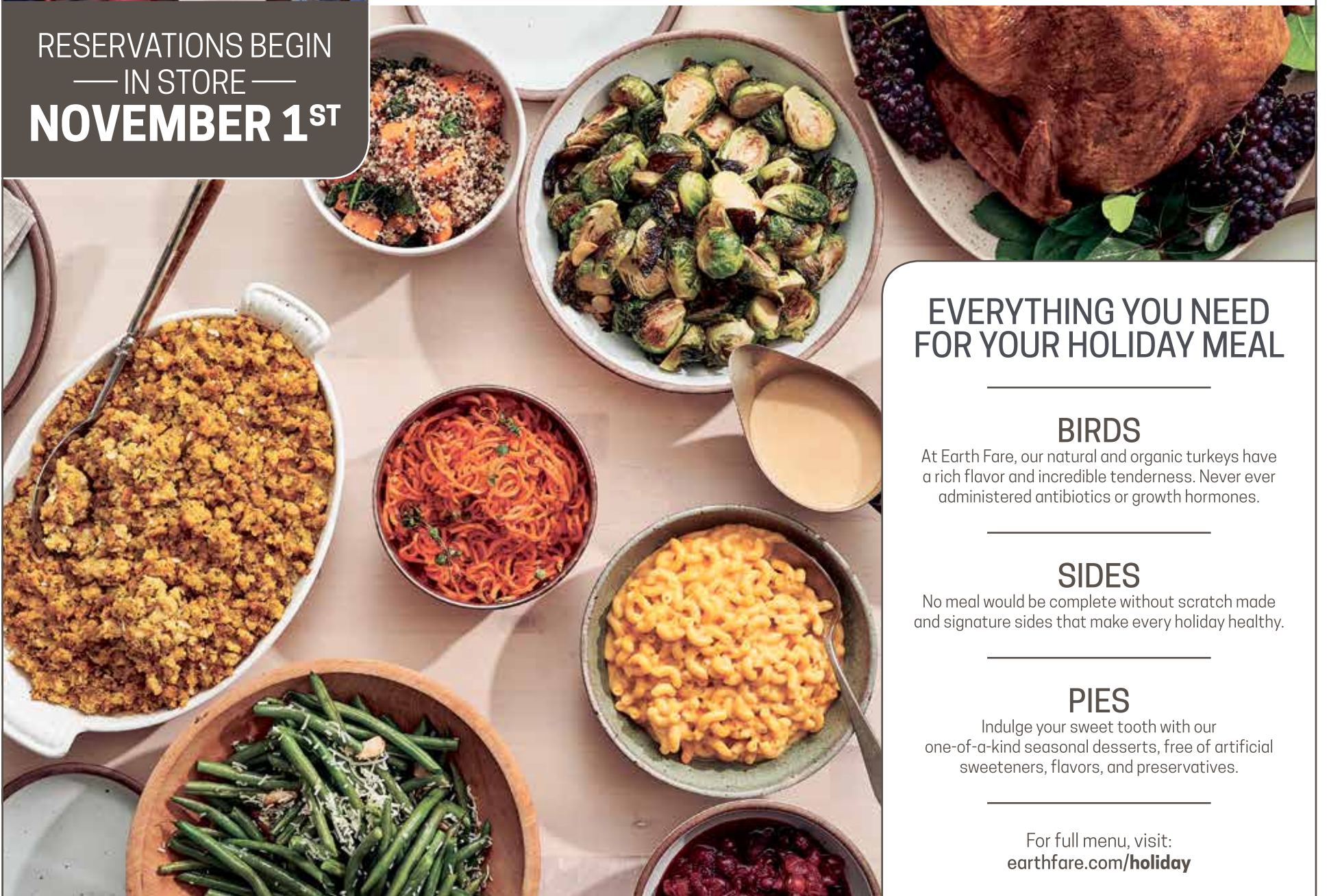


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A NOTE FROM THE CEO



BY DON LONG

September ended on a high note as we helped to welcome Lake Nona’s newest supermarket, Earth Fare, to the community as we celebrated their grand opening with a ribbon cutting on Sept. 29. The community welcomed this new chamber Stakeholder Partner to the area at 6:45 a.m. on a Saturday morning, and there were almost 800 people there. A spokesperson for Earth Fare said it was the second largest attendance for a grand opening in the company’s history. Way to go, Lake Nona!!

October was a very busy month for Lake Nona’s chamber. Of course, the highlight of the month was our sixth annual Taste of Nona signature event. But, that is not all. The month also included three ribbon cuttings for chamber members. Our staff and ambassadors, along with members of the board of directors and excited members, welcomed Chill Pop Lounge, Crunch Fitness (Belle Isle), and Laureate Insurance Partners as we cut the ribbon for these exciting new additions to our region and the chamber. In addition, chamber members and guests enjoyed a classy First Tuesdays hosted by the Hemisphere Restaurant at the Hyatt Regency Orlando International Airport.

6th Annual Taste of Nona

As mentioned above, October’s schedule also included our fall signature event, Taste of Nona, held at the Courtyard & Residence Inn by Marriott in Lake Nona Town Center. This red-carpet event featured culinary treats from nearly 30 local restaurants and other culinary providers. The 400 attendees partook of sample portions of signature entree menu items, desserts, and cocktails, including wine and champagne. Entertainment was enjoyed from Jared Violin and DJ Chocolate Rain while a silent auction benefiting Friends of Fisher House was also a feature.

Celebrity Appearance

Speaking of entertainment, I had the pleasure of introducing recording artist Robert (Kool and the Gang) Bell (remember the disco hit, *Celebrate?*) to those attending the Taste of Nona event. Kool said hello to everyone from the stage and introduced one of his new ventures, Just Kool Cologne, to the crowd. Kool also autographed a cologne package and offered it as an auction item for the silent auction at the Taste. I want to thank Brian Bacchus of Luxury Rides, Inc. for coordinating Kool’s visit.

Silent Auction for Friends of Fisher House

Your chamber wants to thank everyone for the excited response to our silent auction. Your generosity and participation resulted in more than \$4,000 in proceeds to support our local Fisher House at the Orlando VA Medical Center.

Thanks Are in Order

The success of the Taste of Nona event could not have happened without the more than 30 chamber volunteers who worked while others enjoyed the venue and, of course, the outstanding staff, led by Connie Steinwart of the Courtyard & Residence Inn by Marriott. I want to extend our appreciation as well to Saul Markowitz for orchestration that resulted in on-air time at WKMG Channel 6 and FOX 35 to promote the event.

The following are lists of the hard-working committee members who made Taste of Nona 2018 happen, as well as the vendors who participated and/or contributed gift cards for the “Bag of Gift Cards” drawing. Gift card contributors are designated by *.

Taste of Nona 2018 Committee

- Chair: Cari Rubin, Cari Rubin Photography. GREAT JOB, CARI!!!
- Lydia Gongage, Spring Realty Orlando
- Omar Hickman, Lake Nona Social
- Kathrin Knowles, Bos/Janus et Cie
- Angie Amate, Luxury Realty
- Josh Moore, Marketing Nutz
- Bridgette Porto, Academy Bus
- Jeffrey Roche, Innovative Network Solutions, Inc.
- Sophia Rogers, Sophia Rogers Real Estate
- Andy Sellers, Andy Sellers Real Estate, EquityPro Realty
- Claudia Swonger, Lotus Blossom Counseling, LLC
- Tyler Washington, Lost Society Media & Marketing
- Saul Markowitz, Markowitz Communications

Taste of Nona 2018 Vendors & Contributors

- 310 Nona*
- Bolay Lake Nona LLC*
- Bonefish Grill*
- Canvas Restaurant & Market*
- Cap's Kitchen Creations
- Chicken Salad Chick*
- Chill Pop Lounge*
- Christy's Creations, LLC*
- Drive Shack
- Eagle Creek Golf Club & Belfry Restaurant*
- Fresh Healthy Meals
- Green Juice USA*
- Hyatt Regency Orlando Airport*
- Jeremiah's Italian Ice*
- Marlow's Tavern*
- Mobile Greens Wellness
- Ohm Woke
- Orlando Food Department Co.*
- Pig Floyds Urban Barbakoa*
- Rock and Brews*
- Rubio's Coastal Grill*
- Sus Hi Eatstation
- The Naked Cupcake*
- Tijuana Flats*

Be sure to watch your emails and visit this page next month for exciting news about a great **holiday chamber party coming in December**. You will not want to miss this one.

EVENT GALLERY



Sept. 19 Ribbon Cutting for Bolay Lake Nona, LLC
Andy Sansone (center left), Angela Gutierrez (center), Arbra Calvert (center), and Fern Powell (center right) join Bolay staff and chamber members to cut the ribbon at Bolay's new location at 12711 Narcoossee Rd., Suite 120, Orlando, FL 32832. (Photo by Bethany Osborne)



Oct. 13 Ribbon Cutting/Grand Opening for Crunch Fitness, Belle Isle
Membership director Arbra Calvert (right) joins the ownership, executive team, and staff/members of Belle Isle for the Ribbon Cutting/Grand Opening at 4400 Hoffner Ave., Orlando, FL 32812. (Photo by Nicole Perez)



Oct. 13 6th Annual Taste of Nona
The LNRCC's signature event at the Courtyard & Residence Inn by Marriott Orlando Lake Nona featured 30 regional restaurants, wine and beer, dessert chefs, and catering services.



Sept. 28 Business Luncheon at Ronald McDonald House
Speakers Emily Brown (left) and Mary Brooks (right) with Central Florida Expressway Authority join Don Long (center) for the Chamber's September Business Luncheon to discuss Paving the Future of Transportation. (Photo by Madelyn Long)



Sept. 29 Ribbon Cutting/Grand Opening for Earth Fare
LNRCC Board of Directors and staff join Devon Natario (center) and Frank Scorpiniti (center right) of Earth Fare for the Ribbon Cutting/Grand Opening at 13024 Narcoossee Rd., Orlando, FL 32832. (Photo by Madelyn Long)



Oct. 2 First Tuesdays Exclusive Members-Only After-Hours Event at Hemisphere Restaurant, Hyatt Regency Orlando Airport
Chamber members, guests, and event sponsor Nona Mortgage, LLC, gather as membership director Arbra Calvert welcomes our newest members. (Photo by Bethany Osborne)



Oct. 3 Ribbon Cutting for Chill Pop Lounge
Owner Lathesia Hardy (center) and manager Reggie Adams (center right) join membership director Arbra Calvert (center left) and director of economic development Paty Wright (right) as they cut the ribbon at 2483 N. Narcoossee Rd., St. Cloud, FL 34771. (Photo by Bethany Osborne)

Upcoming Events

Nov. 2: Inspiring Peak Performance and Passionate Living
Speakers: Dr. Don Wood, Ph.D. and Dr. Leslie Hamilton, Ph.D. of Inspired Performance Institute
Keynote Topic: Innovative solutions for new levels of performance or improved mental/physical health
Time: 2:00-5:00 p.m.
Location: GuideWell Innovation Core, Innovation Theater, 6555 Sanger Rd., Orlando, FL 32827 (Lake Nona)

Nov. 6: First Tuesdays Exclusive Members-Only After-Hours event at The Belfry Restaurant, Eagle Creek Golf Club
Time: 5:30-7:30 p.m.
Location: 10350 Emerson Lake Blvd., Orlando, FL 32832

Nov. 8: Breakfast Connections at Lakehouse (Laureate Park)
Speaker: Judge Fred Lauten - Chief Judge of the Ninth Judicial Circuit (Orange and Osceola County)
Keynote Topic: Financial Crisis of Florida's Judicial Branch and the Resulting Closure of our Local Complex Business Court
Time: 7:45-9:30 a.m.
Location: 13623 Sachs Ave., Orlando, FL 32827 (Lake Nona)

Nov. 27: Contagious Connecting
Speakers: Dr. Linda Travelute (Travelute Leadership & People Development) & Sam Eckerson (Heritage Park Realty)/President of BNI (Business Network International), Lake Nona Chapter
Keynote Topic: 3 Steps to Building a MASSIVE Personal Network
This quarterly event series is all about building relationships that generate revenue and success!
Time: 8-9:30 a.m.
Location: Ronald McDonald House, 13551 Nemours Pkwy., Orlando, FL 32827 (Lake Nona)

Please note, the Chamber's November Business Luncheon will not be held due to the holiday.

MEMBERSHIP RENEWALS

September 15 - October 15, 2018

Nona Medical Arts
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The Artist: Jefrë

BY VANESSA POULSON



Jefrë's Carabao sculpture, Photo by Jefrë

Jefrë Figueras Manuel, or more often known simply as Jefrë, might not be someone who you are familiar with, but if you live in Lake Nona, you have without a doubt seen his work before. Jefrë is the mind behind some of the most eye-catching and iconic work across the Lake Nona area, including “The Beacon” and “The Code Wall.” Both of these pieces reside within the Lake Nona Town Center, and while these two pieces might be the closest to home, they are certainly just a fraction of the work Jefrë has created, is creating, and will be coming in the future.

A Filipino-American born and raised in Chicago, Jefrë started creating at a young age and took particular interest in design and architecture. He majored in sculpture at the Art Institute of Chicago and then went on to pursue a degree from Ohio State University in urban design and landscape architecture before attending the Architecture Association in London to study Morpho-Ecologies. After working in the field of urban design and architecture

for a firm in Chicago, he was persuaded to “turn in his bowtie for some flip-flops” and move to Florida to work on the now world-renowned resort Atlantis in the Bahamas. Jefrë moved to Lake Nona in 2004 and has been a resident since. In 2012, he was named as the “Emerging Artist of the Year,” with his thought-provoking works

cutout panels with inspirational goals, inspirations, and words translated in binary code,” said Jefrë. Each of the garages at the Town Center will have unique corner signature elements such as “The Beacon” on the existing garage that is in a form of a stethoscope.

For “The Beacon,” Jefrë said he also found inspiration in the original stethoscope invented in 1816 by the French physician Rene Laennec. The particular piece also hit close to home for Jefrë, who suffered a heart attack at the age of 35, and the impact that medical technology has had on his livelihood after having triple bypass surgery.

Outside of the United States, Jefrë has other extraordinary works on display, including pieces in Miami, New Orleans, Philadelphia, San Antonio, London and Abu Dhabi. He was one of the creative concept artist for the new Miss World America and Miss Teen World America crowns in 2017 and he’s worked on projects for clients, was contracted in partnerships, and gave service to names such as Santiago Calatrava, BIG Architects, Zaha Hadid, and Philippe Starck.

Jefrë was also commissioned by The Net Group, the largest green office developer in the Philippines, to create the

BGC’s (Bonifacio Global City) most iconic sculpture called “Selfie,” and became one of the first artists commissioned for permanent art sculptures at SM Aura (Sculpture Contour Series) and at SM Ecom 5 (Talking Heads). He credits “almost 90%” of his work as being international and he’s been featured in various worldwide media outlets such as *The New York Times*, CNN, *Cosmopolitan* and *L’Officiel*. Jefrë has won numerous awards and was nominated by the Cooper Hewitt Smithsonian Design Award in the category of “Design Mind” and was just recently featured at Beijing Design Week.

Along with developing his studio work for art museums and galleries, Jefrë has a variety of other projects on the horizon, including a series of zodiac sculptures, a sculpture to honor the working class, and a sculpture to



Jefrë was the Concept Design Artist for the 2017 Miss World America Crown

serve as a gateway to different cities across the world. He is also currently in the process of creating a 30-story sculpture in the Philippines that he hopes will serve as the nation’s “international icon.” He dreams of one day creating a world-known city landmark like the Eiffel Tower, Arc De Triomphe, or Cloudgate, though “The Beacon” and the “Code Wall” are truly already signature landmarks here in Lake Nona.

As Lake Nona continues to grow, be sure to continue to look out for Jefrë’s work popping up in the area. To see more of Jefrë’s iconic work, check out his Instagram [**@JEFRE_Artist**](#).

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.



Photo by Brielle Perez



Jefrë's Talking Heads, Bluetooth-activated Phone Booths, photo by BJ Pascual

Tavistock Development Company Proud Recipient Of The Able Trust's 2018 Employer of The Year Award

ARTICLE BY VANESSA POULSON AND ELAINE VAIL
PHOTO COURTESY TAVISTOCK DEVELOPMENT COMPANY

Tavistock Development Company was recently awarded The Able Trust Employer of the Year Award. The Able Trust's annual statewide Ability Awards acknowledge individuals and businesses that have made remarkable contributions to the employment of Florida residents with disabilities. This award comes after the success of the Best Buddies International program and Tavistock Development Company's hiring of Shane Collins through Best Buddies Florida. (You can read our online story about Collins being named Central Florida's Employee of the Year by Best Buddies International here: nonahoodnews.com/key-success-better-best-service/.)

Best Buddies International is a nonprofit organization that helps to secure employment for people with intellectual and developmental disabilities (IDD), allowing them to earn an income, pay taxes, and continuously and independently support themselves through the skills they learn in the Best Buddies integrated employment program. Their website proudly states,

"Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD). Our programs empower the special abilities of people with IDD by helping them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self-advocacy and communication skills, and feel valued by society."

As discussed in our article about the program in our April edition of the paper, Best Buddies International has already impacted more than 104,600 Floridians alone through their organized efforts to provide one-to-one friendships and mentoring, as well as through their outstanding programs teaching leadership development and employment skills for people with IDD. The IDD community that Best Buddies serves includes those with autism, Down syndrome, Williams syndrome, cerebral palsy, traumatic brain injuries, Fragile X, and even some undiagnosed disabilities and more.

"Our involvement with the Best Buddies jobs program has enhanced our company culture," said Debbie DeMars, Tavistock Development Company's vice president of human resources and internal operations. "Our workplace has truly been enriched with the addition of Shane Collins, a fantastic teammate we hired through Best Buddies."



When we interviewed Collins in April, he was a part-time employee of Tavistock Development Company. Now, after only a little over a year's time, Collins' responsibilities have grown and he is now a full-time employee! Collins happily shared, "I wake up excited to go to work because of the atmosphere. To have a full-time job helps me feel like I have a full-time calling."

Tavistock Development Company shared their excitement about the collaborative community of Lake Nona embracing the Best Buddies programs and opportunities. Watercrest of Lake Nona recently hired a new member of their team through the Best Buddies integrated employment program, and several other Lake Nona partners are beginning to also get involved with the nonprofit and are in the process of hiring exceptional employees like Mr.

Collins for their own teams.

"The impact throughout our company and culture with the addition of Shane has been profound," said DeMars. "We look forward to his continued growth as he thrives in his role." Collins summed up the rewards of the Best Buddies program well after receiving his award as the Best Buddies Employee of the Year: "You know what, to me, it feels special. It feels wonderful and rewarding." Collins continued, "I want people to know that no matter if you are a bachelorette student or an ESE (Exceptional Student Education) student in high school – join the Best Buddies program!"



Local Non-Profit Places Emphasis on Phrase 'It's for The Kids'

ARTICLE AND PHOTOS BY NICOLE LABOSCO

Founded in 1973, the Central Florida Children's Home (CFCH) takes care of children whose parents can't or won't care for them. CFCH is a local 501(c)3 nonprofit solely supported by donations and volunteers. Located on 10 acres right in the heart of bustling Lake Nona, the children's home can be found off of Narcoossee Road, across the street from Valencia and next to the KOA campgrounds.

The home currently houses 11 children but can support up to 24 at one time. CFCH only accepts siblings and will not separate them at any point. Once the children turn 18, they have the option of living in the transitional housing on the property as long as they are working, in school or both. This gives the young adult the opportunity to still live on the property and visit his or her younger siblings, but also a chance to become more independent.

The home functions with an emphasis on being family-oriented and on academic achievement to ensure the children are well prepared for vocational training or higher academic studies. The focus on feeling and maintaining a real "home" atmosphere translates over to assigning chores and responsibilities to the children to help develop discipline and character.

House dad RJ Fontana and his wife, Jordan, known as the house mom, manage the Lake Nona children's home. The couple strongly believes in family. "I think



that's our biggest goal ... to make it feel like a family setting, rather than just some institution they were sent to," Mrs. Fontana stated passionately.

Jordan formerly worked in the medical field and RJ was a veterinary technician, but the reason they ended up where they are now is truly awe-inspiring. "I can relate to the kids," stated Mr. Fontana. "I was in foster care from ages three to 18. We found the perfect niche of what we were looking for. ... We were looking for something that was more family-oriented. When we started working in the children's home, we found purpose in our lives."

Mr. Fontana went on to explain how all of the kids play sports and get along. The children's parents can visit once a month, and they get to go home for the holidays. Phone calls to the children's families are also allowed once a week.

All of the furniture in the home was graciously donated, and on-site there is a shed intended solely for donations from the community called "Kay's Kottage."

Mr. Fontana mentioned how the kids are always so eager and excited to check the cottage to see what was donated.

Anyone in the community can visit the children's home and host events for the kids as long as the house mom and dad are present. Those types of events are intended to remind the children that they are loved and appreciated outside of the home.

"We want to be there, we want to see them graduate, we want to see them grow up. We're not trying to replace their parents, but we're trying to be there for them," Mr. Fontana indicated. "We're essentially step-parents or co-parents. There will be times we agree and disagree, but we want the same thing of the kids being happy and successful."

If you are interested in donating to the Central Florida Children's Home, the items that are always on the needs list are:

- Laundry detergent
- Capri Suns, lunch meats, condiments

- (for the children's packed lunches)
- Gift cards (for the children's birthdays)

The children's home is also looking for a shuttle bus and a kitchen remodel.

The Central Florida Children's Home recently hosted a golf tournament fundraiser in late September and is also hosting its annual Christmas Tree sale from Nov. 17 to Dec. 17. The trees are Fraser Fir and range from three to 18 feet. Prices start at \$27, and trees are priced by size. One hundred percent of the proceeds go directly to the CFCH. In March, a 5K/10K is taking place, so mark your calendars to make a difference!

Any and all donations to the CFCH are tax deductible. To learn more about how you can help, visit: <http://cfch.net/advice/>. To donate, visit <http://cfch.net/donations/>. CFCH is located at 12569 Narcoossee Rd., Orlando 32832. Remember, it's for the kids!



RJ (House Dad) and Jordan (House Mom) with their newborn baby boy, Carson (just three days old at time of picture)

UCF Lake Nona Medical Center Names Wendy Brandon As CEO

BY VANESSA POULSON



Wendy Brandon

Wendy Brandon, FACHE (Fellow of the American College of Healthcare Executives distinction of board certification in healthcare management), has been named by HCA Healthcare and the University of Central Florida College of Medicine as the new CEO of the UCF Lake Nona Medical Center. The facility is scheduled to open by the end of 2020. The teaching hospital represents the future of medicine in Cen-

tral Florida while delivering outstanding training for physicians. Brandon will begin her new role on Jan. 1, 2019.

Brandon comes from a background of intensive training and education in the medical field. Her mother was a PBX operator (Post Box Exchange phone system) at the local hospital, so she spent a lot of time visiting the facility and witnessed firsthand people who were passionate and dedicated to caring for others. Brandon earned her bachelor's degree in business administration from the University of Tennessee at Martin and her MBA from The Jack C. Massey School of Business at Belmont University. With more than two decades of experience in healthcare leadership, Brandon has served for 10 years as CEO of HCA's Central Florida Regional Hospital, a 221-bed facility in Sanford. Brandon has 24 years of experience as a hospital leader and has worked with many experts in their fields to expand access to services needed in the local community – from expanding cardiac and surgical services to developing a Level II Trauma Center and an acute medical inpatient rehabilitation center, and broadening access to the ER.

"I look forward to bringing all the resources of HCA Healthcare and the University of Central Florida College of Medicine combined with the best physicians and staff together for the common mission of the care and improvement of human life," said Brandon. She hopes to help the UCF Lake Nona Medical center to "recruit and retain the best clinicians and staff to help ensure our hospital provides the community high quality, comprehensive care." She wants to help the University of Central Florida College of Medicine to build a healthcare resource that not only serves the needs of the residents of Lake Nona, but will also work to educate healthcare professionals whose expertise and research will impact the lives of potentially millions of people across the globe long into the future. "The physicians, nurses, therapists and other clinicians who train at UCF Lake Nona Medical Center will have the benefit of learning from the clinical expertise and compassion of some of the best and brightest in healthcare today," said Brandon.

"Wendy is a seasoned, dynamic leader who



UCF Lake Nona Rendering

has played a pivotal role in our partnership with UCF at Lake Nona, and we are excited to have her lead our newest hospital in the Central Florida region," said Michael P. Joyce, FACHE, president of HCA Healthcare's North Florida Division. "Under her leadership, we will advance healthcare in

Lake Nona Medical City, improve quality of life for the community, and provide education that ignites careers in medicine at UCF Lake Nona Medical Center."



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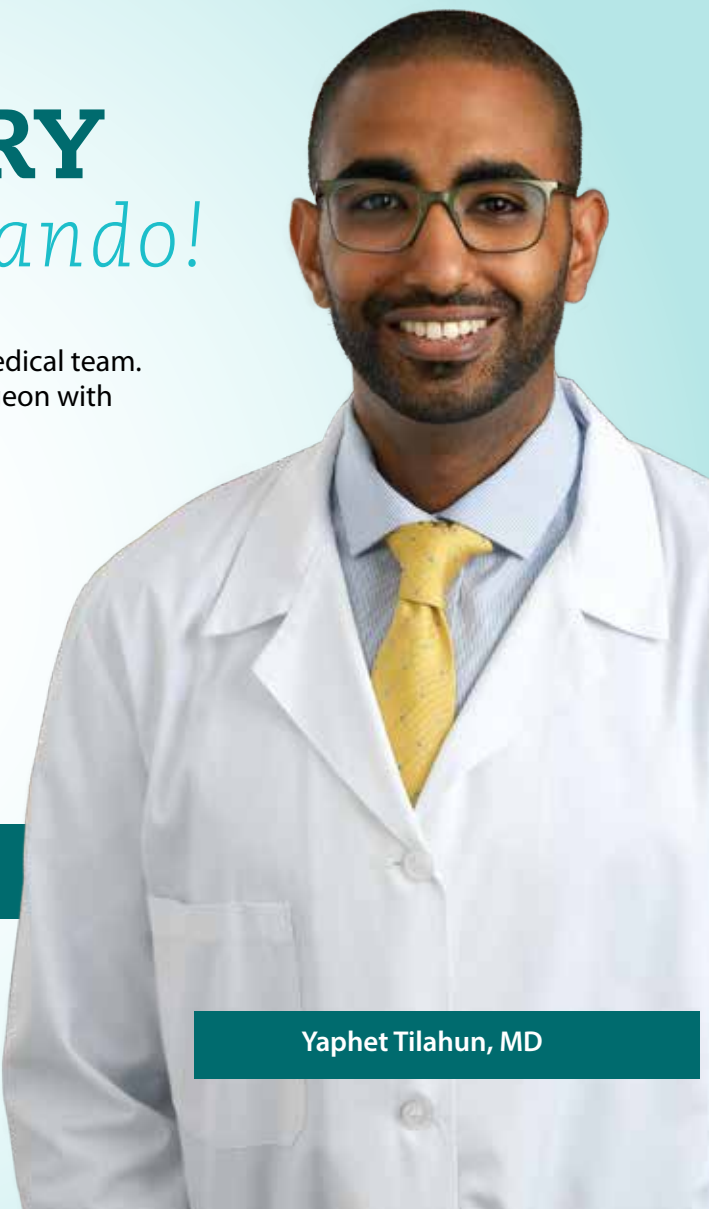
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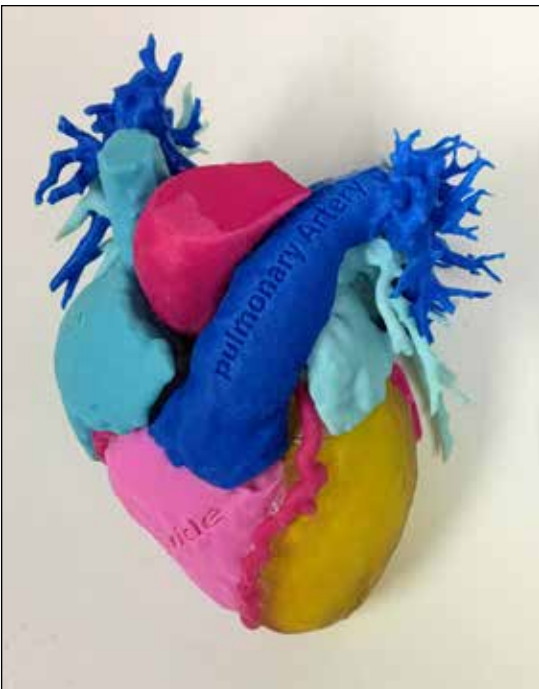
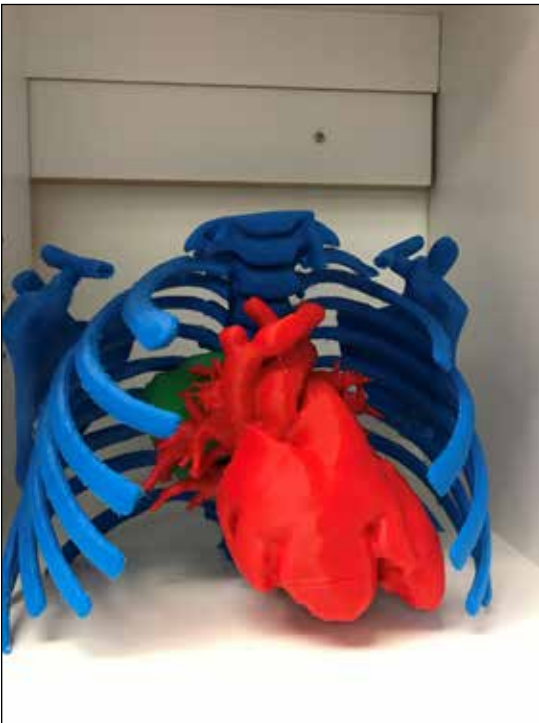
Nemours Children's Hospital Wins Florida Hospital Association Award

ARTICLE BY BRITTANY BHULAI
PHOTOS BY NEMOURS CHILDREN'S HOSPITAL 3D IMAGING PROGRAM



Craig Johnson, MD, Enterprise Director of Interventional Radiology

Nemours Children's Hospital (NCH) was awarded The Innovation of the Year in Patient Care award by the Florida Hospital Association (FHA) on Oct. 4 at The Celebration of Service Awards Ceremony in Orlando. NCH was given the award due to their 3D modeling program that has proven to be a significant aid in cancer and cardiac surgeries as well as preoperative interventional radiology.



According to the NCH press release, "Utilizing cutting-edge 3D modeling technology, Nemours surgeons, radiologists and proceduralists are using the only FDA-approved segmentation software to plan complex multidisciplinary cases in interventional radiology, cancer surgery, and cardiac surgery." The 3D models provide reduced procedural times and nearly eliminate unexpected finds in the operating room. This technology offers the opportunity to run simulated surgeries in order to more accurately determine which surgical tools will be needed prior to the actual surgery. As if that weren't impressive enough, Nemours undertakes these extra steps on behalf of the families as the technology service is not yet covered by insurance plans.

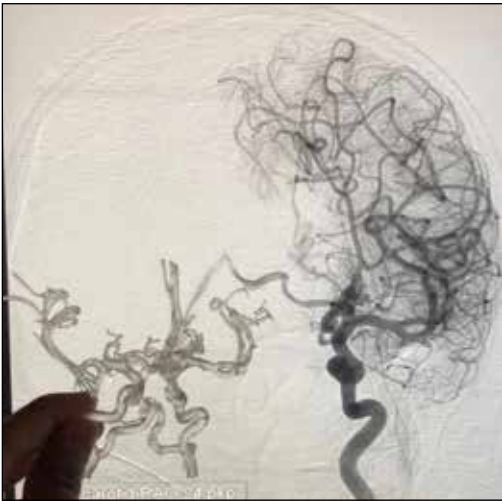
Nonahood News had the opportunity to interview Craig Johnson, the enterprise director of interventional radiology of Nemours Children's Health System and chair of the department of radiology at Nemours Children's Hospital.

NHN: How long have you been using the 3D modeling?

CJ: I think the first one we printed was about three years ago, and those were some of the most basic ones. And then we had a bunch of hurdles that we had to solve on being able to use the technology that we use for MRI scans to convert them into a data set, similar to JPEG converting to a GIF. It's a very easy process for us to do now, but in the beginning, it wasn't such an easy process. And then being able to create what we call "segmentation," which is just 3D representation of all the different organs in the body. Everything from the skin to the rib to the lungs, heart – the entire chest or the entire abdomen and then being able to take pieces of that out that aren't relevant to the surgical procedure that needs problem-solving from all the subspecialists. And then deciding what to leave in – critical vital structures that we need to decide where we're going to make the incisions, how we're going to approach the actual surgeries, and what to look out for complication-wise for the surgeries.

NHN: How many patients has this technology helped so far?

CJ: We're probably at about 30 now. And we don't do it for everybody. We certainly do it for complex cases that really need every additional input that we can do. Complex cases such as a new baby born with a complex congenital heart disease; a disorder in which all of the blood vessels in the heart were not formed correctly, inserting into the wrong locations, in which a surgeon would need to cut those vessels and to rearrange inside the chest so the baby can live a normal life for as long as they possibly can. Or the abdominal cancer surgeries where you have a giant tumor that's growing into adjacent structures and all the things that should be in the abdomen are in abnormal locations, twisted and turned, and its very,



very important to know where to cut from, where to not cut to not run into giant blood vessels or uritors that drain the urine and keep the kidneys going. But we've printed way more than that – 100, 200 of them. But ones that we've actually used to put down in the middle of the table and help the different surgical subspecialist decide on how they're going to do the procedure in that advanced format, that's been around 30.

NHN: How accurate are these 3D prints?

CJ: "High fidelity" is the key term. It's a complete high fidelity system from beginning to end. It is accurate to much less than a millimeter. One period on a piece of paper is one millimeter. It's accurate to that point. If you came in and we did a whole body scan, we could make a complete replica of your entire cells from top to bottom and it would be the identical height of you, your fingers would be the same size, everything.

NHN: In the future, what would be the next thing Nemours Children's Hospital is known for in the innovation realm for 3D printing?

CJ: Continuing to advance digital and 3D guidance systems, going into the VR and haptic feedback where you put on gloves that have little sensors and you put on your glasses and you're in a new world. When you actually shake somebody's hand in that world, you feel your hand being shaken. That's [going to] allow to simulate surgeries even better. Right now we have wonderful anatomic info to make decisions on where to cut, but to be able to do more and know more before you actually put the patient to sleep, I think that's going to become more of the future and make the surgery quicker.

The hospital has received awards every year since opening its doors in 2012, this being the sixth award in six years from FHA and their fifth Innovation of the Year award. To learn more about this unique, personalized and life-saving medical technology using 3D modeling, watch the short video here: nonahood.to/nemours-award.



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Tough Things to Talk About: #MeToo

BY VANESSA POULSON

The #MeToo movement, started by the activist Tarana Burke, a sexual assault survivor in the mid-2000s, and a tweet by Alyssa Milano in October of 2017, has quickly moved from a simple Twitter hashtag to a prominent call out among survivors of sexual assault or misconduct. At the time of this article, the #MeToo hashtag has more than 1.1 million mentions on Twitter, along with an engagement rate on the subject of 8.1 million.

The truth is, #MeToo has gotten people talking. For much of modern history, many women have faced sexual assault, verbal or physical abuse, and simply disrespectful treatment by men in day-to-day life. Sexual assault has been the butt of numerous jokes in movies and television shows, and often these dangerous levels of acceptance and stereotyping “typical” of male behavior have been associated with overgeneralization and rationalizing what is and is not appropriate.

The consequences for the men accused by the #MeToo movement have varied. Some men, such as Ben Affleck, John Travolta, and President Donald Trump, have faced no consequences for the actions they’ve been accused of. Others, such as Matt Lauer or Bill O’Reilly, have been forced out of their permanent positions as a result of the accusations. Men like Harvey Weinstein and Bill Cosby are actively facing criminal charges, with the latter being convicted and sentenced to jail time.

In a time where more women are coming forward to share their own personal stories and experience with sexual assault, there is no more important time than now to bring forth conversations that actively promote healthy relationships, honesty and accountability, as well as encouraging young women (and men) to speak up if they have endured trauma and connect them with the resources they need. Young women are be-



ginning to learn in this day and age that they no longer have to tolerate what their mothers and grandmothers would’ve once called “boys just being boys” or what was thought of as acceptable forms of treatment for women on dates, in committed relationships, or in public. Social media has helped to create a profound shift in how men and women are honest with themselves and the public about issues within society that need to be addressed.

Teach your children and teenagers what it means to respect and care about the people who they are dating or interested in. Talk to your daughters about what is acceptable and unacceptable behavior and what makes her feel uncomfortable. But most importantly, if someone comes to you or comes out to the public, our immediate reaction should not be one of pushing them aside or casting off the behavior of the accused as “boys being boys” or “just playing around.” When we teach teenagers and young adults to discredit their feelings and ignore the behavior of those that is unacceptable, we invalidate their own ability to know whether or not they have been violated or mistreated. We teach the younger generation to make the same mistakes if we simply say, “If the previous generations got away with it, why shouldn’t they?”

Sharing these stories is not always easy. Men and women who have come forward have sometimes taken months, years, or even decades to make their trauma public. It can be hard to wear your wounds on your

skin for so many people to see, especially if you are a woman in the public eye where your life is already under constant scrutiny and ridicule. However, it is only with the progression of not only honesty and openness, but also understanding and compassion, that we as a society can move forward from this type of behavior and abuse being seen as a commonality or “acceptable.” Without accountability, there’s no way to help survivors, as well as the next generation, learn respect, honesty, and the understanding that actions do have consequences.

If you or someone you know has been sexually assaulted, the following is a list of resources that may be of service to you:

- RAINN (Rape, Abuse & Incest National Network) is the nation’s largest anti-sexual violence organization. Here is their national Sexual Assault Hotline: 800-656-HOPE (4673).
- The Crisis Hotline offers free 24/7 support for people in crisis. Just text 741-741, and a trained counselor will respond immediately.
- National Teen Dating Violence Abuse Hotline: 1-866-331-9474 or www.loveisrespect.org/.
- Safe Horizon: www.safehorizon.org/get-help/domestic-violence/#our-programs/



Rising Above: The Voices in Your Head

BY SAMIA SOLH

Whether you are the CEO of a business, taking your first steps as an entrepreneur, or a stay-at-home mom or dad, I am sure you have two voices in your head: One that pushes you on your journey to success as an encouraging voice and a supportive guide and another that brings you down every chance it gets. I call the latter the “Sabotager,” as it is the voice that says, “Don’t get out of bed,” or, “You can’t do it,” or, “It has already been done, so why even try?” The Sabotager’s main goal is to stop you from becoming the best version of yourself.

Succeeding in life is challenging. It can test your sanity, try your relationships, and force you to honestly assess your abilities. On some days, the positive voice is pretty loud, and on other days the negative one takes control. It is in these moments when you need to access the power you have within and channel the positive, motivating, inspiring voice that empowers you; a voice that reminds you that roadblocks and setbacks are expected and to persevere anyway. Being a success is not meant to be easy. So, try to enjoy the blood, sweat and tears that



come with creating a balanced and successful life because once you make it to the other side, the pride and self-satisfaction are unparalleled.

Here are four techniques used to drown out the negative voice in your head and increase your chances of living a life that allows you to love who you are and where you are in life:

- Be a fountain, not a drain: Be aware of every action and thought throughout the day and adjust quickly. It’s not that successful people don’t have negative thoughts, it’s that they don’t let the negative thoughts take over and drain them.
- Every day is the perfect day to be the first day of a new beginning: Don’t be too hard on yourself if you have previously failed to go through with your plans. If you have to, set a mantra for yourself to trigger the positivity that we all seem to minimize while giving negativity our full attention.

- Replace the habit of negative thinking with another (positive) habit to fill that void.
- Listen closely to what the negative voice is saying: Listen to the limitations you are setting and start working on them. “I will never have time” means you need a schedule. “I am not in the right environment” means you need to make a space for yourself. “My life is a total mess right now” translates to you needing to start area by area and organize it. You have to put in the work.

Wake up one day and decide to be a doer, a dreamer. Push yourself to break barriers and build empires. You have one chance to experience life as yourself. It really comes down to how badly you want a better life. If you can’t take the time to discipline yourself, maybe you just don’t want it badly enough. Finally, if the Sabotager creeps into your mind, just remember that you have control over your mind, it’s not the other way around.

A negative mind will never give you a positive life.



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USTA: Making History With World-Class Athletes and American Legends

BY DANIEL PYSER
PHOTOS COURTESY OF USTA
NATIONAL CAMPUS

Thousands of tennis competitors have flocked to the USTA National Campus this fall to participate in the USTA League National Championships, kicking off the final quarter of the year that is jam-packed with events in Lake Nona. 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.

The USTA Junior Team Tennis (JTT) National Championships will headline the beginning of November, as the 32 best 14-and-under and 18-and-under JTT teams from around the country head to Lake Nona to battle for a national title.

Mission Viejo, Calif., staged the prestigious event in 2013.

"The USTA National Campus will provide the perfect venue for these world-class athletes as they all look to win the prestigious end-of-year championship. The Orlando community and especially Lake Nona have shown great support for the various types of events that have taken place at the campus, and these athletes will be sure to feel it as well," said USTA chairman of the board and president Katrina Adams in April, when the event was announced.

Following the wheelchair masters, the USTA National Campus will host the 10th and final event on the 2018 Invesco Series QQQ tennis circuit. The one-night tournament, which will take place Dec. 6, will feature four American legends – former world No. 1 and two-time French and Australian Open champion Jim Courier, former world No. 1 and 2003 US Open champion Andy Roddick, former world No. 4 and U.S. Davis Cup star James Blake, and 2004 Olympic silver medalist and former



David Wagner in action against Andy Lapthorne in a wheelchair match at the 2018 US Open



Dylan Alcott in action against David Wagner in a Wheelchair Quad Singles Final during the 2018 US Open

U.S. Davis Cup star Mardy Fish.

The Invesco Series QQQ is the North American tennis circuit for champion tennis players over the age of 30. John McEnroe, Andre Agassi, Pete Sampras, Marat Safin, Michael Chang, Tommy Haas, Lleyton Hewitt and Mark Philippoussis are among the other tennis legends who compete in the event. Each Invesco Series QQQ event features special VIP experiences,

including hit-with-the-pro opportunities and special back-stage access. All ticket, experience and event information can be found at www.InvescoSeries.com.

This is the first time the USTA National Campus is hosting an event of this magnitude, giving local residents the opportunity to watch some of the game's all-time greats play on the very same Lake Nona courts they utilize on a daily basis. For more information on USTA National Campus events, as well as programs including the newly available red clay courts, visit ustanationalcampus.com.



USTA National Campus






An Evening with
American Tennis Legends

RODDICK

| COURIER | BLAKE | FISH |

December 6TH

7:00 PM

USTA National Campus

Tickets & Hospitality Packages Available

For more information visit
InvescoSeries.com






Prevention And Treatment Of Common Injuries: What Every Athlete Should Know

BY CHARLES GIANGARRA, MD, ORTHOPAEDIC SURGEON, UCF HEALTH



Dr. Giangarra

The fall sports season is exciting for parents, players, coaches and fans. However, while athletes prepare to deliver a good season, they should also prepare for the potential of injury. Knowing how to avoid and treat common sports injuries is crucial for pulling off a smooth season.

Football, soccer, volleyball and cross country all kick off in the fall. These are sports that involve a lot of running, twisting, turning, jumping and contact – all common factors that lead to injury. Parents, athletes and coaches must have a good understanding of how common injuries are caused and how to seek treatment for those injuries.

It’s also important to be able to distinguish between different common sports injuries in order to seek the appropriate care. Here are some of the most common injuries associated with fall sports and tips for identifying each injury.

tifying each injury.

ACL Injuries

The anterior cruciate ligament (ACL) is one of the four ligaments in the knee and is important for maintaining stability. Injury to this ligament can be extremely detrimental to one’s athletic career. Athletes can best protect themselves from this injury by asking their coach to implement an ACL injury prevention program into their training and conditioning program.

Unlike many other injuries, ACL injuries don’t normally occur from contact. Movements including sharp cuts in direction, landing from a jump incorrectly, or stopping suddenly are common causes of ACL injuries. Also, ACL injuries are more common among female basketball players and soccer players.

These injuries are often identified by a popping noise that occurs when the ACL is torn or a feeling that the knee is giving out. Other symptoms include swelling, loss of range of motion and tenderness in the knee. If someone is experiencing any of these symptoms, it’s important for them to cease all physical activity until they are cleared to play by a sports medicine specialist.

Unfortunately, athletes who experience an ACL injury won’t be able to return to an active lifestyle without surgery to rebuild the ligament. After surgery, individuals will most likely have to brace the knee and attend physical therapy until the ACL is stabilized.

Sprains and Strains

Sprains occur when a ligament connecting bones and joints is stretched or torn. The most common types of sprains are ankle sprains, wrist sprains and knee sprains. Symptoms may include pain, swelling, bruising and a loss of range of motion.

Strains occur in the muscle. Strains commonly occur in the lower back or in the hamstrings. Symptoms of a strain may include pain, swelling, muscle spasms and limited mobility.

Sprains and strains are less severe than other common sports injuries and can usually be treated with compression, icing, elevating the area, taking anti-inflammatory medications, and splinting or bracing the area to prevent further injury. One should seek out medical attention if symptoms progress or if you are unable to put any

weight on the area.

Shoulder Injuries

Rotator cuff injuries are the most common type of shoulder injury, usually resulting from a fall in younger athletes or wear and tear in the older population. Rotator cuff tendinitis results in a lot of pain in the area, including aches and stiffness. Many try to play through this injury, but it’s important to seek help from a sports medicine specialist and appropriately treat the shoulder through rest, anti-inflammatories, rehabilitation and, in some cases, corticosteroid injections.

Rotator cuff tears are another injury common in older athletes or weekend warriors. It is usually distinguishable by pain and weakness, sometimes so bad that the pain will wake a patient up in the middle of the night. Some patients rely on conservative methods for treatment, similar to rotator cuff tendinitis, but others may need either an arthroscopic or open repair of the tissue in the shoulder.

Tennis Elbow

The overloading of tendons in the elbow can lead to a painful condition referred to as “tennis elbow.” However, tennis players and athletes aren’t the only ones at risk for this injury. It’s usually caused by overuse or repetitive or strenuous activity of the wrist and arm. For this reason, musicians like pianists and violinists often get this

condition.

Symptoms of this injury include difficulty gripping and holding objects due to extreme pain and weakness in the arm. Tennis elbow can usually be treated at home with ice and rest. Extreme cases may require physical therapy

Seeking Treatment

Most of these common sports injuries can be prevented by stretching often, learning proper technique, wearing protective gear if needed, and alerting parents and coaches of any early symptoms. However, if you experience a serious injury that may require surgery, you need to see a sports medicine specialist.

Your doctor can help prepare and inform you about the details of the surgery, including the healing process and rehabilitation services available post-surgery to maximize your outcome.

Dr. Charles Giangarra is a board-certified sports medicine specialist and orthopaedic surgeon specialized in treating a wide range of sports-related injuries. In his career, he has helped youth athletes, Olympians and pro athletes recover and get back in the game. Learn more at ucfhealth.com.



Birthday Hair Restoration

BY DR. DONOVAN ROSAS, MD

At a certain point, birthdays transform from exciting milestones as children to something many would rather forget as adults. Gone are the storms of wrapping paper and mountains of toys only to be replaced by cliché birthday gifts and the inevitable hallmarks of times past.

What did you get for your last several birthdays? A tie? Cologne? Some home-made macaroni art? Socks? As is the case in life, you don’t always get what you want for your birthday (if you don’t believe me, ask the Rolling Stones). For many men, the “gift” received as one approaches middle age and beyond is one which was never asked for. Your father or grandfather’s thinning hairline stares back at you from the mirror as yet another stinging reminder that you are a year older and a year balder. The worst part of it all is that this very same present is re-gifted year after year. You will unwrap that very same gift next year when you look in the mirror and take stock ... only it will, in all likelihood, be more advanced. Men have a 50 percent chance of experiencing hair loss by their 50th birthday!

Hair loss is a concerning and emotional herald of the inevitable march of time. It’s easily recognized and hard to conceal. Approximately 50 million men (and 30 million women) suffer from thinning hair or baldness. Some can experience hair loss even before age 21. By the age of 35, two-thirds of American men experience some degree of measurable hair loss, and by the age of 50, approximately 85 percent have

significantly thinning hair, according to the American Hair Loss Association. The good news is that treatment is getting easier and more successful for this universal problem!

At IAS (Institute of Aesthetic Surgery) we offer both preventative and restorative (and the two are not mutually exclusive) treatments, as well as surgical and non-surgical options. Often, a combination of treatments is most effective. Treatment options include Hairmedica all-natural non-prescription grade shampoos, conditioners and topicals as well as prescription-grade (Minoxodil and Finasteride) medical therapy. PRP (platelet rich plasma) and LLLT (low-level light therapy) have grown increasingly common and show great potential.

Hair restoration surgery continues to surge in popularity. In the United States, the number of hair restoration procedures performed grew by 18% from 2014-2016, according to a survey by The International Society of Hair Restoration Surgery. In the past, many potential patients shied away from (or are not candidates for) the traditional “strip method” of hair replacement because of the slow recovery time, the loss of feeling at the incision site, the linear scar on the back of the head, or the amount of post-operative pain involved. Our preferred technique is a one-day outpatient procedure known as Follicular Unit Extraction (FUE), also known as Follicular Transfer (FT). FUE has eliminated those concerns and opened the doors to hair restoration to all men – including those who have had a traditional strip graft procedure in the past.

The FUE method of hair transplantation removes individual hair follicles from the scalp in their naturally occurring groupings of about one to four hairs and are then placed in the areas of the scalp where bald-

ing has occurred. NeoGraft FUE advanced technology offers a discrete solution to hair loss, allowing patients to achieve natural-looking results with no linear scar, minimal downtime and a shorter recovery period. The design of the hairline, as well as the placement of each type of follicle in its correct place, allows for natural-appearing results. Careful planning allows for further treatments if necessary to achieve a fuller appearance of hair in key areas. As fully board-certified plastic surgeons, IAS doctors can offer this treatment in conjunction with others to boost your results of fuller hair and even treat wrinkles or jowls to add to your youthful appearance.

While no one can turn back the clock, make the choice to join others who have decided to fight the progression of looking older. Improving your hairline can go a long way to improving happiness by improving self-confidence. This year, as you blow out your candles, IAS invites you to break the cycle of socks and shaving cream, make a wish, and open a very special gift to yourself that will last a lifetime. Let IAS roll back the clock and roll your hairline forward.

Join us for a complimentary consultation where we can explore all of the options available. The saying goes, “You can’t have your cake and eat it, too!” However, they said nothing about combing a full head of hair just before you blow out the candles. Happy Birthday from IAS!



Dr. Rosas

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.

Dr. Lach’s Smart Aligners: A Better Way To Your Best Smile



BY DR. DAVID LACH,
LACH ORTHODONTICS

Clear, removable aligners are popular among orthodontic patients now, but Lach Orthodontics has had them since the 1990s. Throughout the years, treatments have become faster and easier while producing better results and healthier smiles. The most recent advancement is in-office 3D digital designing of clear, removable aligners in minutes that can be printed and ready for delivery right in the office. That’s right, same-day “LachAligners” are here, and I’m the first and only orthodontist in Central Florida to offer this exciting new service.



Faster, Better Results

Even the most tremendously difficult cases are now completed in almost half the time with clear, removable aligners that “Lach-on” and achieve great results with a fraction of the number of office visits than it used to take. These aligners produce amazing smiles in only six to nine months or less and with only four to five office visits from start to finish, including the placement of retainers. Even better, we’ve chosen to keep costs down to match the price of braces so everyone can be a candidate.

No Wait, Same-Day Aligners

I was chosen as one of 35 orthodontists nationwide to pioneer the newest innovation in clear aligner digital treatment planning – a programming software that scans a patient’s teeth and fully constructs their new smile right before their eyes. Once complete, the first clear aligner in their treatment plan is produced by an in-office 3D printer in about one hour. Instead of waiting four to five weeks to re-



ceive their first aligner from a lab, patients can watch it print and be out the door in a matter of minutes to start their treatment right away.

Saves Time and Provides Healthier Smiles

My patients can check in digitally, too. With a special smartphone app, they can scan their smile with aligners from the privacy of their own home, or wherever they are, and send them to me every 10 days. After reviewing, I text them treatment progress updates and provide instructions for any necessary action steps to keep their treatment on track. This allows for more precise monitoring and a more comfortable patient experience.

The home scanning application allows any issues to be intercepted quickly and for proactive measures to be taken so that treatments are free of delays, especially for younger patients. Making adjustments in real time and scheduling office visits to correct any issues not only saves patients’ time but also makes treatments safer as progress is made toward a beautiful new smile.

Better Overall Experience

With the new 3D digital designing, 3D

printing and the home scanning app, the orthodontic experience is more comfortable and less intimidating for patients of all ages. Clearly and truly a better way to your best smile.

Dr. David Lach is a specialist in orthodontics and dentofacial orthopedics for adults and children with more than 27 years of experience in Central Florida. He has transformed nearly 20,000 beautiful smiles. Dr.



Lach was recently awarded the distinction as being Lake Nona’s only Platinum Specialist of Invisalign clear removable aligner treatments, which designates the highest level of training and experience. He was also chosen to pioneer the new clear aligner programming software in the Orlando market. Dr. Lach graduated at the top of his class from the prestigious University of North Carolina at Chapel Hill School of Dentistry, recognized nationally and internationally for its excellence in dental education. He also was awarded a Master’s Degree (MS) in oral biology from the University of Louisville School of Dentistry for his original research on how computers can simulate and predict changes following orthodontic treatment.



Lake Nona High School PTSA Helps to ‘End The Silence’

BY SOPHIA ROGERS



The teen years are hard for so many students and their families. As parents, we wonder what is normal behavior or if there is something else going on. Are they just typical teens or are they suffering from things like depression, anxiety, sleep disorders, OCD, etc.? Are there signs to look for? How do we reconnect and talk with our kids?

On Sept. 25, the Lake Nona High School PTSA sponsored an “End the Silence” presentation by the National Alliance for Mental Illness of Greater Orlando (NAMI). Held at Mathnasium of Lake Nona, the presentation outlined symptoms of mental health conditions and gave attendees ideas about how to help themselves, friends or family members.

Donna Hensel, NAMI Orlando director of education, was the presenter. Hensel shared that she is not only an educator, but she also has her own personal story as a parent. She went on to say, “Early iden-

tification of symptoms and intervention are essential. Paying attention to mental health is no different than any other illness. The thing to remember is that symptoms look different in one child to the next.” For example, one may show sadness with tears, but another may show sadness through anger. We all are individuals with individual needs.

According to NAMI, half of all people living with a mental health condition start having symptoms by age 14, yet it takes 8-10 years for them to get treatment. Many teens are afraid to speak up when they need help. NAMI “Ending the Silence” changes that, letting them know that they are not alone and people care.

Four Steps to Early Intervention (provided by NAMI):

1. Know the Warning Signs

- Feeling very sad and withdrawn for more than two weeks.
- Severe out-of-control, risk-taking behaviors that cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Seeing, hearing or believing things that aren’t real.
- Drastic changes in mood, behavior, personality or sleeping habits.
- Be aware of bullying.

2. Reach Out and Respond

What TO say:

- Can you tell me more about what’s happening?
- How are you feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I’m here to listen. Would you like to talk with me?



NAMI Greater Orlando
National Alliance on Mental Illness

- Do you feel like you want to talk to someone else about how you’re feeling?

What NOT to say:

- Don’t dismiss how they’re feeling as routine or as something that will get better on its own.
- Don’t say, “We all go through this, you’ll be fine.”
- Don’t ask questions that will only give you a yes/no answer. Don’t say, “Are you okay, are you having any problems?”
- Don’t ask questions in any way that indicates you want “no” as an answer. For example, don’t say, “You’re not feeling anxious about going to school, are you?”
- Don’t promise confidentiality.

3. Work With School Staff and Your Child

Share your concerns, establish communication channels, ask about classroom adjustments.

4. Provide Resources and Support

Talk with healthcare professionals. Share

your concerns, ask if an evaluation is needed, ask for referrals, and educate yourself.

What is NAMI? NAMI is a grassroots community network of support for anyone affected by mental health conditions – individuals and their family, friends and caregivers. “We want to ensure that no one in Central Florida who is living with mental illness is alone in their journey to recovery and mental health wellness. We serve Orange, Osceola and Seminole counties,” reads the namigo.org website. For more information or to register for classes, please contact the NAMIGO Office at 407-253-1900 or information@namigo.org.

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



Namaste With Natalia: Eagle Pose *Garudasana*

Your Monthly Yoga Pose

BY NATALIA FOOTE
PHOTOS BY MICHAEL FOOTE

November is a month that reminds many of that one famous fowl, the turkey. Although there is no official “turkey pose” in yoga, there are many bird poses. A few familiar bird poses are crow, pigeon, swan and, our pose of the month, eagle.

Eagle pose, or *garudasana*, is a balancing and strengthening pose that helps to work on concentration.

1. Begin in Mountain Pose, or standing upright.
2. Ground into your left leg and begin to lift the right foot off the ground.
3. Cross your raised right thigh over your bent left thigh.
4. Point your right toes toward the floor and deepen the bend in the left leg. If possible, hook the top of the right foot around the left calf or ankle.
5. Balance on the right foot.
6. Raise your arms parallel to the ground and cross your arms at the torso. Bring the right arm under the left arm.
7. Bend your elbows and continue to wrap the arms so your right forearm is closer to your face and the left forearm is wrapped behind it.
8. Bring the palms together as close as you can.
9. With each inhale, lift the elbows.
10. With each exhale, simultaneously pull the hands away from the face and sit a little lower into the standing right leg.
11. Allow your gaze to be soft and look through your hands or at your thumbs. Stay in this pose for 3-5 breaths.
12. Unwind the arms and legs and repeat for the left side.

Modifications:
While learning balance in the pose, you

may wrap the top leg and allow the toes to touch the mat to aid in balance. You may also practice the pose with your back near the wall to aid in balance. A strap is also beneficial to bring the hands closer together. A variation of the pose can be done while lying on the mat.

- Benefits:
- The benefits of eagle pose are vast. Done properly and consistently, the most noticeable benefits include:
- Stronger arms, legs, knees, and ankles
 - Open shoulder joints, creating space between the shoulder blades
 - Open hips and IT band
 - Increased circulation to all joints
 - Improved digestion and elimination
 - Improved balance
 - Improved focus

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.



Prediabetes: What You Should Know

BY DAMON TANTON, MD



Damon Tanton

Do you have difficulty losing abdominal fat? Do you crave sweets and carbohydrates on a daily basis? Do you feel sleepy after eating, or shaky when you go without food for several hours? Do any of your first-degree relatives (parents, siblings, children) have diabetes or escalating levels of central obesity? If you answered yes to one or more of these questions, then there is a high probability that you are one of the 80 million Americans with insulin resistance (otherwise known as prediabetes).

What is Insulin Resistance?

Insulin resistance is a condition in which your body becomes less able to utilize the insulin produced by your pancreas. This resistance, which develops in one out of every three American adults, results in a higher requirement of circulating insulin in order to maintain normal levels of glucose. Once your body is no longer able to compensate completely, your glucose levels become elevated and diabetes ensues.

What Are the Unhealthy Effects of Insulin Resistance?

Insulin is, by its very nature, an anabolic hormone. This means that its primary job is to build and store. Unfortunately, for most Americans, the principal effect of high insulin is the storage of central adiposity (fat). Simply put, the higher your circulating insulin levels, the higher your chances of developing the dreaded “tire”

around your midsection.

Insulin, in fact, plays a central role in all of the components of the “metabolic syndrome,” namely elevated fasting glucose, high blood pressure, high triglycerides, low HDL (good) cholesterol, and increased waist circumference. High insulin levels also contribute to elevated testosterone levels and irregular menstruation in women, polycystic ovarian syndrome, low testosterone levels (hypogonadism) in men, and low blood sugar (hypoglycemia). Insulin resistance has even been linked to many forms of cancer.

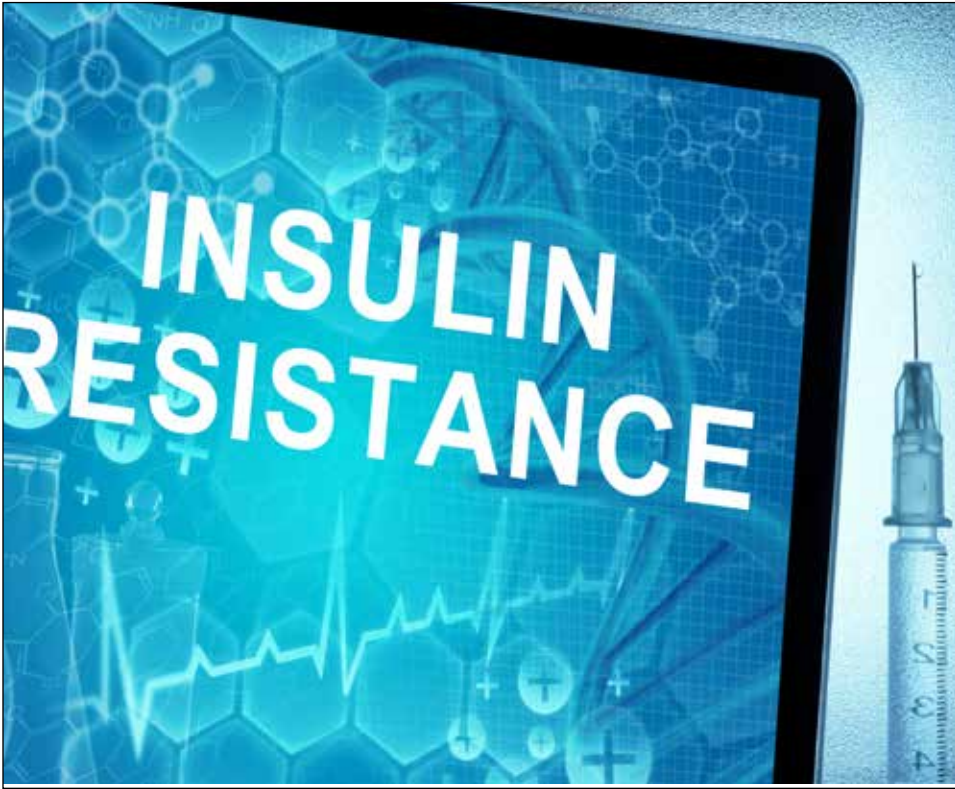
How Can Insulin Resistance Be Identified?

The best way to diagnose insulin resistance (prediabetes) is to actually measure *insulin* in the blood (normal fasting level is < 5 uIU/ml). Other helpful laboratory measurements include *fasting glucose* (normal < 100 mg/dl), *HgbA1c* (normal < 5.7%), and *Glycomark* (which approximates glucose peaks). Finally, a darkening of the skin creases in the neck, armpits, and/or groin (so-called *acanthosis nigricans*) is a reliable clinical sign of insulin overproduction.

Can Insulin Resistance Be Treated?

Fortunately, high insulin levels can be normalized with a combination of lifestyle optimization (low glycemic load diet and exercise as tolerated) plus or minus a medication called metformin. By aggressively treating at this early stage, you can prevent (or at least postpone) the progression to diabetes.

Damon Tanton, MD, is board-certified in endocrinology, diabetes and metabolism and serves as the medical director of clinical practice at the Florida Hospital Diabetes Institute. To learn more and to make an appointment, visit FHMedicalGroup.com or call (407) 303-2801. All of our physicians are part of the Florida Hospital Care Network.



SCHOOL UPDATES

SUN BLAZE ELEMENTARY SCHOOL

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

As we begin our second quarter, we are excited to offer Sun Blaze STEAM Clubs for the second year. STEAM (Science, Technology, Engineering, Arts and Mathematics) Clubs will run during the second and third quarters of the school year. Sun Blaze teachers direct the clubs. STEAM Clubs are completely free, however, students are required to fill out an application and write a short essay for the selection process. STEAM Clubs include Stellar Scientists, Stage Craft, Math, Coding/Escape, STEAM, Mad Scientist, Arts & Crafts, and the Girls Who Code club. In addition to our STEAM Clubs, Sun Blaze offers additional opportunities for students to participate in the Sun

Blaze Choir, News Team, Drama Team, Dance, Chess Club, Girls on the Run, Boys on the Right Track, and K-Kids.

We invite our students to wander into an *Enchanted Forest Book Fair* on Nov. 7-15. The book fair is a whimsical place full of irresistible books that kids cannot wait to read so their imaginations can grow! Family and community late night shopping will be Wednesday, Nov. 14, from 2-6:30 p.m.

During Bully Prevention week, our students were encouraged to make positive choices and be *Dream Makers and not Dream Breakers* during the Omegaman assembly sponsored by our PTA. Our superhero presenter snapped a baseball bat over his leg, ripped a phonebook in two, and bent steel in his teeth. Omegaman used these feats of strength as object lessons to encourage anti-bullying and to move the students' hearts and minds to contemplate positive change and a new direction for their lives!

We are thankful for all of our Partners in Education. We want to thank the following partners that have provided incentives and sponsored events for Sun Blaze since August 2018: Kevin and Yvette Kendrick (The Kendrick Team), John Madison (John Madison Landscape Inc.), and Richard G. Varner (GO Realty).

We always want to invite our Lake Nona community to follow our social media links to stay connected with all that is happening at Sun Blaze Elementary. The website address is SunBlazeES@ocps.net. You can follow us on Facebook at SunBlazeElementary.

Go, Stingrays!



Math Team



Omegaman



Girls on the Run

NORTHLAKE PARK COMMUNITY SCHOOL: FIRE SAFETY AND AN ENCHANTED FOREST

BY SALLY SHUMAN

In the Classroom – Kindergarten

The kindergarten students at NorthLake Park have been studying community helpers and ended the unit with information regarding fire safety. The students were engaged in their classroom with fire safety activities that helped them learn about the dangers of fire. The kindergarten teachers discussed how to call 911 in case of an emergency and what to do if you catch fire with stop, drop and roll. There were also discussions about smoke alarms and escape plans from their home and then creating a meeting place for all family members. It was discussed how a firefighter would look in their full uniform so that students would not be afraid of a firefighter should they encounter one. The culminating activity was a visit from Lake Nona Fire Station and Engine 5. Each student received a firefighter's hat, walked through Engine 5, and then experienced the power as they used the fire hose. All in all, the students had a great learning experience.



Enchanted Forest – A Forest Full of Tales!



The Enchanted Forest Book Fair visited NorthLake Park in October. There were two Family Nights for parents and students to enjoy that coincided with STEAM Night and National Night Out. The media center transformed into a magical place to highlight the Enchanted Forest theme. PTA volunteers created a beautiful scene that

covered the wall and tables as you entered the media center. The Enchanted Forest delighted NLP students with a wishing well, toadstools, twinkling lights, gnomes and unicorns! It was a whimsical place full of irresistible books that students cannot wait to read.

EAGLE CREEK ELEMENTARY SCHOOL



STEM Challenge



Pinktober

Hello, Panther Community!

STEM Activities

In September, we had our first school-wide STEM Challenge of the year. We were so excited to see so many of our students create Barbie Bungee Jumping Apparatuses! Congratulations to our top 3 ECE STEM winners: Alynda Napoleon, Sylvester Ruiz and Gabriel Pardo. After we tested our kindergarten through fifth-grade bungees



STEM Night

here at ECE, we traveled to Shenandoah Elementary to compete amongst 10 other area schools. A big congratulations to Alynda for earning 2nd place overall!

With more than 700 people in attendance, we are happy to announce that our annual STEM Night was a huge success on Thursday, Oct. 4! Our students were able to visit a pumpkin patch hosted by our PTA, Orlando Science Center STEM Stations, our Scholastic Book Fair, and much more! It was a night to remember!

ECE Chorus

On Friday, Oct. 5, our chorus students performed the national anthem at the Orlando Magic game. We were honored to be able to perform and show others our Panther Pride!

Eagle Creek K-Kids Support Our Troops!

Eagle Creek Elementary K-Kids cares about our U.S. soldiers. In a show of support for our troops overseas, ECE K-Kids collected donations of supplies to be put into care packages and sent to U.S. military members stationed abroad. K-Kid Kiana Suazo says, "I like how we are collecting stuff for soldiers because after all they do for us, we should do something for them!"



Chorus

Community Story Time at Eagle Creek Elementary

We are excited to invite our panther cubs to story time in our Media Center! Story Time will take place every Friday from

9-9:30 a.m. for children 0-4 years old. We can't wait to get lost in books with our panther cubs!



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SCHOOL UPDATES

MOSS PARK ELEMENTARY

BY STEPHANIE OSMOND, MOSS PARK ELEMENTARY PRINCIPAL

It is hard to believe that the first marking period is over! It feels like the year was just beginning, however, we have already done so much! PTA had a wonderful showing at both Grandparents night and the Fall Bingo night. We have established our 2018-2019 School Advisory Committee, which will meet on the third Wednesday of each month at 5 p.m. As we move into the next marking period, we have already begun our annual Boosterthon kickoff and our goal this year is to raise money for a

STEAM Lab. We are also excited about our first ever Vocabulary Parade on Oct. 31.

We love all of our parents and volunteers who support Moss Park. Our students enjoy seeing you on campus, and we love the family and community feel! As a reminder, all volunteers need to be ADDitions approved, and this needs to be updated annually. We encourage you to sign up now!

Please remember to follow us on Facebook! This will be the best way to stay up to date on all of the exciting things happening at Moss Park! Of course, you can always contact us with any questions!



Students enjoying stories with grandparents

LAUREATE PARK ELEMENTARY SCHOOL

BY KAREN LEE, KINDERGARTEN TEACHER

In September, Laureate Park Elementary Longhorns opened their pantries to help fill the Lake Nona High School Safe Pantry. Laureate Park sponsored a Navy & Silver Spirit Day and invited all students and staff to bring items that could be used by the LNHS Safe Pantry. Our school filled a pallet of items, which were brought to LNHS.

In early October, Laureate Park Longhorns participated in the Boosterthon Fun Run sponsored by the PTA. The goal of the Fun Run was to raise money for new technology in the school. Most students ran between 30-35 laps, and everyone had a great time raising money for our school.

Laureate Park hosted its first Einstein Hour, which is a school-wide STEAM initiative. The students loved doing STEAM projects such as apple volcanoes and apple engineering in kindergarten and the states of matter making ice cream in third grade. Students in fourth grade conducted a leaf investigation, and first and second grades created fall projects. A special thank you to all the parents who volunteered to assist in the classrooms.

Speaking of STEM, LPE's second-graders enjoyed their first of many STEM activities for the year. The students observed materials, planned a design, and created apple catchers. The students worked cooperatively as they made their catchers. Lots of scientific terms were heard throughout the classrooms. The students enjoyed hypothesizing and testing out their many hypotheses! All of the apple catchers were a success! Congratulations to our Longhorn second grade scientists.



LAKE NONA HIGH SCHOOL

FOOTBALL UPDATES

BY ANDREW GORDON

The 2018 football season is in the meat of our season. Since the last publication, our varsity football team traveled to St. Cloud

and came out with a 50-13 victory on Sept. 14. The following week was a bye week for our varsity football team. Even though it was a bye week, we continued to get better and honed our skills to keep us from getting rusty for our next game. On Sept. 28, we had our homecoming game against Windermere High School. We were able to cap off our homecoming week with a 49-7 win over Windermere.

The following week, we traveled to Celebration High School, where our Lions came out with a 42-0 victory. On Oct. 12, Harmony High School came to the Lion's Den in an important district matchup game. Unfortunately, our Lions fell to the Longhorns 41-12 in a tough loss. Our last three games of the season will be against East River (Oct. 19), Liberty High School (Oct. 25), and Wekiva (Nov. 2). Our boys will travel to East River and then Liberty and Wekiva high schools will travel to Nemours Stadium. We hope to continue seeing the Lake Nona community out at the games, supporting the team.



JV Football



Varsity Football

Our JV and freshman teams have also been hard at work since the last publication. On Sept. 13, our freshmen team played Timber Creek home at Nemours Stadium. We were originally supposed to play Cypress Creek, but they did not have enough players for a freshman team, so we were able to schedule to play a second game against Timber Creek. Unfortunately, our freshman team lost a close game against Timber Creek. On the same night, our JV team traveled to take on Cypress Creek, where they came out with a 38-0

victory.

The following week, Sept. 20, both our JV and freshman teams traveled to Winter Park High School. Both teams came home with a victory. Freshman won 7-0, and JV won 18-14. Both games were well played by both teams, and the two victories were hard fought. On Sept. 27, our freshman and JV games against East River were canceled due to weather. The freshman were able to make it through the first half of the game before the weather came. Unfortunately, JV did not get to play that week as their game was canceled before they were able to play due to weather conditions. However, thanks to the efforts of Lake Nona's and East River's coaches and athletic directors, we were able to reschedule the freshman and JV games against East River to Tuesday, Oct. 16, at Nemours Stadium.

On Oct. 4, our freshman and JV teams hosted Timber Creek at Nemours Stadium. This was our freshman team's second time playing Timber Creek. Unfortunately, our freshmen did not come out with the victory this time. However, we got to see every player's heart and determination; they did not give up and gave everything they had until the last whistle of the game.

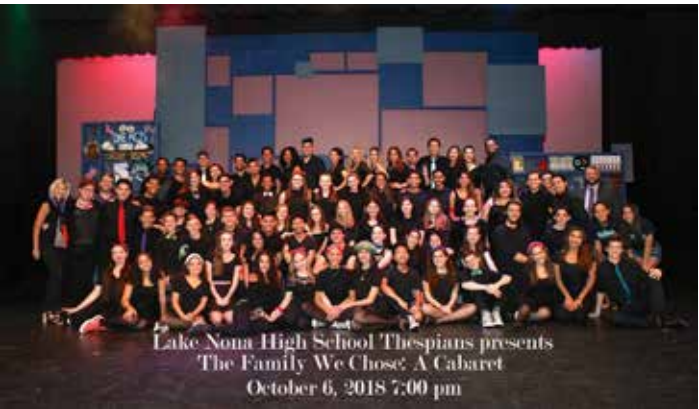
Our JV team also fell to Timber Creek, but they fought until the last whistle. On Oct. 11, our freshman team traveled to Oak Ridge High School, where our boys came out with a 21-12 victory. Oak Ridge did not have enough players for a JV team, so our JV team was not able to compete that night. Oct. 16 is the make-up game for the fresh-

man and JV teams against East River at Lake Nona High School, and then Oct. 18, University will travel to Lake Nona to compete against our freshman and JV teams. We hope to see the community out at the games to support our Lions.

THEATRE UPDATES

BY BELLA FUENTES, SOPHMORE

In addition to *The Family We Chose: A Cabaret* on Oct. 6, Lake Nona High School's Theatre Department also hosted *Troupe 7434's Halloween Night "Not So" Creepy Carnival*, a charity event benefiting the American Cancer Society. Student volunteers created, decorated, and performed in a "not so" haunted house for kids as well as running games and selling concessions. The theatre department's next charity event will be a performance of the one-act, *The Yellow Boat*, on Nov. 8 at 7 p.m. All proceeds from the show will go to the Ronald McDonald House.





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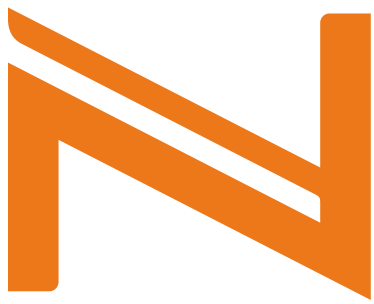
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entertainment

THE ARTS, CULTURE AND MAGIC OF IMMERSE 2018

STORY ON PAGE 3



Family Fridays: Using the Holidays 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 November, and that means that the holiday spirit is in full swing here in Central Florida – even if the weather doesn't exactly match! Even though we may not be experiencing some of the cooler temperatures in the north, we can, however, take part in some of the best activities that get us and our families into the swing of the season.

I think often about what the holidays were like pre-technology. I was born in 1999, and even my earliest holiday memories include television, our old dial-up computer,

and my younger brother and I receiving some kind of gift that required batteries, plugins, or some other form of updated technology of the time. My life has always been influenced by a technology of some kind, and these days I feel like kids have even more access to all sorts of online content and devices that eight-year-old me could never have imagined.

The amount of bolstering technology available to us these days can have quite the impact on the holiday season, especially as far as getting all that we can out of those family interactions. While the celebrations of the season are different for individual families, the feeling of closeness that comes with being together and present in the moment is something all families can relate to. There's a variety of different ways families can come back together to take advantage of the warm and welcoming Florida holiday season, including the following suggestions.

Take a couple of hours over the holiday breaks from school to do activities as a family. This could be anything from helping cook a family dinner together without phones or computers, watching one of the many holiday movies as a family (Without phones! That includes parents *and* teens!), or going on an after-dinner walk. As the Florida temperatures plummet in the evenings, this makes for the perfect time to not only get your family active but also spending engaging and important time together.

If you're not the cooking type, there are plenty of Pinterest ideas related to family fall and winter crafts that you could do as a family, from the classic Hand Turkey to making your own fall leaves out of construction paper. Though you might not want to use the internet through the whole activity, getting inspiration from others is



a great way to get started with ideas and instructions for activities.

Outside of the home, there are also plenty of other ways to be together as a family. All around Central Florida, local places are ringing in the holidays with plenty of outdoor activities. Here are a few to consider:

- The Orlando Repertory Theatre is performing *Junie B. Jones Is Not a Crook* from Sept. 29-Nov. 4.
- Through Nov. 11: Volusia County Fair & Youth Show, DeLand.
- Nov. 3-4: 42nd Annual Fall Country Jamboree, Barberville.
- Nov. 3-4: The Fall Fiesta in the Park, Orlando.

- Nov. 9-18: 32nd Annual Festival of Trees at the Orlando Museum of Art.
- Nov. 18-Dec. 30: Epcot International Festival of the Holidays.

All in all, any activity that gets your family together and spending the kind of wonderful quality time that so many families have missed out on recently is a win in my book!

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



First FusionFest Celebrates Cultural Diversity in Orlando

ARTICLE BY BRITTANY BHULAI
PHOTO BY ERIC DUSENBERRY

On Nov. 24-25, the Dr. Phillips Center for the Performing Arts will be hosting the first FusionFest, a festival featuring the different heritages that make up Orlando through their cultural factors such as food, dance, clothing and music. The event will be family-friendly and open to the public at no cost. It will begin at 12 p.m. and end at night on both days. FusionFest will be featuring an international food court, marketplace, music and dance stages, a word stage for reading poetry and stories, a film pavilion and contest, fashion showcase and contest, Diversitastic! Parade, fusion contests, global street dance party, and the Diversitastic! Choir.

There are a few ways to get involved in the festival before it launches. One can sign up to be a volunteer for the event. Volunteer positions include helping to set up in advance and hands-on help during the event. Go to FusionFest.org to fill out the online form or email Diana@fusionfest.org to learn more about volunteering.

Another way to get involved is by having the opportunity to perform in the festival with the Diversitastic! Choir. Choral groups can join in on both Saturday and Sunday by learning three songs that will be performed and by attending one rehearsal before the show. Rehearsals will be held on Nov. 10. It is recommended that all three songs are learned by this

deadline. To register for the choir, visit www.fusionfest.org/join-us/#choir. Terry Olson, FusionFest co-ordinator, says, "Our invitation is to come take a walk around the world without ever having to leave downtown because we have such great diversity in Central Florida." He says that there will be more than 140 different heritages represented.

Olson goes on to say that the event has been in the works since 2015. A press release sent out by the Arts & Cultural Affairs division of Orange County Government Florida said, "What started as an idea became a grassroots movement powered by the multinational volunteer steering committee, as well as first-class creative and production team, and a growing family of sponsors and community partners. Presented by the Dr. Phillips Center, FusionFest is a project of the Downtown Arts District with support from Orange County Government, the City of Orlando/Downtown Development Board and a growing grassroots movement."

Visit www.FusionFest.org to view the full event schedule.



The Arts, Culture and Magic of IMMERSE 2018

ARTICLE AND PHOTOS BY VANESSA POULSON

IMMERSE 2018, held on Oct. 19 and 20, was an event unlike any other here in Downtown Orlando. From the lights and music to the intricate performances and immersive photo experiences, this night of culture and celebration of Orlando’s artistic community was not only a night to remember but a once-in-a-lifetime kind of experience.

IMMERSE was founded by the Creative City Project, a nonprofit organization whose goal is to help celebrate Orlando’s artistic community. The event is the brain-child of Cole NeSmith, founder and executive director of the Creative City Project. He describes the IMMERSE event as one that has to be “experienced,” not just “observed.”

The 2017 IMMERSE event brought nearly 1,000 performers to the streets and public spaces of Downtown Orlando for more than 25,000 patrons. The 2018 event was expanded over the course of two days and offered new exhibits and additions to last year’s event.

The event takes place annually in Downtown Orlando, right on Orange Avenue, and this year’s event, in particular, featured show-stopping elements like the Immersive Photo Experience and The Worlds of Corkicle. This was a space sponsored by Corkicle, a drinkware and cooler company based in Orlando, and featured interactive, artistic photo exhibits with a series of different lighting, color, and texture effects for guests to connect with. These



exhibits ranged from a room full of lush plant life to a large yellow space brimming with bubbles and even a long interactive hallway of rainbow umbrellas. Each of these individual spaces provided new and unique photo opportunities for patrons to make themselves feel as if they were part of the artwork around them, making the experience all the more memorable. This was personally my favorite section of the event, as it was so special to see the different ways that various photographers played with the space for photographs and watching the awe on the faces of the young kids as they entered these spaces for the first time.



Other highlights of the event included a large space sponsored by Orlando Health called The Art of Athleticism, where guests were able to use Xbox systems to interact with the space and “paint” using their

movements on the screen. Each person standing in front of the screen was assigned a different color that they could use to “draw” with, leaving plenty of room for kids to carry out their wildest fantasies of coloring all over the walls.

A definite fan favorite of the event was The Giant Ball Pit which, as the name implies, was a giant pit full of plastic balls that could be dived into from the wooden platform above. The pit was deep enough where there was plenty of space to wage ball pit wars, dive deep under the rest of the crowd, and gen-

erally take a break and relax in a unique space. Other adults in the pit sought the perfect Instagram photo reliving their wildest childhood dreams.

The event hosted a variety of different artistic collaborations and performances by Cirque du Soleil, Valencia College, Orlando Philharmonic, Orlando Ballet, and the Central Florida Community Arts Orchestra. Unique events like the Longest Fashion Runway Show, Opera de Sol, and Addiction BMX Bikes were also featured in the lineup. Artists came from all sorts of backgrounds, including classical to hip-hop music, murals, dance and acrobatics. Participants and guests came from Central Florida and beyond to participate in the event and showcase their work to the public, and they most certainly did not disappoint. There were so many unique pieces all over the event, and watching artists hone their craft while also being able to ask questions and talk to them about their work was a worthwhile experience. More than 1,000 artists and performers attended the event to showcase their work and meet their public admirers. It is not very often that you get to meet the person who made the art that you admire; IMMERSE 2018 was an exception.



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!



As we officially move into the slightly "cooler" fall months, I attempted to hunt down a comfort cheese. You might be asking yourself what the heck I even mean by that. Allow me to explain...
When I think of fall (whether it be the lack we have of it here in sunny, humid FL or elsewhere), I think of sweaters, soups and all things cozy. While I'm on the topic of soups, my mind always goes to creamy mushroom or potato and leek, so when I came across this month's cheese, I just couldn't resist. Found in the local Publix deli, the Morel Mushroom and Leek Monterey Jack cheese blessed my cart ... and my taste buds!

Made in the USA, this cheese contains simple ingredients of mushrooms, leek, parsley and morel mushrooms. I'm a total mushroom lover, but nowhere near as much as I am a cheese lover. The anticipation built quickly as I cut open the package and the aroma of mushrooms filled my nose and made my mouth water. The cheese sliced pretty easily, and I savored the flavor as the 'shrooms and leek notes coated my palette.
Although the cheese was fresh out of the refrigerator, I felt an instant warmth come over me, like I was cozied up next to a fireplace. Thoughts of mashed potatoes and gravy appeared in my mind, and I could imagine this cheese pairing perfectly with

the comfort food. Speaking of comfort food ... I would love to use this mushroom and leek cheese in a homemade mac and cheese or grilled cheese and mix it with truffle oil. The more mushrooms, the better (in my opinion)! Ooh, maybe even a truffle fettuccine with fresh mushrooms and this cheese grated on top. Excuse me while I go dream up more recipes for this jack cheese wonder. At \$4.27 for a little more than half a pound, I'll definitely be picking this cheesy goodness up the next time I go grocery shopping.

Q: Why did the mushroom get invited to all of the parties?
A: 'Cuz he's a fungi!

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: Instant Pot Turkey Breast With Carrots And Homemade Gravy

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

Eek! November is here, and this means the holidays are right around the corner. My favorite day of the year to cook is by far Thanksgiving Day! I always have family in from all over the United States, and we have a rather large Thanksgiving feast. This year, I'll be hosting 13 family members, and I couldn't be more excited. I pretty much always stick with my tried and true menu. My family doesn't like dark meat, so I always make 2-3 bone-in turkey breasts plus the traditional sides like mashed potatoes, stuffing, fresh cranberry relish, green bean casserole and roasted carrots.
If you're not hosting a large group like me, and also only prefer the white meat, I'm so excited to share my recipe for Instant Pot Turkey Breast! Now, for those who don't know what an Instant Pot is ... it's an electronic pressure cooker. It has multiple modes and can cook food in the matter of minutes vs. hours. It seriously is a life-changing kitchen tool and my go-to cooking method at least four out of the seven days of the week.
This recipe for Instant Pot Turkey Breast With Carrots and Homemade Gravy not only has your turkey breast done within an hour's time, but it also gives you a side of fork-tender carrots and the most delicious from-scratch gravy. While the turkey and carrots cook, you can work on your mashed potatoes and any other sides you

might want to serve at Thanksgiving. Or, you can run over to Earth Fare a few days prior (by the way – they are currently taking Thanksgiving meal orders) and pick up a few of their from-scratch side dishes. The mac and cheese is pretty amazing ... just saying.
I've tested this method of cooking the turkey breast two times now and feel very confident with it, especially since my husband proclaimed this recipe to be better than my oven-roasted recipe. Your cooking times will vary a little bit depending on the size of your turkey breast. You can cook a 5.5-pound turkey breast for 20 minutes with a 10-minute rest time. Now, remember, you are using a pressure cooker and need to count on an additional 20-30 minutes for the Instant Pot to come to pressure before the countdown of the 20-minute timer begins. I like to start this recipe 1.5 hours before I want to serve dinner. Also, another tip I must give you is to let your turkey rest while the gravy is being made. Then, once the gravy is made, you can carve the turkey.
If you're like me and always trying to find ways to simplify your meals, you will definitely want to try this recipe for Instant Pot Turkey Breast With Carrots and Homemade Gravy.

Katie Jasiewicz is a full-time food blogger and recipe developer at KatiesCucina.com, a recipe blog that provides family-friendly, easy-to-make recipes that anyone can make. Join her on her culinary adventure, where life always tastes good.



INSTANT POT TURKEY BREAST WITH CARROTS AND HOMEMADE GRAVY

Yield: 8
Prep time: 10 min. | Cook time: 50 min.

Ingredients:

- 8 large carrots
- 5 1/2 pound turkey breast, bone-in
- 1 tablespoon salted butter, melted
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1 teaspoon ground sage
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 cup water

For the Gravy:

- 1 cup water
- 1/4 cup cornstarch
- Salt and pepper to taste

Directions:

1. Peel and cut carrots in half. Place half in the Instant Pot and leave the other half out.
2. Rinse and pat dry turkey breast (remove interior packaging if your bird has that). Place the turkey breast into the Instant Pot. Drizzle on the melted butter. Then, in a small dish, combine the black pepper, salt, dried ground sage, dried thyme leaves, garlic powder, onion powder, and paprika. Mix together.
3. Then massage the rub onto the exterior of the bird. Tear open the skin and massage in the inside as well. Position the bird so it fits inside the Instant Pot. Then place the remaining carrots around the turkey. Pour 1/2 cup water in the Instant Pot and add the fresh thyme around the turkey breast.
4. Close the lid and seal the pressure valve. Select "manual" and then press the up arrow button to 25 minutes. It will take 25-30 minutes just to get to pressure. Once the Instant Pot is done and beeps, let it sit for 10-15 minutes before releasing pressure. Carefully remove the turkey and the carrots and let rest on a serving platter for an additional 10 minutes (while you're making the gravy, tent the turkey breast with aluminum foil).
5. To make the gravy: Place the Instant Pot on "sauté" mode. Let the turkey drippings begin to come to a boil. Make the slurry of cornstarch and water. Mix well and then begin to add the slurry to the Instant Pot, whisking in until thickened to your desire. Taste the gravy and season with additional salt and pepper as needed.
6. Cut the turkey with a carving knife and serve with carrots and homemade gravy on the side.

Note: If you have less than a 5.5-pound boneless turkey breast, you can reduce the cooking time by five minutes.



How We Got Here: The Meyer Family

ARTICLE BY VANESSA POULSON
PHOTOS COURTESY OF MIKAELA WALKER MEYER

So many of us here in Lake Nona come from different places and have different stories of how we wound up in the Nona-hood. 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.

This month, meet the Meyer family: Mikaela, Justin, Carrington (9) and Kingston (4). Mikaela owns a travel business called Dream Vacations and Justin has a law firm, Meyer and Associates Counselors at Law. The family is based out of Lake Nona and has fallen in love with Lake Nona's constant growth and development, as well as their friendly neighbors. Check out our full conversation with the family below!

NHN: What drew you to Lake Nona?

MWM: A friend of mine who was relocating to Lake Nona for work told me a little about the area. I did some research on my own and decided that it seemed like a great place to put down roots. I liked the fact that there was a mixture of people from around the country moving to Lake Nona and that it is a growing area. I wanted to be a part of the growth.

NHN: What is your favorite part of Lake Nona?

MWM: My favorite part of Lake Nona is the constant growth. It is exciting to see

the new restaurants and stores that are opening. I think something new has opened every month since we moved here last July.

JM: My favorite part of Lake Nona is being a part of the community and getting to know people. In New York, we barely knew our neighbors, as everyone was too busy. But here, people take the time to be involved in their community and make an effort to meet others.

NHN: What was it like living in New York? Do you miss anything about it?

MWM: One of the best things about living in New York was the access that we had to New York City. We would try to go into the city at least every other month. We loved walking around and exploring the city and trying new foods. We are huge fans of food tours and have done a few of them in New York City alone. I definitely miss going to Broadway and going to the Metropolitan Opera. Also, things are a bit closer in New York. I have done a lot of driving since moving to Lake Nona.

JM: New York was a completely different pace – things needed to be done quickly, even though things like real estate transactions take longer there than they do here. Everyone walks faster, and rarely do people say hello to neighbors walking by if they don't already know each other. Even though it's more relaxed here, I sometimes miss that pace. I miss the local sports – hockey, in particular – which everyone talked about. There doesn't seem to be as much interest in the local teams down here.

NHN: What are your family hobbies? What do you like to do together?

MWM: We love to try out different activities that Central Florida has to offer each weekend. We have visited amusement parks, museums, outdoor movies, concerts, food walks, etc. If it sounds fun, we will try it. We love to travel as a family and have been on lots of trips together. Our coolest trip so far as a family has been to Hong Kong and Macau.

NHN: Tell me a bit more about your family trip to Hong Kong.

MWM: We went to Hong Kong for Thanksgiving two years ago, when our kids were 7 and 2. Luckily, we were able to take a direct flight, but it was still 15 hours on a plane. Everyone came through the flight unscathed; Kingston watched the same episode of Mickey Mouse Clubhouse until he fell asleep.

Once we arrived, we spent four nights in Hong Kong, two nights in Macau and then two additional nights in Hong Kong. We took the kids to visit temples, went up to Victoria Peak, did a food tour and ate in our first Michelin star restaurant. We took the ferry



over to Macau and stayed in Venetian Macau, which is pretty impressive. In Macau, we went to see the show *The House of the Dancing Water*, which is probably one of the best shows that I have seen anywhere. We also went into the town of Macau to try one of the oldest Portuguese restaurants located there.

Our last day of the trip, we went to Hong Kong Disneyland. Kingston hadn't been to Disney before, so it was doubly exciting for him. Hong Kong Disney has a Toy Story Land, so we got to experience it before it came to Florida. We were only there eight days, but we fit a lot into the time we had.

NHN: What is the most interesting thing that has ever happened to you?

MWM: The most interesting thing that has happened to me is meeting Nelson Mandela in person. I was studying for my MBA at Oxford and the school dedicated a new theater to Mr. Mandela, so he came over for the dedication. I wasn't able to be in the theater for his speech, but I figured I would try to meet him in the hallway. While he was walking out, I saw him and started to cry as it just meant so much to see him in person. He came over to console me while I was crying. That is a memory I will never forget.

JM: The most interesting thing that has happened to me is meeting two Supreme Court justices. While at law school, I met both Justice O'Connor and Justice Scalia. I was able to talk to them about being on the Supreme Court and decisions that they have made.

The most interesting thing I have ever done was again during law school; I worked at Colonial Williamsburg. If you took your family to Colonial Williamsburg from 2008-2011, I might have been the one showing you around. I was one of the tour guides and taught people about the different trades in colonial times as well as took them around for the ghost tours. And yes, I did have one of those "cool" historic outfits.

NHN: Tell me a bit more about your studies in Oxford, Mikaela. Why did you decide to go to school there?

MWM: I went to Oxford for business school. I was interested in international business and felt that studying at a school that had more international make-up would be beneficial to me. I decided to look at schools in Europe and felt that Oxford was the best fit.

Studying there actually inadvertently led me to my current business. I hadn't traveled much before going to Oxford, but while I was there, I started traveling all around Western Europe. Prices were cheap, and everything was a short flight away. I fell in love with traveling and continued to do so after I left Oxford. When deciding what to do in my "second career," travel seemed a natural fit.

NHN: What was it like doing the ghost tours, Justin? Did you have any interesting reactions to the tour that you remember?

JM: Ghost tours were a lot of fun. I would

lead guests to several buildings in Colonial Williamsburg, and I would give them an introduction to a story that they were about to hear. The intro was both informative and slightly scary. Inside the building, an actor would act out the part of a ghost from Colonial times.

As far as interesting reactions, my favorite one was when I managed to scare three separate groups from a school. My group, along with two others, were all within earshot of each other – it was dark, and you could just see the other two groups walking to other buildings. I scared my group and got some good screams. As soon as the group closest to us heard the screams, they got started and screamed as well, and then it hit the third group. My second favorite was when someone complained to my supervisor that I was too scary because they didn't want to be too scared on a ghost tour!

NHN: What about the hardest thing that has ever happened to you?

MWM: In my last position for work, I traveled frequently, sometimes one to two times per week. Leaving my kids every week and seeing their disappointment that I was going away again is probably the hardest thing that I have had to deal with.

JM: When my daughter was born, I was just about to start my second year of law school. Having to juggle law school, a job and an infant is the hardest thing I have had to deal with.

NHN: Can you tell me a bit more about Dream Vacations?

MWM: Dream Vacations is a comprehensive travel agency. We plan trips for families, couples and singles. We focus mainly on cruises, all-inclusive resorts, and European vacations. One of the key differentiators between other agents and myself is that I go and see the product that I am selling. I visit the countries and the resorts and I go on the cruises so that I know what to recommend to clients.

NHN: Where do you all see yourselves in 10 years?

MWM: In 10 years, we will still be in Lake Nona, with one child in college and the other in high school. We will continue to be a part of the Lake Nona community and continue to volunteer our time to help our schools and our community.



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:
Zar

BY VANESSA POULSON
PHOTOS COURTESY OF NICOLE
LABOSCO



Zar LaBosco is our favorite furry friend around here in the *Nonahood News* office. Serving as Nicole LaBosco's medical response dog, Zar provides the right amount of love and cuddles whenever any of us needs a break from the fast-paced world of a newsroom. We translated our conversation with Zar (and Nicole) for you below! Check out what he has to say about his daily dog duties and everything he loves about his line of work.

Extrovert or Introvert? I'm a dog, therefore I feel like I must say I'm an extrovert, which I totally am. Are you my new friend?!

Indoors or Outdoors? Let me run free! Although I'm more of an indoor dog, I appreciate my time outdoors to smell all the smells and let the breeze flow through my luscious golden fur.

Sun or Snow? I had WAY too much fun prancing in the snow. I'm a snow golden child. But the rays of sunshine enhance my golden halo.

Dogs or Cats? I'm a bit biased, but I think you all know what my answer is here. ... Dogs rule and cats drool. WOOF!

Coffee or Tea? BONES. Mom lets me smell her tea bags, though. I like to smell new things.

Adventurous or Laid Back? Oohhh, I think mom wishes I was a bit more adventurous, but I'm such a baby. I'm down for trying new things, but I really need mom's support and words of encouragement to

coax me into doing things outside of my norm. I'm down for a good nap.

Canon, Nikon or Sony? I don't care, as long as I'm the center of attention. You can take a picture or video of me on anything. Just tag me @salsallyzar.

Books or TV? Cuddling with mom while she's reading a book or watching TV! It doesn't matter! Any time is cuddle time!

NHN: What brought you to the Nonahood?

Zar: My mom. We kind of just found each other, and it's been love at first sight ever since. Now, wherever she goes, I go. I'm basically her shadow.

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

Zar: I like chewing bones and eating. I'm forever hungry. Mom calls me a fat man, but I'm a bit sensitive to that nickname. She loves teasing me, asking if I'm hungry and I'm telling you, I ALWAYS AM.

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

Zar: I really enjoy the fact that my mom lives in the Nonahood. She's my favorite. I also dabble in enjoying puppaccinos from our local Starbucks and anything coconut-related. I take after my mom. Mom jokes my middle name is Coconut, but I think she may be serious.

NHN: Where are you from originally?

Zar: I was born and raised in the Nonahood. I'm a FL native, but mom really wants to change that. I like frolicking in the snow, so I'm not against that!

NHN: What's your favorite hobby?

Zar: Between chewing and hoarding all of the bones (even if they're not mine) to begging for mom's cheese, she might be upset if I said cuddling with her and pleasing her with my ease at learning new tricks wasn't my hobby. Honestly, she's my life, so whatever I can do to be a 10/10 good doggo is my favorite hobby. I like playing with my soccer ball and my own Sally (that's one of her nicknames for me; Sally is a golden retriever stuffed dog) that mom bought me.



I'm not sure if I like him or not, but mom says I'm jealous. I also like posing for pictures. Mom can get me to do pretty much anything and everything.

NHN: What's your most embarrassing moment?

Zar: Probably every. single. snap. mom. has. of. me. on. Snapchat. She's my biggest fan, and she tends to be overly embarrassing. I'm just trying to be a cool, young adult. Also, when my lip gets caught in my teeth ... mom makes fun of me way too much. I'll tell ya ... it's a look ... I tend to burp a lot, too, and mom always says, "Cute."

NHN: What's your biggest dream?

Zar: To be surrounded by unlimited food, puppies, children (I'm a sucker for the kids. They're just so playful!) and infinite clones of mom. But I honestly have all I could ever ask/beg for right now in my life. I'm totally happy and definitely content. No dreams necessary.

NHN: Where do you see yourself in 10 years?

Zar: I'll be 13 years old but still a pup at heart! Mom will still be spoiling the heck out of me, and I'm pretty sure we'll be cuddling more than ever – hopefully, fireside with a mountain view and a never-ending amount of food to surround me.

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

Zar: The dog park that's going next to the Boxi Park!

NHN: Who's your biggest inspiration?

Zar: MOM. I look to her for everything. I love when she calls me handsome and a good boy. I know these things already, but it's always nice to hear from my favorite person in the world. I'm SPOILED.

NHN: What's your favorite book?

Zar: Why read when I can eat!?

NHN: What's your favorite movie?

Zar: I feel like I should say Air Bud. He's my hero, and I could be the 2018 version of him.

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

Zar: Pretty much any and all shows mom has binge-watched.

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

Zar: A dog waterpark! I need to learn how to swim and want to mingle with my fellow Lake Nona pups! Cooling off in this heat is ideal!

Check back next month to meet another Nonahood Staff member!





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PRESENTS...

DOG OF THE MONTH



Do you have the cutest, weirdest, smartest, or coolest dog in Lake Nona? Let's hear about it! Your furry friend could be featured in an upcoming issue! Submit your Dog of the Month nomination at <http://nonahood.to/pet>.

Mulligan

Owner: Julie Riezenman

Breed: Dachshund Mix Rescue

My mom and dad got me from the no-kill shelter when I was just 11 weeks old! My dad is a golf coach (which is how I got my name), but they also gave me a “mulligan” in life! I love my squeaky toys, bones & chasing golf balls; but mostly I love snuggling with my mom and dad. I love helping my mom host PAWTies, and the next one will be for my birthday on Nov. 20! It's going to be a FURtastic time!

More about me:

Best Friends: Pierre and Tito

Favorite Sports Team: New England Patriots

Favorite TV to Watch: Animal Planet and Golf Channel



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Nona Heroes: Retired First Sergeant Reginald Adams

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF REGINALD
ADAMS

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.



Reginald Adams, better known as Reggie, is a Florida boy, born and raised. He graduated high school in Tampa and now lives right outside of the Lake Nona area in Kissimmee. He's lived in the area since his retirement from the military back in April 2016. Adams joined the Army when he was just 18 years old.

"Army was my branch of choice ... at the time, I thought it was my best choice," explained Adams. "I joined the military because I wanted to make a difference and I didn't want to [just] talk about it, I wanted to do something about it."

Adams spent nearly three decades serving our country at 27 years. The highest rank he achieved was First Sergeant (or



an E8), and he continued to explain that he made Sergeant First Class (or an E7) after 21 years of service.

While serving, Adams was stationed in Fort Benning, Ga. (twice), Fort Bragg, N.C. (twice), Korea, and Fort Hood, Tex. He served in the first Gulf War and went to both Afghanistan and Iraq for two tours.

When asked what his most memorable moments were from serving, he reminisced on the roles he played and the impact it made. "I absolutely loved being a paratrooper and jumping out of planes and helicopters. I loved serving my soldiers and being a good example for them to emulate. I still get correspondence from some of them thanking me for my mentorship and leadership. That's when I know all my sacrifices were worth it."

Now that Adams is retired, his title has changed from First Sergeant to Chill Sergeant. He spends his days doing "as little as possible" and manages Chill Pop Lounge. He laughed as he thought about it and continued, "I'm helping my sister with her business because no one's mad at you when you're serving them Chill Pops."



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.



Nona Alumni: Bo Hyltin

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF BO HYLTIN

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

Name: Bo Hyltin

Age: 26

Year Graduated: 2011

Occupation: Director of Operations for FEC Operations, ProParks Management Company

Current Location: Orlando, FL



Bo Hyltin moved to Orlando at a young age when his family was searching for something similar to their previous home in Texas. "After moving from Texas after the age of 10, we first settled into the College Park area. But, we

were always searching for a sense of community similar to what we had in Texas and found it in the Lake Nona community. I remember the first time we viewed houses in the area, and we immediately knew our home was going to be in the area. It sure was a sense of relief. My family has lived in the Lake Nona area for over 15 years now, building a house in the golf community," Hyltin shared. "I have not lived in the area since moving out to go to college at Florida Atlantic University in 2011 for two years but have been eager to move back into the area myself. After my time at FAU, I moved into the Disney area to be close to the attractions and work. I am currently

in the process of searching for houses in the Lake Nona area and going through the preliminary approval processes... "

Known for being one of the (if not THE) tallest students at Lake Nona High, Hyltin was shy and goofy, played on the golf and lacrosse teams, but ultimately knew what his passions were in life and what his impending career would be. He focused on those goals as often as possible, even if that meant changing up his future.

"It's funny. I always wanted to work attractions and be a part of the amusement industry but started at FAU with the mindset in majoring with an ocean engineering degree ... completely off of what I am doing now. I learned quickly it was not for me and quickly switched my major to business. During my senior year, I worked as an opening team ride attendant for Harry Potter and the Forbidden Journey attraction in IOA [Islands of Adventure] and loved the experience, which skewed my goals in a way."

Once he graduated LNHS in 2011, he quickly realized that his passions could be a part of his career, and that took him down a magical path of entertainment. "The goal I achieved the most is figuring out I really didn't want to be an engineer and found something I love to do. I was fortunate enough to be a part of the opening team for Diagon Alley after moving back from FAU and truly fulfilled some lifelong fantasies to be a part of the process of opening an area from construction to day one. I was working overnights for two months straight, assisting with the commissioning of all attractions in the Diagon Alley expansion," Hyltin explained. "I also had the opportunity to debut the wand interactive effects to the Warner Brother QC team, representing Universal, one of the most nervous moments in my life. I knew the effects and how to trigger them better than all since I set up the operations, but knew the microscope in which WB viewed their relationship with Universal."

When Hyltin was asked how he got to where he is now, he reminisced on the opportunities he had that led up to the present and was humble and grateful. "I got to where I am now by pure luck and taking chances on opportunities in front of me. At Universal, I worked my way up through the ranks from attractions attendant, assisting guests on the attractions, to supervisor in attractions operations, managing highly valued assets of the park. To get to that point, I was a part of Universal's highly competitive development leadership

talent program, which develops team members with potential for growth. For six months, I participated in classes, meetings, and discussions in regards to leadership and management fundamentals, and how to ensure your teams are performing to your expectations."

Nowadays, Hyltin still enjoys golfing and tries to stay competitive. He looks forward to moving back to the Lake Nona area due to the abundance of golf courses and the memories of competing on the golf team for Lake Nona High. In the next five years, he hopes to still be in Florida and to see ProParks double the size of their properties.

Hyltin recollected a recent milestone he made in his career and how his experience helped prepare him for that exact moment: "I recently opened Cactus Springs in our park Funtasticks in Tucson [Arizona]. After opening Hogsmeade and watching the first guests enter Diagon Alley and setting up their operations that will be used for years to come, Cactus Springs meant more to me than any of that. Being able to showcase the things I have learned to my family and to be a part of their businesses after was truly a dream come true! When I was growing up in Dallas, I used to play Rollercoaster Tycoon all day, every day and dreamed of living this life. I get emotional thinking about how it all has played out to my vision," Hyltin described. "Working for Universal has been a huge part of my life, as you can tell, and [I'm] grateful for the knowledge and experiences I have taken from them. I am using all training and experience to continue to update and evolve my family's business and our operations."

His current goals consist of continuing to get closer to God and getting involved with the Lake Nona community when he buys a house, especially with the high school's golf team. "I am so PROUD to see the success of the Lake Nona High School boys' golf team. I remember our first year, we were trying to find literally anyone to play on the team that knows of golf. ... But, wow, things have changed."

Hyltin also wants to have a family. And an additional fun fact about Bo: He's a certified advanced open-water scuba



diver! His advice for current high school students? "I believe kids graduating high school in today's times should know they shouldn't feel the pressure to leave home immediately after high school. It is not fair to your life to feel you need to be rushed in a degree [when] you don't even know what you want to do. If you know for sure what you want to do, don't let anything get in the way ... but don't worry about doubt or indecision, let the decision come naturally. I wished I would have stayed in the Orlando area and continued at Valencia to UCF, but I was too concerned with the notions contributed with that. ... It's economical and efficient."

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



Nona Motors Ride of the Month: James Bennett's 2013 Scion FRS

ARTICLE BY BRITTANY BHULAI
PHOTOS BY JAMES BENNETT

Make: Scion
Year: 2013
Model: FRS
Mileage: 60,000
Horsepower: 230

Backstory:

James Bennett has a thing for building cars. He's built everything from a BMW roadster to a Porsche 911. Usually, after he's done with the build, he'll sell them and move on to the next project. Bennett got into building cars after joining the local car club of Jade Motorsports, which has turned national. "I just got into working and tinkering on cars," says Bennett. He joined this car club back in 1997 when there were just a few members, and he's been with them ever since. He handles their sponsorships and website. He has always been into cars since he came out of the womb.

Before getting his hands on a 2013 Scion FRS, he owned a 2003 Infiniti M45 as his project car. It had JDM parts. He eventually got bored of driving it. It just wasn't fun to drive anymore. To satisfy his roadster need, Bennett had his sights set on the FRS. When asked why he didn't get a BRZ instead, he said the BRZ came with extras that he didn't need. All he needed was the body of the car since he was going to build it up himself. The FRS was also more

closely related to the JDM Toyota aspect of things.

When he was getting the FRS, he walked into the dealership and told them he wanted solid white with no bells and whistles. It took about four to five months to find the right one. "Mine is special because it's not over the top, it's not wide body. It's more of a functional update on the car. It's got unique stuff in it like seats from an Evo, the brakes on it. A buddy of mine had an Evo, that's where I got the seats." He also snatched the Evo brake calipers to fit onto his ride as well.

He moved to the Sunshine State from New Jersey. He currently lives in Randall Park along with his wife and baby daughter. He says the Scion will be his last project car for a while until his daughter is grown up and out of school.

For Bennett, cars have brought a lot of opportunity in his life. He used to work for Valvoline and got to travel the country attending the different Hot Import Nights shows over the years. When Scion started their SEMA Tuner Challenge, they invited his club, Jade Motorsports, to be one of the first car clubs to join in. They got to build a Scion xA and bring it to SEMA to compete in a competition with other clubs. They were even flown out to the first Hot Import Nights in Puerto Rico. They put all of their cars on a boat and transported them over to Puerto Rico before flying there themselves. Additionally, the crew was featured in the second *The Fast and the Furious* movie. He was quite thrilled to be featured as an extra in the movie.

Mods:

Exterior

- C-West Toyota 86 Front Half Spoiler
- C-West Toyota 86 Side Step
- C-West Toyota 86 Rear Half Spoiler
- C-West Neo GT Carbon Wing
- Nissan GTR Kae Accents Painted on Kit/Hood/Wing

Interior

- EvoX Recaro Seats Custom Fit to Plant-

- ed Technology Seat Bases
- DCT Motorsports Carbon Fiber D Shaped Steering Wheel
- Yospeed Billet Custom Center Console Plaque
- Yospeed Billet Custom Door Sills
- Custom Suede with Red Stitching Shifter Boot
- Custom Suede with Red Stitching E-Brake Boot
- LED Lighting
- Engine/Drivetrain
- Stage 2 Ecutek Tune with RaceRom by HRI Tuning
- Ecutek Bluetooth Vehicle Interface
- Takeda Stage-2 PRO 5R Intake System
- MXP Stainless Steel Catback Exhaust with Titanium Tips

Street Wheels/Tires

- Advan TCIII 18x9.5 Custom Painted with
- Toyo T1 Sport 255/35/18
- Kics R40 Neo Chrome Lugs and Locks
- Brakes
- 12.6 Inch Project Mu Club Racer Slotted Brake Rotors Front

- 12.4 Project Mu Club Racer Brake Slotted Rotors Rear
 - Brembo 4 Piston EVO X Brake Caliper Custom Painted Teal
- Suspension
- Tein Flex Z Coilovers
 - GTSPEC Front Strut Tower Brace
 - GTSPEC 3 Point Front Strut Tower Support Brace
 - GTSPEC Rear Adjustable Camber Arms

Future Mods:

As for future modifications, he plans on adding an 85 Flex Fuel. He hopes to eventually supercharge it as well.

Catch Bennett and his "Project 86" in the neighborhood. He attends Cars & Coffee Central Florida. His Instagram handle is @jade_86_wbj. Follow his club's social media on Instagram @jademotorsports. For the Facebook page, visit Facebook.com/jademotorsports or go to the website at www.jademotorsports.com.

To read the uncut story and see the extended list of modifications, go to www.nonahoodnews.com and get the full scoop!



Lake Nona Living Announcements

Mr. Carlos Díaz and Mrs. Grisselle Ayala have the joy of announcing the marriage of their daughter, Isamar Pérez, who will join hands in holy matrimony with Daniel Yasells on Nov. 3 at the St. John Episcopal Church in Kissimmee. A reception at the Westgate Resort Ballroom will follow after the ceremony. We want to thank our families for the love and support that have brought us to this day!



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
INTERIORS**

Nona Your Neighbor: Laramie Otto

BY VANESSA POULSON
PHOTOS BY LACEY IRVING



Laramie Otto is a local Lake Nona lifestyle blogger and administrative assistant with

a knack for photography and fashion. She is a creative inspiration, Netflix connoisseur, and foodie! Check out our conversation with her below!

NHN: What is your job title and age?

LO: From 9-5, I'm an executive administrative assistant for a real estate team. When I'm not doing that, I'm a photographer and blogger. I'm 26.

NHN: When did you come to Lake Nona and what brought you here?

LO: I came to Lake Nona about a year ago. My fiancé and I used to live in the Waterford Lakes area, but we longed for a part of Orlando that was less congested and had more of a sense of community – that's what we found in Lake Nona.

NHN: What does your daily life look like?

LO: Daily life is super busy! On weekdays, I tend to go straight from working my 9-5 job to home to building my brand and working on my blog and photography. My fiancé, Travis, and I always try to have dinner together and maybe watch one of our current obsessions on Netflix or maybe hit the gym, and that's pretty much my week. My weekends are filled with photography sessions, shopping new styles, and trying new restaurants. I'm a big foodie!

NHN: What is your favorite part about Lake Nona?

LO: It gives me a sense of home away from home. I'm originally from Sarasota, and Lake Nona is definitely the closest I've gotten to that vibe here in Orlando. I love the sense of community and the ever-changing scenery and the support of creativity and innovation. I love that Lake Nona has a lot of nature and room to breathe – it makes coming home refreshing.

NHN: What are your hobbies?

LO: I've been a ballroom dancer since I was 8 years old, and dance is still a hobby of mine. I love to go out to a lot of the West Coast Swing events around town and social dance. I love going to the beach and traveling around FL. Also, I'm a serious shopaholic.

NHN: What is the craziest thing that has ever happened to you? The most interesting?

LO: When I was 13, I took first place in the U.S. National Pro/Am Junior Rhythm Dance Championships and held a national title. Some of my coaches have been pros on *Dancing with the Stars*.

NHN: If you could tell one thing to a person or family considering moving to Lake Nona, what would that be?

LO: You'll love it here! It's so calm and serene compared to other parts of Orlando.



You can keep up with Laramie on her Instagram @lifestlye_w_laramie!

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

LIFESTYLE

NonaVentures: Through the Looking Glass

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!

Full disclosure: This edition of NonaVentures is so much rawer than even I could've imagined. This month's spectacle has me revealing way more than I'd care to admit. I must confess – visiting a psychic medium was something I had always wanted to do (especially when my mother passed away when I was 15), and I thought I was prepared ... but how could I, let alone anyone, truly be prepared to hear from her past, acknowledge her present, and embrace the future of what is to come. I know this must sound crazy, but allow me to explain – in vivid detail – what my experience with a psychic medium was like and how it's still affecting me to this day.

I was searching the web wide and far for a psychic who was available to meet with me. After days upon days of searching, I came across Heidi Jaffe with her office located in downtown Orlando. Jaffe is a certified psychic medium by the well-respected Forever Family Foundation, and she is one of only 30 mediums in the country who have passed the rigorous testing that the certification comes with.



As I sat down with her to begin my session, I began to realize what I was about to experience, and it's pretty safe to say that my emotions were all over the place. Jaffe quickly broke the ice by telling me more about her and the process to make me as comfortable as possible, and I could easily see how candid and real she was. She explained how not everything would come in order and how some things wouldn't make sense (either today or at all) and that was perfectly normal because some things would come to light in time after the session. Other details could potentially be false because "I'm only human," Jaffe admits.

Jaffe began to transition from conversation into my reading, and the room fell quiet. As she began to tune in to me and my connections, about 90 minutes of what seemed to be truly unbelievable created a whirlwind phenomenon for me.

Mediumistic Reading

Jaffe explained how anyone from my mother's side would come down her right side, my father's side on her left and friends down the middle of the room. The first spirit to show itself was a female on my mom's side, described to have passed in her older years (which was explained to me as over 60 or 65). Jaffe could sense that I knew her, so she determined it was either a grandma or great grandma. Jaffe began to get details of how my grandma was sick with cancer and was ready to pass and how she was also very patient and loving, yet had a strong personality, or as Jaffe put it, "a bit of a ball buster." At this moment, I laughed. She was right. My grandma lived in New Jersey for decades, and although I was young when she passed, that description seemed all too accurate.

Then came the part where I lost it. I'm even struggling to write this now. Jaffe began to describe how she was just given the sign for blood infection, and as she continued to focus on my grandma, she stopped abruptly and looked at me. Jaffe asked if there was another mother figure who was affected by cancer, and the realization crossed her face. She knew my mom was coming forward.

She began to explain how my mom was safe and sound and was with her parents, and Jaffe was shown the balloon symbol (meaning a significance of a holiday or anniversary from today's date within usually two to three weeks). This symbol

could've been one of two anniversaries: the 10-year anniversary of my mom's death was almost exactly one month prior to this reading, or it could've represented my one-year anniversary with Andrew, about three weeks before the reading.

My tattoo was then brought up, and I was told that my mom knew about it. (For the record, I have a tattoo on my left rib cage of my first dog's exact paw print. It was completely out of sight. I've also wanted to get a tattoo in memory of my mom for as long as I can remember.) Jaffe began to explain that my mom knew that there was thought of a tattoo for her and then the initial "J" came up. I knew my dog was being referenced. His name was Jersey.

Jaffe began to explain to me that my mom would try to communicate with me through music and that she hasn't done it yet, but I'll start to notice it after the session. This part was HUGE for me because I remember having a conversation with my mom about signs she would leave me once she had passed, and the only part I couldn't remember was what she said she'd do. With music being such a massive part of my family's life, it fits perfectly. Then Jaffe asked if I had kept or wear one of my mom's shirts and said that my mom mentioned that she knows I still wear it. My mom also brought up my brother and father in this reading, as well as my best friend's mom (who I essentially consider to be my second mother).

Psychic Reading

Jaffe then tapped into me to see what was going on in my life, keeping my mom included as a way to pass on advice. She focused on my relationship and career.

The reading on my relationship with Andrew was brought up by my mom, and she mentioned she likes him. His sweet energy was revealed without me having to speak a word. The relationship was said to still feel new, and my mom showed Jaffe the symbol for moving in together. (We started off as roommates.) Jaffe began to notice that my outside energy consisted of fear and that I needed to let it go because the fear of the unknown was contradictory to me considering myself to be an adrenaline junkie. Jaffe posed the thought that maybe that's why I seek out thrills and it's deliberate in who I am. I laughed a little here because Andrew always calls me out on my fear.

Jaffe then mentioned how he is very supportive and gets on my case often (see above) and that he would do right by me because he really does love me. I need



not feel like I'm compromising too much – Jaffe told me my mom said I'm not and that, in reality, we would last. Jaffe then laughed and stated that my mom yelled, "She's a fixer!" and that I shouldn't feel like I have to fix everybody. Oh, the accuracy!

With the career portion, the first thing that was brought up, and almost immediately, was the fact that living in FL was only temporary and that I would grow out of my career in FL within a year. (Sorry, Rhys!) Jaffe began to sense how we will move within the next few years, and when the opportunity presents itself, I need to jump on it because I'm not meant to be here. She continued to explain how I would be happier both work and energy wise once I moved out of FL. She also mentioned that I may have a fear of success and how to maintain it because of the opportunities I've let pass me and how I can do so much, but I keep holding myself back.

So, there you have it, I was able to revive connections with loved ones who had passed, reevaluate the state I currently call home, and rekindle my relationship. As I left my reading, I felt like some weight had been lifted off of me, I had a sense of clarity that I haven't had in a while, and that I had a lot to be grateful for, even if my past held a lot of tragedy. I've got a lot to think about.

If you've ever considered visiting a psychic medium, I'd absolutely recommend it. It truly is eye-opening and out of this world. Be sure to plan ahead, however! Heidi Jaffe is booked six months out.

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?

In the Garden: Getting the Most Out Of Your Fall Harvest

BY AMBER HARMON

Since we already determined what to plant for the fall in previous editions, now it's time to discuss how to get the highest yield of vegetables out of your autumn harvest. In Florida, we take a unique approach to harvesting fall vegetables because our vegetable-growing season is actually six months long. It begins in September and continues until the end of February. There are some tips and tricks to use in order to get the most out of your fall vegetable harvest.

There are several ways to get multiple harvests out of the long Florida fall season such as using plants that continue to produce for most of the season, using succession planting, and growing or using starter

plants.

Tomatoes and peppers continue to produce for most of the season but are not a traditional fall crop. We can get away with growing them in our region into the fall as long as we take special care during a freeze or a frost. They need to be covered with at least a sheet for a frost and gardening fabric for a hard freeze. Since we can't predict how cold the season will be, it's best to play it safe and just get the protective frost cloth. It is breathable and allows the sun in so the cloth can be left on the garden for multiple days in a row to protect any delicate plants. Herbs also typically fall into this category and need to be protected. These are examples of plants that continuously produce fruits and vegetables throughout the season. Keep in mind that most production slows in the coldest months, especially by February.

Succession planting works well for greens like lettuce and bok choy as well as carrots. The lettuce and bok choy can either be harvested by the leaf or by the head. If you don't need the whole lettuce head, you only harvest several leaves at a time. The lettuce will continue to grow up and produce more leaves. You can cut the lettuce head at the base and leave the roots and a stump, and the head will simply grow back. The other option is to replant and grow a new lettuce head. The carrots are one-and-done,

and they take up to three months to harvest. In these scenarios, succession planting is key. That is where you plant an initial crop of lettuce or carrots and then two to four weeks later, depending on when you want to harvest them, plant more. Then, whenever it's time to harvest, just replace what is harvested with new seeds for a continuous harvest.



Garden Picture with Broccoli, by Amber Harmon



for two rounds of broccoli and cauliflower is by growing or using starter plants. The starter seed gets planted indoors under grow lights or outside about six weeks before the harvest of round one. This way, when you harvest your broccoli and the plant is done, you have another plant ready to replace it.

Be sure to make it out to local fall festivals and enjoy the time with family and friends. I hope your fall harvest fills your Thanksgiving holiday with excellent garden experiences and nutritious vegetables.



Broccoli, cauliflower, and carrots are typically one-and-done. When you harvest broccoli, you cut it out at the base of the head. Then for the next four to six weeks, individual flowerets will continue to grow and provide a couple of side dishes for you. Broccoli is quite large and can take up to four square feet in a garden. Cauliflower is truly one-and-done. You harvest the head, and that's the end of the plant. The full process from seed to harvest takes two-and-a-half to three months. Since we have six months, we can actually plant two rounds of broccoli and cauliflower one after another for the fall season.

Another way to ensure that you have time

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.

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ReThink Life: A Conversation About Life, Leadership and Relationships

Marriage Made Simple

BY RODNEY GAGE, LEAD PASTOR



Recently, my wife, Michelle, and I had an evening to ourselves. We decided to watch a movie someone had recommended on Amazon. We had never watched a movie on Amazon before. We own a Vizio “smart TV” that features all the different apps, etc. When I sat down on the couch, I grabbed the cable remote and started channel surfing trying to find “Amazon” on our cable box. After a few minutes of confusion and frustration, I asked my wife

if she knew how to access Amazon. She said no! After a few more minutes went by and more frustration and confusion took place, I finally pulled out the user manual and called the 1-800 number for technical support. When I explained to technical support what I was trying to do, he asked, “Are you holding the Vizio remote?” I said, “Yes!” He said, “Push the button.” “What button?” I asked. He replied, “The button that says Amazon.” I said, “Is that all I have to do?” He said, “Yes, push the button!” When I pushed the “Amazon” button on my remote, suddenly I saw a circular image on the screen and within seconds, every movie imaginable was right before our very eyes.

I know what you’re thinking ... “This guy is a complete idiot!” I must confess, you’re right! I am the biggest idiot on the planet when it comes to technology. It just doesn’t come easily to me. I can take something so simple and make it so complicated.

When it comes to the marriage relationship, many couples do the exact same thing. They often take something that should be simple and make it so complicated. In fact, getting married is the easy part; staying married is much more challenging because you are taking two completely different individuals and putting them together under one roof. Those differences are what can make the marriage relationship complicated, frustrating and messy.

Is it even possible to simplify your marriage? I believe it is. Below are four buttons you can push to help simplify your marriage relationship.

1. Love Deeper

What if the love we have for our spouse went beyond the physical and emotional kind of love to a sacrificial, unconditional kind of love? The kind of love that seeks to unconditionally love, accept and serve

without expecting anything in return? Without this kind of sacrificial and unconditional love, the marriage relationship only gets more complicated.

2. Forgive Quickly

Many have experienced traumatic hurt and pain in their life. Therefore, I am not saying you should just sweep those hurts under the rug and pretend they didn’t happen. If we have been hurt deeply, we will NEVER forget those experiences. However, we can choose to replace those memories with a new attitude and perspective in order to experience freedom from letting go of past hurts and offenses. What complicates a marriage relationship is when we allow all the “little” hurts and offenses to grow into bigger and more hurtful offenses. We have to learn to forgive quickly and move on. Otherwise, we will live in our own self-imposed prison.

3. Choose Joy

Happiness comes from circumstances. If things are good, I’m happy! If things are not so good, then I’m unhappy. This is a roller coaster of emotions you don’t want to ride. The truth is, in life, there will always be something good and something bad going on at the same time. Therefore, we can choose to have joy even in the midst of difficulties if we keep the perspective that growth comes through our struggles. Don’t take life and yourself so seriously; find ways to bring laugh-

ter into your marriage.

4. Live Intentionally

Marriage gets complicated when you lose your “why.” When we forget our “why,” we die. To simplify our marriages, we have to stay true to the vision we had for our marriage in the first place. If we don’t, we will experience “vision drift” caused by all of life’s demands, challenges and distractions that can quickly derail our marriages. Therefore, we must live intentionally every day by focusing on pushing the right buttons.

Love deeper, forgive quickly, choose joy and live intentionally. That is how you make marriage simple.

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.



Finding Now: Being Present During Difficult Times

BY ODETTE VACCARO

It really is easy to want to be mindful, present and pay attention to the times in our lives when we are feeling happy and fulfilled. But what about those times when life feels heavy, we’re thrown a curveball or things aren’t going our way? At times such as these, most of us instinctively want to shut out uncomfortable thoughts and emotions.

Contrary to what some people believe, being mindful doesn’t mean we should try to push away a negative emotion or cover it with fluffy bliss. Mindfulness isn’t about being positive all the time or masking painful feelings with useless affirmations. Instead, it means to be present and observe anything and everything that happens to us at any given moment, without judgment. During difficult times, mindfulness asks us to feel the fullness of the pain, the anger, the guilt, the sadness. As a result, we create some space around the emotion and we can see it for what it actually is.

Typically, emotions combine thoughts (“Ann was just so rude to me.”) with feelings (a tightness of the chest, clenched jaw, rapid breathing). These thoughts and feelings come at us in quick combinations and create a vicious cycle. If we choose to accept the moment as is and become present, we can notice this process. Our fo-



cus is to stay with the difficulty and lean toward it, rather than turn away from it. We can then watch it, without judging or trying to change it. Instead, we just let it be. This awareness will let us notice that the emotions are not permanent, that they come and go in waves.

Becoming mindful and paying attention even when we are experiencing difficult emotions or situations can actually help our state of mind and allow us to better approach these moments. A lot of the suffering or anxiety we experience when faced with unwanted emotions stems not from the emotion itself, but rather the stories we tell ourselves about the experience. We may pay too much attention to our thoughts about any given situation or the way we feel about it. However, we forget these thoughts are typically not facts, but

rather ideas or stories we create ourselves. The more we can meet each difficult moment or emotion with kindness, compassion and presence, the easier we can move through it.

When we are able to sit side-by-side with all our emotions, even those we are not particularly fond of, we can fully experience them for what they are. We can look at them objectively and withdraw the added labels that we place on everything we are feeling. With this approach, we can open our minds and hearts to more effectively manage those emotions and move on from them. It’s almost as though we give ourselves permission to feel difficult emotions, much like you would do for a loved one. Sitting with your discomfort empowers you to investigate the feelings rather than fighting yourself and trying to

“push through” uneasiness.

Eckhart Tolle defines stress as wanting the moment to be something that is not. So, when we fight against our negative feelings, we are literally creating stress for ourselves. Instead, take a breath and accept the moment as it is. Keep in mind that acceptance doesn’t equal resignation. Rather, acceptance means recognizing the actuality of things, not your story about it. You will notice you are not your pain, suffering or discomfort.

The next time you find yourself resisting one of those difficult emotions you would prefer to forget, choose a new reaction. Let yourself fully feel what is happening in your mind and body and recognize your relationship to it. Rather than swimming against the current, let yourself flow with it.

You will most likely find you can detach from difficult emotions faster and feel better prepared to make a choice in your reactions: focusing on what you CAN do, rather than what you cannot. Relief arrives when we recognize and accept what is and allow the impermanence of every moment, good or bad.



Odette Vaccaro



Mama’s Turn: Why Use a Lawn Mower When a Weed Whacker Can Get the Job Done?

BY SHARON FUENTES

A dear friend of mine who happens to be a family counselor recently wrote a wonderful article on the newest and latest parenting craze, “Lawnmower Parents.” Not to be confused with “Helicopter Parents” who “hover” over their children and dive down like a bird pouncing on prey at the first sign of distress, “Lawnmower Parents” seem to be even more aggressive.

“Lawnmower Parents” (also known in some circles as “Snowplowing Dads,” “Bulldozer Moms,” or even “Curling Parents” after the weird Winter Olympics’ sport that resembles shuffleboard but is played on ice with Harry Potter brooms and a lot more yelling) tend to “mow down” any obstructions that might get in the way for their children. Instead of preparing their kids for challenges, they remove the obstacles that might cause pain, fear, anxiety or insecurity. Is that really such a bad thing? Experts seem to think it is.

We all want our children to thrive and be happy. When our kids are facing adversity, our empathy naturally kicks in and we instinctively want to do whatever we can to help them. But, experts say that when we decrease the amount of struggle our offspring face, we are not creating happier kids, but rather, we are creating an environment where our kids will panic or shut down during moments of stress due to lack of experience.

While I understand the fundamental thinking behind this phenomenon, the “Mama Bear” in me cannot help but think, “This is hogwash.” Yet, I can’t help but wonder ...

am I a “Lawnmower Mom” and could all that I have been doing to help my kids become valuable members of society really be doing the exact opposite? I didn’t think I was but thought it best to ask the experts to make sure. So, I did. I asked both my children (separately, mind you) if they thought their dear old mama was doing too much hypothetical gardening on their behalf. They both (separately, mind you) replied with the exact same answer: “Nah ... you are more of a ‘Weed Whacker.’ You make us do the actual mowing, but we know you are there to edge or get the hard-to-reach weeds when needed.”

I couldn’t help but feel proud by their response, and not just because it was super sarcastic and witty! The “Weed Whacker” style of parenting they both joked about was the exact one I had hoped I was!

I agree that we shouldn’t try and mow down every patch of grass we think is too long for our children to cross through. But, that said, I would rather my kids feel coddled than scarred by trauma or heartache. Does suffering make us strong? Yup, but so does love. And if I must pick between the two, hand me the “Weed Whacker” so I can start lovingly whacking away!

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



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Ask Lady Nona: The Selfish Benefits of Selfless Living



Is giving back to the community selfless if it makes you feel good? Who cares? Who said that you can’t give and feel good at the same time? The consequences of giving, being selfless and putting “we” before “me” will come back and bite you in the places you like to be bitten. It’s karma, she is not always a ... meanie!

If you have the itch to volunteer but haven’t done it yet, maybe the following benefits can persuade you:

- Volunteering your time to serve in your area improves the community you live in. You set a good example for your kids, and it enriches your mind and soul. Three birds with one stone. Not sure why stoning birds is a good thing, poor birds!
- Some studies have proven that volunteering (even with pets and animals) helps reduce the effects of stress, anger and anxiety. Connecting to others has a deep effect on your overall psychologi-



cal well-being.

- If you are feeling a little depressed, skip the Xanax. It turns out that doing things for others can build meaningful relationships and give you a sense of belonging and support that relieves depression.
- Scientists have measured hormones and brain activities of people while being helpful to others, and the results came back that it actually gives great pleasure. The more we give, the happier we get. Go figure!
- Doing good for others and the community also gives a sense of accomplishment, pride and identity. This increased self-confidence is likely to give you a positive view of your life and future goals. Who doesn’t need a little positivity boost in their life?
- If you are overwhelmed with your own problems, try focusing on the problems of others. It will take your mind off your own worries and keep you preoccupied.
- Studies have shown that those who vol-

unteer have a lower mortality rate than those who do not. For older volunteers, walking more helps them stay active and keeps their thinking skills sharp. For others, you are less likely to develop high blood pressure, and it reduces the risk of heart disease.

- For younger volunteers, you could learn new skills that can be applied in the workforce, and it allows you to gain a new perspective on life. Whether you get a taste of hard work, or an in-depth look at the lives of lower-income families or the terminally ill, it just puts things into perspective.
- For the socialites, it just makes you look good.

Looking for places to volunteer in Lake Nona? The Ronald McDonald House welcomes families or individuals to make dinner for the house residents. Located at 3551 Nemours Parkway, 32827. Call (321) 319-4748 for more information.

**This month’s poll to get to know Lake Nona residents:
Do you volunteer?**

- ☐ Regularly
- ☐ During the holidays
- ☐ Rarely
- ☐ Never

Submit your answers to this month’s poll by filling out the online form here: nonahood.to/askladynona. Your submissions will be anonymous.

Response from last month’s question:

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

No, I wouldn’t consider divorce. We’ve worked so hard to get where we are today in our relationship that I cannot imagine my life without him now. Early on in our marriage, there were a few times I considered it. Things were hard, we were young, and we fought a lot. There were a few times I didn’t think we were going to make it, and I wondered if I could handle being a single mom. But, we pushed through, we never gave up, and sometimes that meant we fought really hard. Now, we’re good. It’s been 22 years, and we’ve learned how to disagree in healthy ways while still being supportive of one another. We enjoy spending time together. We have our rhythm and we’re good for each other. He’s my best friend. I said that 22 years ago, but I didn’t really know what it meant back then. I do now.



SPORTS & FITNESS

Boys Lacrosse Program



Lake Nona Jr Lions Football



Lake Nona Jr Wrestling



Coach Kendrick and the JR Lions after practice.

Girls Lacrosse Program



JR Lions break it down after practice.

Lake Nona Jr Lions Cheer team



Youth wrestlers working to build fundamental strength and athleticism beneficial for all sports.



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. 21 @ LNMS
- Rock Star Rumble Cheer Competition Oct. 28 in Tampa

OPPORTUNITIES TO HELP

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

Community Service Hours available for High School Students!

“Sponsor a Child Program” helps local families in financial need.

A DECADE OF SERVICE

We are proud to have **KRISTIE JOHNSON** as a member of our team! This year marks her 10th year with the JR Lions Program!!

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

Website LakeNonaYouthSports.org

We are a nonprofit 501(c)(3)

Nona Cycle: Fellowship, Fun And Fundraising

BY DEBRA LOWE, NONA CYCLE
MEMBER



Photo by Debra Lowe



Photo by Joe Jan Quiwa



als who come to-
gether not only to
cycle and have fun,
but to also help
those in need.

In the pre-dawn
hours of Sunday,
Oct. 14, hundreds
of riders, their
friends and fami-
lies gathered in
Lake Nona Town
Centre. Already
there was a party
atmosphere; riders
greeting each other,
preparing bikes, ar-
ranging gear, and,
of course, capturing
the moments in

Nona Cycle was formed just over two years ago by Lake Nona residents Paul Pikel and Spencer Phelps as a social group with a focus on safety and an appreciation of the joys of cycling. It has since grown in membership to hundreds of cyclists of diverse skill levels and backgrounds from Lake Nona and the surrounding area. But what truly sets us apart is that we are a team in every sense of the word, highly regarded in the Central Florida cycling community not only for the quality of our weekly rides and integrity of our riders but also for our focus on raising funds to support local charities.

In three short years, Nona Cycle has raised more than \$100,000 in contributions made by our members, their families and friends, and local businesses. We've raised \$73,100 in support of the American Diabetes Association through Tour de Cure and \$29,690 in support of Ronald McDonald House Charities through Ride for Ronald. While there are plenty of corporate and business teams riding and raising funds to support local charities, Nona Cycle is unique in that we are a group of individu-



Photo by Debra Lowe

photos. We were excited, happy and ready to ride. Normally, Nona Cycle gathers on Sunday mornings at Canvas Restaurant for our weekly 30-mile Signature Ride, so I could not help but marvel at the fact that we were here for a purpose other than to cycle; each one of us who pinned a numbered bib on our jersey had raised or personally contributed a minimum of \$175 in support of Ronald McDonald House

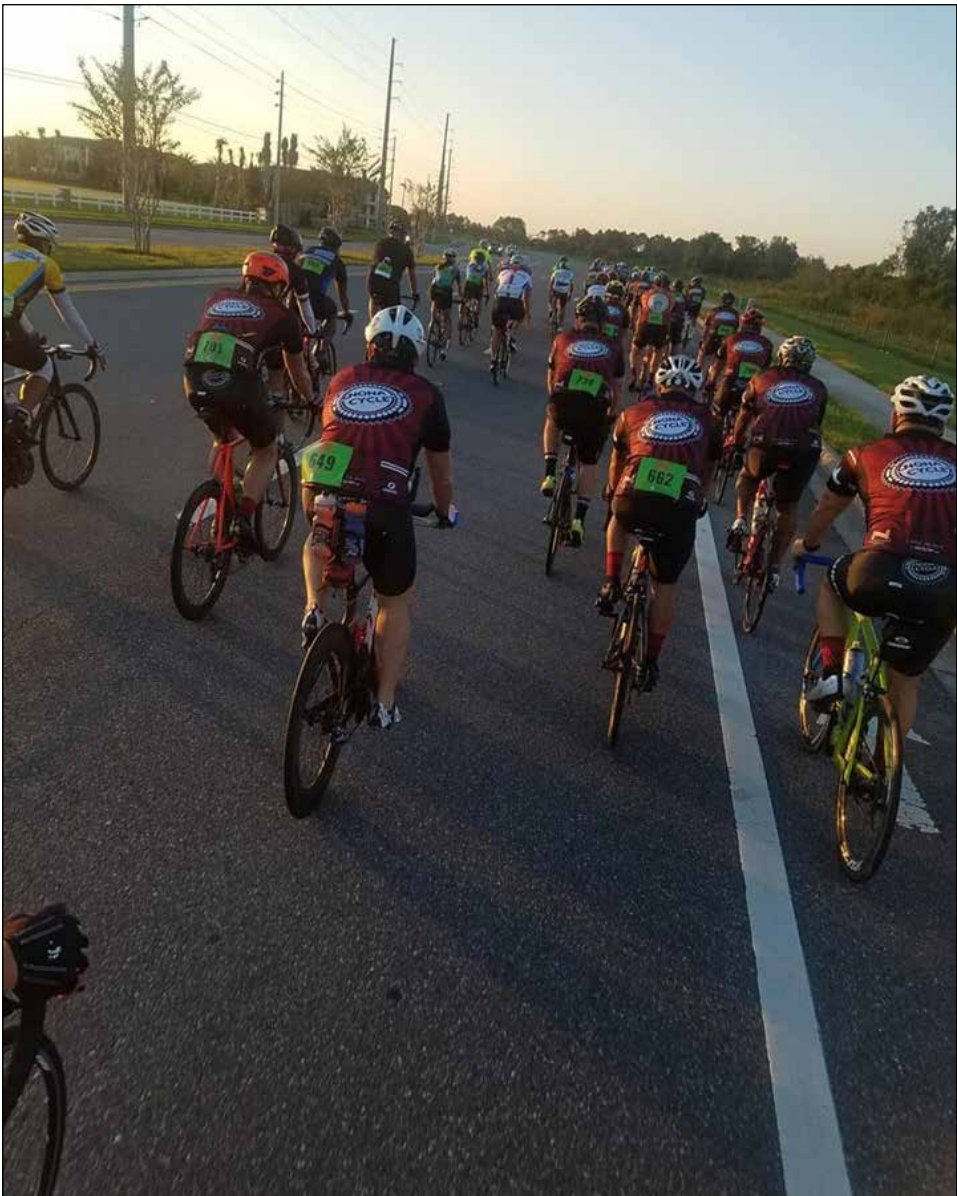


Photo by Julio Trinidad

Charities.

Just as the sun was making its appearance over Laureate Park, 54 members of Nona Cycle were the first to cross the starting line to begin the 30- or 63-mile route that took us through Lake Nona, Kissimmee, St. Cloud and back again. The fastest of us sprinted off in a pack while others formed groups either based on speed

flatable starting line we rode out of hours earlier. We were once again happy and excited, but this time ready to be off our bikes and refueling with the food and beverages provided by the event sponsors. We gathered at the same tables, comparing Strava statistics, sharing stories, and taking more photos. By early afternoon, the tents and tables were being removed and



Photo by Tom Moscato



Photo by Tom Moscato

or the comradery of riding with our teammates. Vehicles passed us, their occupants staring questionably at our large numbers. We gathered at sag stops to munch on snacks, take more photos, and check on each other's progress, encouraging words shared with people we know as well as those we'll likely not see again.

The day grew warmer, the wind picked up, legs grew heavy, and we occasionally questioned our sanity. I was riding the 63-mile route, a distance I had not completed since Tour de Cure this past spring. But unlike that ride, I was never alone; I had three of my Nona Cycling teammates to pull me along and encourage me, and, in turn, I encouraged them. It was one of those days I describe as "Best Day Ever."

Sometime around noon, we rode into the same in-

we went our separate ways.

Later in the day and through the evening, the Facebook posts and comments came through in a steady stream. Kudos, photos, videos, the typical posts one would expect to see – except our Nona Cycle posts had an undertone of sentimentality and tremendous pride. Rightfully so, because each one of us who saddled up this day knew we were riding for reasons other than our own pride and ego. We rode with compassion for all those families who sadly, sometime in the future, will find themselves unpacking a suitcase at a Ronald McDonald House to be near their critically ill child. And the fact that we are making a difference is what makes the fundraising a form of fun and fellowship for each of us. It's what defines Nona Cycle.

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

nonahood.to/nonacycle



Photo by Joe Jan Quiwa

Lake Nona Local Briel Royce Secured Spot in Sixth Annual Drive, Chip and Putt National Finals At Augusta National Golf Club

BY VANESSA POULSON
PHOTOS BY SAM GREENWOOD/
GETTY IMAGES FOR THE DCP
CHAMPIONSHIPS



Briel Royce, a nine-year-old Lake Nona golf superstar, is headed to compete at the Drive, Chip and Putt at the Augusta National Golf Club the Sunday before the Masters Tournament on April 7. This nationwide junior golf development compe-



tition is a free event with the objective of growing the game by focusing on the three fundamental skills employed in golf: driving, chipping and putting. This joint initiative began in 2013 with the collaborative efforts of the Masters Tournament, United States Golf Association and The PGA of America.

Royce beat out roughly 5,000 girls in her 7-9 age division throughout five states to earn her spot in Augusta. She will be competing against nine other girls in her age group at the tournament in April. Briel is the only girl in the 7-9 age division representing Florida.



“A 14-year-old girl congratulated me at the Regional Qualifier and said she’s been trying to qualify every year since she was nine,” said Heather Royce, Briel’s mother. “So, to only have started golfing a year ago and to make it to the big stage is an amaz-

ing accomplishment.”

Royce began golfing in January 2017 and has fallen in love with the sport since she first started competing. Since then, she has been working hard to refine her skills and compete across the state and U.S. When she’s older, Royce hopes to work with the Ladies Professional Golf Association (LPGA), which is an American organization for female professional golfers.

In the Drive, Chip and Putt in Augusta, Royce will compete against 80 junior golfers representing 27 U.S. states and four Canadian provinces. Since Royce qualified for the event, she will automatically receive a Drive, Chip and Putt logo golf shirt and matching cap along with a bag tag, as well as Monday practice round tickets for their immediate family at the 2019 Masters Tournament. She will also be personally meeting with Patrick Reed, the 2018

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Lake Nona's Own Dragon Boating Champion Katie Graumann

ARTICLE BY VANESSA POULSON
PHOTOS COURTESY OF KATIE
GRAUMANN

Katie Graumann, a Lake Nona local, recently competed at this year’s European Championship for Dragon Boating, an intense paddling sport where paddlers work in unison to propel the boat forward from a standing start, the aim being to reach the finish line in the fastest time. Graumann won six gold and two silver medals with her team but credits the true victory to the feeling of “optimal synergy of all individual athletes in the boat” between all the members of the team. In the past, Graumann has also competed in Italy, Canada and Hungary and taken home 35 international medals.

“Each athlete depends on the other to give it their best. Only then, with a lot of discipline, team spirit, and trust in each other, medal placing is possible,” said Graumann. She was also able to participate in the Athletes Oath at the European Championship for Dragon Boating. This portion of the event is in the name of all competi-



tors during the opening ceremony of the championship. “I had never dreamed of being selected for this, but it filled me with pride to play an active role in the opening ceremony and to represent all participating athletes,” said Graumann.

Graumann began training for watersports at a very early age. A native of Germany, Graumann’s father was a professional coach for the local canoe sprint club in their area and got Graumann involved in the canoe sprint as early as he could. Soon after, Graumann fell in love with Dragon Boat Racing and has been part of the German National Team for eight consecutive years. To remain on the team, a new application is required each year with an official invitation and nomination potentially being issued after a series of tests.

Dragon Boat Racing began in China more than 2,000 years ago, originating from superstitious beliefs that the boat racing would ensure prosperous and bountiful crops. Dragon Boat celebrations were conducted during the summer solstice when natural disasters and ailments like disease were in full force against the population. Accordingly, dragon boating remains representative of humankind’s struggle against nature and the fight against dangerous enemies. Some of the original rituals from ancient Dragon Boat Racing are still practiced at modern events, like the “Awakening of the Dragon,” by dotting the eyes of the dragon’s head on each boat. This ceremony is conducted to “cleanse and bless” the area of competition, the competitors, and their boats. It also gives the boats and their crew the strength of the Dragon and the blessing of the Goddess of the Sea.

Graumann credits the atmosphere of the competitions as being one of the best parts about competing at Dragon Boating events. “The atmosphere at an international competition that brings together athletes from all around the world, top athletes with different backgrounds and cultures, is so exciting. All come

together for something they have in common: the love of the same sport,” said Graumann.

Next season, Graumann has her heart set on being able to compete at the World Nations Championships in Thailand. Before she is able to participate, she has to apply and receive an invitation and nomination for the 2019 National Team. Until then, she is continuing to work hard and demonstrate an intense passion for the sport she loves.

“The discipline you need. The focus. The timing. The teamwork. The strength. The speed. The sound and power of the start. Then crossing the finish line in pure exhaustion – incredible!” said Graumann.



Camp Gladiator Trainer Talk: In Pursuit of Happiness

ARTICLE AND PHOTO BY VERNICE
SALVERON-GASPER

No matter what your background is or where you come from, it is fair to say that we are all striving to be the best versions of ourselves and achieve happiness. Ironically, it makes it so sad to turn on the news to see that there is so much negativity and hurt in the world. Because of this, it is important to actively and consciously seek ways to make sure that we remain positive and happy despite the negativity around us. I’m not claiming to be a “happiness expert” (I sure have days when my worries get the better of me), however, after hours of research and brainstorming, here are eight ways it is known to achieve a happier life:

1. Be Wise With Your Time.

I don’t think a week goes by where I don’t hear the words, “I just don’t have time.” It’s funny that when we stress about not having time, the first things that we often disengage from are things that may ultimately help us stress less. These include quality time with our family, rest and relaxation, exercise, leisure activities, and sleep. It’s important to note that it is okay to say “no” to others when your plate is too full. Most of us hate letting people down and so we frequently over-commit ourselves, often to the detriment of our own health and happiness. Understanding your time is limited and precious is not a selfish thing.

2. Don’t Compare Yourself With Others.

With easy access to social media and essentially being able to see into people’s lives at a click of a button, it is easy to compare ourselves with the highlight reel of our friends, family and even people we don’t know. This can inherently cause us to feel pressured about where we are in life, what we have achieved, and if we



need the latest electronic gadget because so-and-so just bought one. I believe that reminding ourselves that we are running our own race, at our own pace, is essential for long-term happiness.

3. Self-Love.

Our uniqueness has to be seen as our strength and not our weakness. If we cannot see that in ourselves, how do expect others to see it? If the people around do not appreciate you, maybe you're hanging out with the wrong people. You are shaped by your own past (good or bad), your unique way of thinking, and your physical appearance. There is nobody in this world who can do what you do, exactly the way you do it, so make sure you love yourself – it is your SUPER POWER.

4. Exercise.

The American Psychological Association (APA) advises that engaging in a minimum of five minutes of exercise daily has been linked to reducing symptoms of depression and anxiety. To those who are adverse to exercise, please note that it is scientifically proven to increase mood, so get out there and MOVE!

5. Don’t Forget to Count Your Blessings.

In a world full of negatives, it is easy to have a “glass half empty” instead of “glass half full” mindset. Being positive and finding a positive in a negative situation is tricky at times, but dwelling on negative aspects in your life will

not assist with achieving long-term happiness. For every negative thing going on, think about 10 positive things to be grateful for.

6. Learn Something New.

Our brains are cleverly designed so that new skills can be learned and our brain wiring can physically expand; this is a phenomenon called neuroplasticity. By educating ourselves in things we don’t know and learning new skills, we can open up the door to finding more things that make us happy.

7. Set and Achieve Your Goals

Nothing makes me happier than achieving a goal that I SET MYSELF! Realistic goal-setting is not only great for us because we physically achieve something, but mentally it gives us confidence and builds self-efficacy within.

8. Know It’s Okay to Not Be Okay

ALL THE TIME.

Recognizing that we all have natural highs and lows in life is normal, despite what you might see on social media. We all have bad hair days, days where we woke up on the wrong side of the bed, and days where the cons seem to outweigh the pros. Getting back on track to a positive way of thinking is critical to achieving long-term happiness. Sometimes, we might also have to ask for help!

LOCATION & TIMES

Lake Nona Family Dentistry – Monday, Tuesday, Thursday 5:15 a.m.
Spring of Life United Methodist Church – Tuesday, Thursday 5:45 p.m.
Moss Park Elementary School – Monday, Wednesday 6:30 p.m.

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

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The Lake Nona Book Maven Review: *Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant to Be*

Author: Rachel Hollis
Genre: Motivational, Inspirational, Self-help

Okay, yes, this book is generally for younger women (I am old enough to be the author’s mother, after all), but it did seem to target an audience that makes up a large part of the demographics of Lake Nona. And when I found my daughter-in-law reading it, I decided to put it on my list. I was surprised to find that many of the author’s thoughts and insights really did resonate with me.

Girl, Wash Your Face is Rachel Hollis’ fifth book, and she has moved on from food and meal preparation books and novels about college-age girls to something more deeply personal. The stories she tells about her own life and the big and little struggles she overcame (and still overcomes in some cases) are told with honesty and occasionally a little embarrassment, which makes them seem all the more real. I listened to the audio version of the book, which is re-

corded by Hollis herself, so she includes joy, laughter and emphasis in all the right places.

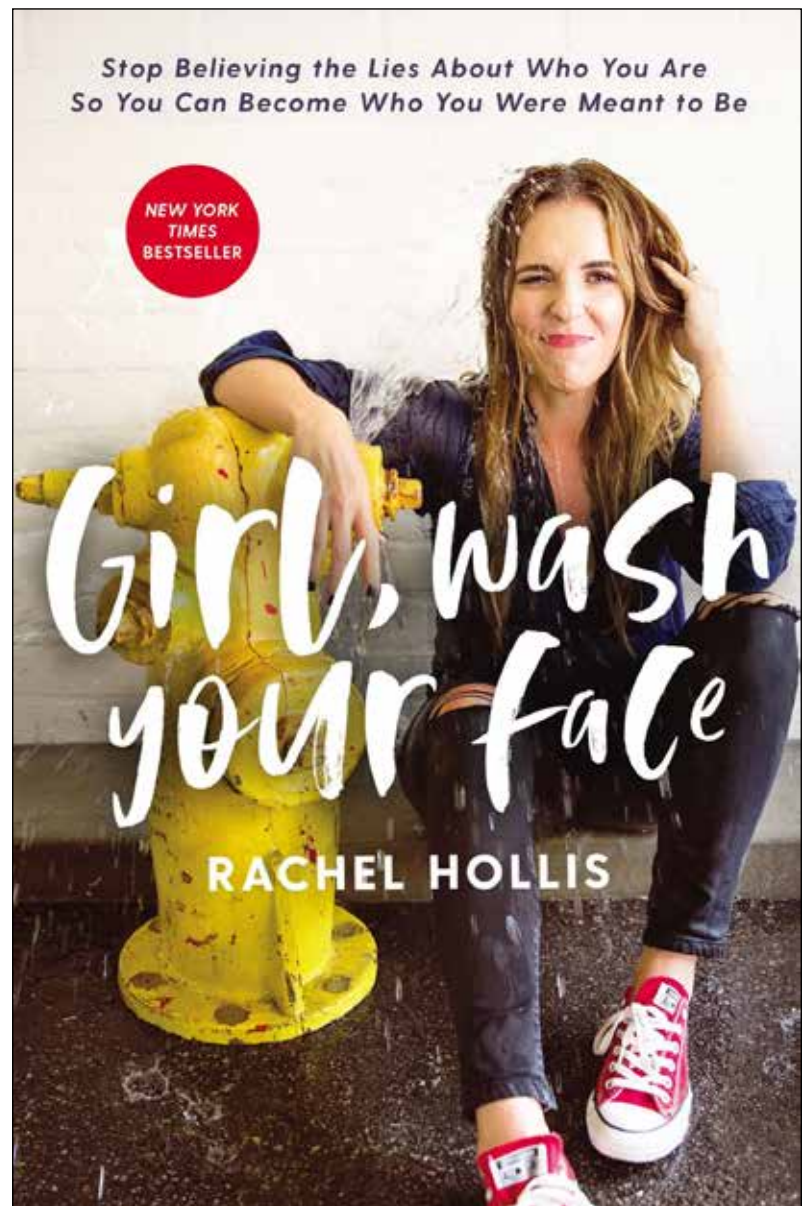
The stories of her dating nightmares, her marriage, early motherhood struggles, balancing entrepreneurship with the rest of life, and managing a seemingly overfull schedule always convey grace. Many of her reactions to life’s issues are sprinkled with her Christian values learned as a daughter and granddaughter of preachers and practiced in her adult life. Hollis expresses gratitude for the lessons learned from her experiences rather than anger or frustration that they happened to her, which is a lesson I think we could all use from time to time.

I found two particular struggles Hollis experienced to be particularly insightful. The first was her chapter titled “I’m Not Good Enough,” in which she relays her need to prove her worth, her natural workaholic tendency and how she handled the anxiety and even a physical ailment that resulted. Another meaningful chapter, “I Need a Drink,” describes how Hollis, who grew up as a non-drinker, dealt with an increasing reliance on her evening glass(s) of wine to wind down.

The book is structured in an easy-to-access way. Each chapter is titled “The Lie” followed by a lie about our life that we shouldn’t believe. (For example: “The lie: No is the final answer” or “The lie: Other people’s kids are so much cleaner/better organized/more polite.”) In addition, Hollis gives a list of her “Things That Helped Me” at the end of each chapter so that we can learn not just how the author dealt with each issue, but also how she made changes in her life as a result. The stories are written in a conversational style that makes it seem more like your best friend talking to you, which is what made the audio version especially good.

All that said, I really did enjoy reading this book even though it is written for, and I would recommend it for, a specific group of readers. But, even outside the roughly age 18-to-40 female demographic it seems

to focus on, I’d recommend it to anyone who could use a few tips on how to look at life’s struggles in a more positive, Christian or philosophical way.



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Elf Jr. at Lake Nona High School!

ARTICLE BY VANESSA POULSON
PHOTO BY RYAN THOMAS



This December, Lake Nona High School (LNHS) will be performing *Elf the Musical Jr.*, a musical based on the classic Will Ferrell holiday movie. Rehearsals began on Oct. 10 with both high schoolers and middle schoolers on the cast list. This unique partnership is the brainchild of LNHS theatre director Gail Chase, who has wanted to partner with Lake Nona Middle School and Innovation Middle School since their opening. “Sharing the stage with the middle school students will provide the high school students with an opportunity to show leadership and will provide the middle school students the chance to see what the future in high school can hold for them,” said Chase. “It’s a win-win in my eyes!”

The musical follows William "Buddy" Hobbs, an orphan who mistakenly crawls into Santa Claus' bag of gifts and is transported back to the North Pole. After discovering the baby, Santa and his elves decide to raise the child as an elf. The movie and corresponding musical follow Buddy's journey through growing up, discovering his own self-identity, and bringing the magic of Christmas to families across New York City. Attendees of the LNHS show should expect plenty of beautiful light, color and costumes from the show, along with a spectacular set design. There are

two casts of lead actors and one ensemble, featuring students from both Lake Nona and Innovation Middle Schools as well as many cast members from Lake Nona High School.

The audition process for the LNHS show boasted 112 students, with several others reaching out to the department after auditions had concluded. Chase credits the production process of formulating a musical to be a lot like a “grand juggling act” or “taking a 10,000-piece puzzle and putting it together methodically.” She explained, “You start by looking at the box, and you see what the puzzle can be. Then you start building the edges and it fits and you feel confident. Then, you work your way into the middle and wonder if you’ll ever reach the end of the puzzle. You have your doubts and you struggle, but when that last puzzle piece clicks into place, the overwhelming sense of accomplishment makes it all worthwhile!”

Not only is the musical itself expected to help ring in the holiday spirit for residents across Lake Nona, but the LNHS theatre department is also partnering with the local community for a charitable event called “Santa’s Workshop,” created and organized by Nona Ambassadors of Ronald McDonald House Charities of Central Florida with Ryan Thomas as the committee chairman. The event will be a three-day extravaganza for the community located in the courtyard of the high school. There will be featured events like a movie viewing, crafts, live music from local elementary, middle, and high school music groups, pictures with Santa, food trucks, breakfast with Buddy the Elf, and much more (refer to the schedule of events in this special magazine insert!). The proceeds for the San-

ta’s Workshop event will be donated to our local Ronald McDonald House to support the families in need. “We are proud to support such a worthy cause!” said Chase.

Elf the Musical Jr. will be performed four times:

Friday, Dec. 7, at 6:30 p.m.
Saturday, Dec. 8, at 3:00 p.m. and 6:30 p.m.
Sunday, Dec. 9, at 3:00 p.m.

Tickets will be available through teachtix.com and at the Santa’s Workshop event.

Elf the Musical Jr. Cast List

Buddy: Thomas Dyer & Tristan Rujano
Jovie: Noemi Gonzalez & Dany Oliveira
Walter Hobbs: Marco Batista Rudolph & Gabriel Mamuyac
Emily Hobbs: Isis Bermudez & Hayley Chafin
Michael Hobbs: Eli Esther
Santa Claus: Chijioke Oparaji & Julio Vazquez
Deb: Dari Perez & Alondra Trinidad-Colon
Mr. Greenway: Corey Brewer &

Conner Logan

Manager: Cassandra Cruz & Pia Hernandez
Fake Santa: Kieron McKitterick
Charlotte Dennon: Zoe Devaliant & Ainsley Siegel

High School Ensemble: Esteban Baez Sola, Amiel Bagay, Destiny Bernard, Emma Budsberg, Melodie Crissan, Ilsealysa Davila Torres, Raynard Dentey, Calistenes Fuguet, Mariana Garcia, Benjamin Gillan, Alexis Gilliam, Madison Gotham, Sabrina Henson-Matheny, Alan Jerez, Yizelle Jimenez, Alyssia Luna, Raegan Overton, Megan Parker, Sabrina Reece, Rebekah Rickman, Sophia Rodriguez, Hannah Yon, Micah Zervos.

Middle School Ensemble: Emily Ali, Paula Chung, Heaven Cintron, Alexandra Drauer, Alexa Fillalan, Emily Hernandez, Katarina Jenarine, Joie Kinard, Giana Mancuso, Naomi March, Jose Mendez, Shaylin Mitchell, Mia Muniz, Amelia Ruby, Nicholas Sacco, Dana Smith, Max Young.



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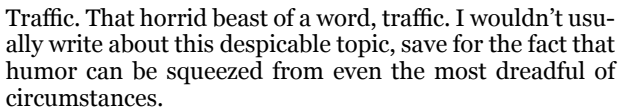
wycliffe.org/christmascelebration

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.

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.



We don't whistle. Not wanting to slam into whatever's in front of us, we're too busy straining to see through pollen-glazed windshields that act as prisms for the direct, laser-like beams of the Florida sun, creating an appropriation of what arriving at heaven's gates might look like. Beautiful, yes. Painful, absolutely. We soldier on, as the solar rays bore into our retinas, so as to not find out if heaven is for real.

course ... stop, go, and curse, and ... stop, go, and curse really badly." During this migraine-inducing experience, we do not forget to offer supplications to the god of air conditioning. For, if he leaves us, we die.

Then there's the road work. When, oh when, will the roads be repaired so we can get back to the business of what I perhaps vainly believe roads are for – driving. I'm convinced that here in Florida, roads are viewed as a place to grab your favorite neon jacket, don a cool-looking helmet, and leer at cars.

I feel like such a dweeb driving by these muscle-bound roadworkers to my cubicle. So desperate is my desire to be part of their crew, I've tried the two-finger steering wheel salute and

In traffic, I envy motorcyclists who turn traffic into a game of dodge-car. They lithely flow by us like water snakes around a bunch of impotent turtles jammed into a log. Occasionally, I wish one of us turtles would stick out his flipper at an opportune time, catching a snake by surprise. Said turtle would definitely go to jail, but I could see all the other turtles hooting and clapping, if they could clap or hoot.

There's much to complain about, but perhaps we could see our particular brand of Floridian traffic as an opportunity. Yes, go ahead and cut those toenails you promised your spouse you'd cut before the end of the week. Yes, listen to your child as he mumbles on about, um, whatever he's mumbling about. Yes, turn on some tunes, and then try to find tunes, then hope for any tune, and then turn off the tunes.

If you ever get home, which is no guarantee, observe how your sidewalk is relatively uncumbered. When I get out of my car, I like to make motorcycle noises and leer. And when I get to my front door, I open it quietly so I can zip to the bathroom. I occasionally get blocked, but I come prepared. My traffic training has equipped me to face even this circumstance. I simply use what I slipped on before my five-mile, four-hour commute home – my adult diaper.

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. His brain doesn't seem to do the heavy lifting in the writing process – his sweaty fingers do. So, if you laugh, snort, chortle or guffaw, they deserve the credit ... both of them.

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HEALTH

Downtown Arts District Hosts Award-Winning Ninth Annual 'Dia de Los Muertos & Monster Factory' Block Party

BY VANESSA POULSON
PHOTOS VIA DIA DE LOS MUERTOS & MONSTER FACTORY

Downtown Orlando's dynamic cultural community, The Downtown Arts District and CityArts Factory, returned with their award-winning ninth annual "Dia de los Muertos & Monster Factory" Exhibit and Block Party presented by el Jimador on Oct. 18. The event was inspired by the tra-



ditional Mexican holiday, Dia de los Muertos, or the Day of the Dead.

The event was the brainchild of Leena Buchy, CityArts Factory's gallery manager of 10 years. She brought it to life through the help of Carolina Suarez-Garcia, a local Peruvian character artist. After Buchy's passing in 2017, Downtown Arts District hired Pink Hair Productions to coordinate the event planning of the exhibit and street party. "Downtown Arts District will continue producing Dia de los Muertos & Monster Factory in Buchy's legacy for years to come," said Downtown Arts District development manager Ha'ani Hogan.

This unique event combined an outdoor street party and a huge art exhibit of Halloween- and Dia de los Muertos-inspired art. The exhibit featured artwork of various mediums created by more than 200 artists. Guests were able to view the themed original artwork and ofrendas (offerings) by local and national artists exhibited at CityArts Factory.

The guest lineup for this year's event included Phantasmagoria, Bloody Jug Band, Mariachi Oro, Ritmo Kru, and BalaChandra Belly Dancing. There was also a special performance from FusionFest, a brand new festival happening in downtown Orlando during Thanksgiving weekend. Additionally, the event featured spooky art vendors, food, face painting, a kids crafts area, costume contest, photo opportunities, and raffles. The entrance fee was a suggested \$5 donation with proceeds going toward supporting the exhibit space and performers participating in the event.

This year's event was the last time that the Block Party will take place at the 29 S Orange Avenue location, due to CityArts Factory moving its headquarters



to the historic Rogers Kiene building in 2019. Dia de los Muertos & Monster Factory will continue in 2019 for its 10th anniversary at the new location, coincidentally, still on Pine Street, just a couple of blocks east of its current location.





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events

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for updated events and detailed information.

3

Relay for Life Lake Nona

3

7th Annual Ruck Sack Race (6:30-11:30 a.m.)

3

Reymont St. Community Garden Workshop (9-10 a.m.)

4

East Coast Believers Church Grand Opening (10:30 a.m.-12 p.m.)

6

LNRCC First Tuesdays (5:30-7:30 p.m.)

8

LNRCC Breakfast Connections (7:45-9:30 a.m.)

8

Make-A-Wish Foundation Casino Night & Poker Tournament (6:30-10:30 p.m.)

9

Life Enhancing Dentistry One Year Anniversary Party (5-8 p.m.)

10

City of Orlando Veterans Day Parade (11 a.m.-1 p.m.)

10

Laureate Park Community Porch Sale (8 a.m.-2 p.m.)

14

Holiday Healthy Cooking Class at Lakehouse (6-8 p.m.)

16

Crescent Cinema at Crescent Park (6-8 p.m.)

16-18

Orlando Balloon Glow

17

Laureate Blvd. Community Garden Workshop (9-10 a.m.)

17

Central Florida Children's Home Christmas Tree Lot (Nov. 17 - Dec 17)

24

Small Business Saturday (10 a.m.-7 p.m.)

26

EOCC Coffee Club Nona (8:30-9:30 a.m.)

27

LNRCC Contagious Connecting (8-9:30 a.m.)

30

Yappy Hour at Crescent Park (6-8 p.m.)

SAVE THE DATE:

Dec. 4

Holiday Floral Workshop at Lakehouse (6-8 p.m.)

Dec. 7-9

Santa's Workshop Weekend - See the special insert magazine for lots of details!

Dec. 16

Rein-Dog Run at Crescent Park (11 a.m.-2 p.m.)

Dec. 18

Sip and Paint at Lakehouse (6-8 p.m.)

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COLLEGE LAKE NONA
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Valencia College, Lake Nona Campus
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LIVE + LOCAL
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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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