

# nonahood news<sup>®</sup>

CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA

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## SUNSET IN LAUREATE PARK

ON PAGE 10



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# EDITOR'S NOTE

## That's a Wrap!

BY ELAINE VAIL

So, yeah, 2018 has been a whirlwind, and I think some of us have whiplash! As I sit down to gather my thoughts this month and reflect on the year, it's astounding what has been accomplished, not only here at *Nonahood News*, but the profound growth throughout Lake Nona is just astonishing!

Picture with me some of that b-roll footage reeling through our minds as we recap. ... At *Nonahood News*, we've more than doubled our content, rolled out more new recurring columns than I can even count on both hands, we've showcased a dozen local artists, we launched a new weekly video series called *In the Nona*, and we secured the #1 spot as the print source for local information according to the City of Orlando (#2 overall, second only to the Nextdoor app!). Through our - your - stories, "Non-aVentures" has taken us to Alaska and Colombia and back home again, we've applauded award winners, welcomed new CEOs, celebrated our neighbors' accomplishments, re-lived 9-11 through our local heroes' experiences, come together to support one another through tragedies, learned and tried new things, and cheered each other on. Most recently, we've launched a Spanish version of our website called *Nonahood Latino* while our original publication has surpassed 20,000 in circulation!

In addition to all of that, we've expanded our scope of products and services, which has resulted in a new, full-service media production company: **nona.media**. Phew! Is your head spinning yet? *Nonahood News* now exists as a brand under nona.media (pronounced "nona dot media"). If you run into Rhys, ask him about the new grip truck named Dot. He might even give you a tour!

Furthermore, here in Lake Nona (as I catch my breath), we've rooted for our own *American Idol* contestant; we've

ridden thousands of miles with Nona Cycle; we've raised hundreds of thousands of dollars for our local charities; we're a couple steps closer to curing cancer; we've hosted Jiyo, Lake Nona Impact Forum, Mega Health Jam, Opioids & Florida: The Collaborative Imperative, just to name a few; and we've broken ground on the Amazon Fulfillment Center, the UCF Hospital, Nona Adventure Park, and the Johnson & Johnson Human Performance Institute. WOW!

We've laughed together, we've cried together, we've worked hard together, and we have most certainly grown together! How have we accomplished so much in just 12 short months? Because we are a seriously amazing community!

Now, while it's always a good exercise to reflect on the past, we've learned from our wellbeing articles that it's really important to be present, mindful and relish in the "now." There are several articles in this edition to help you stay focused on what's most important during the hustle and bustle of the holidays so that you can reconnect with your loved ones. We've got a calendar filled with memory-making events and activities this month. We've got Boxi Park, Earth Fare, and Park Pizza! And we have parties, celebrations, workshops, festivals, musicals ... so much to be thankful for, so much to enjoy, right here in our backyards, right now!

Of course, we have to look forward to the future with great anticipation, too. There are hundreds of houses, apartments and businesses in progress, which means we will have a few new neighbors in 2019. Just a few! Aren't they in for a treat? And at *Nonahood News* and *Nonahood Latino*, we have some exciting events in store for 2019! Oh, if you could have been at that planning meeting! We will have more video, more content, more partners, more of everything. If 2018 swept you off your feet, just wait until you see what we have in store for you for the next 12 months!

I want to close by saying again what a blessing it is to be involved in this community. Our publisher, Rhys, said it well: "I want to thank every one of



you for being a part of what makes *Nonahood News* special. Without you, we wouldn't be what we are today." Our nona.media core values are **Community. Driven. Engagement.** This defines our work culture in the office, and it defines what we strive to be as a conduit for the Nonahood through print, social media, video, events and more.

One of the ways you can help us continue to be your number one source is by sharing with us your opinions and how we can better serve you. As you read this month's edition, consider dropping me a note to share which columns are your favorites, what you wish we'd add to the lineup, or any general feedback you'd like to give me. You can reach me at [editor@nonahoodnews.com](mailto:editor@nonahoodnews.com) or [elaine@nona.media](mailto:elaine@nona.media). If you would prefer to share your thoughts anonymously, here's an online form you can use instead: <http://forms.nona.media/top3columns>.

So, as we wrap up gifts and the year, let us reflect with pride, accomplishment and gratitude while looking forward with conviction, innovation and hope. Carry on, Lake Nona! Our future is bright!



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## UCF-HCA Hospital on Its Way

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



Dr. Deborah German

We broke ground recently for our new UCF Lake Nona Medical Center – a hospital that will provide academic healthcare to Lake Nona while training tomorrow’s healthcare leaders. The UCF-HCA joint venture hospital will open in late 2020 on 25 acres next to our College of Medicine.

About 500 guests attended the Oct. 25 groundbreaking, which began with an early morning rainbow. The day had looked threatened by storms, but when I saw the rainbow over our Medical Education Building, I knew it was a good sign – for the day and our future. UCF President Dale Whittaker said the hospital embodies a bold, collaborative spirit that will “make Orlando a destination for how health and wellness should be taught and practiced in



the 21st century.”

The hospital groundbreaking came 11 years and 22 days after many of us broke ground for the UCF College of Medicine as the anchor of an emerging Medical City at Lake Nona. A teaching hospital has been part of our dream. We knew in 2007 what we know today – that we needed a teaching hospital to accomplish our goal to be one of the nation’s premier 21st-century medical schools, anchoring a Medical City



that could one day be a global destination.

The hospital will be just a few steps from a new UCF Lake Nona Cancer Center that will be created in the former Sanford Burnham Prebys research facility. And it will enhance UCF’s new Academic Health Sciences Center that will, over time, bring many of the university’s health-related programs to Lake Nona.

“Our hospital will be a place that not only provides healing for our patients but also educates the healthcare providers of the future and supports the work of brilliant researchers that will lead to life-saving care,” said Wendy Brandon, the new CEO of UCF Lake Nona Medical Center.

Wendy comes to us after a decade as CEO of HCA’s Central Florida Regional Hospital, a 221-bed facility in Sanford. There, she launched the hospital’s Level II Trauma Center, opened the region’s first freestanding emergency



department, and led the development of Oviedo Medical Center.

UCF medical students applauded the role the hospital will play in preparing them as future physicians. UCF and HCA are already partnering to create residency programs across North Central and Central Florida and soon will expand those graduate medical education programs to Pensacola. Ultimately, the new hospital will have its own residency programs but from the start will provide clerkship training for third- and fourth-year medical students.

“The UCF Lake Nona Medical Center will allow us to give back to and serve the community that has embraced us so warmly,” said medical student Kevin Petersen, student council president for the class of 2021. “Today, we are one step closer to creating a healthier tomorrow ... the UCF way.”

With the groundbreaking ceremony finished, construction of the hospital now begins. The foundation will be poured by January.

It’s an exciting time for our Medical City community. Stay tuned!

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



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## Business Spotlight: Hamilton Engineering & Surveying, Inc.

ARTICLE BY BRITTANY BHULAI  
PHOTOS PROVIDED BY HAMILTON ENGINEERING



Lake Nona is clearly a hotspot for business development and growth. This unprecedented developmental growth in a state-of-the-art city that prides itself on innovation requires nothing but the best in planning, engineering and execution. Out of the many civil engineering firms available to work closely with developers, Hamilton Engineering & Surveying, Inc. is one that has a solid vision for the area.

Hamilton Engineering & Surveying Vice President Jonathan Soule says, "It's my belief that the vision for Lake Nona's future shape, scale and composition is in the hands of its residents and businesses. They are stakeholders." Firmly rooted in Tampa since 1989 where they opened their first

office, clients in Orlando such as Lennar Homes, DR Horton, Wood Partners, Race-Trac Corporation, Starbucks and Central Site Development have been with Hamilton Engineering for many, many years.

With success and increased client demands, expansion followed and Hamilton enlarged their footprint in Central Florida with their second office opening in Orlando. "When combined with Central Florida's technological innovation and its educated, trained human capital, the greater diversity provides improved stability and durability to weather the economic cycles," says Soule.

Hamilton Engineering & Surveying, Inc's expertise includes:

- Due Diligence and Site Investigation
- Conceptual and Final Site Planning and Civil Design
- Land Surveying and Mapping
- Rezoning/Comprehensive Plan Amendments
- Environmental – Wetland Delineation/Mitigation
- Storm Water Management Systems Design
- Water and Sanitary Sewer Systems Design
- Preparation of Bid Documents & Contract Administration

One of several projects Hamilton Engineering has worked on is Stoneybrook South at ChampionsGate in Osceola County. This is a residential community of 900 acres; a 2,500-home golf community and development of regional impact.

Another large and complex project was the renovation and additions on the University of South Florida campus. In total, the firm designed and permitted 30 improvements to the campus that included Tampa Campus Track facility expansion and additions, and a Tampa Campus Child Care Center.

Hamilton also provided site planning and civil design approvals for the Ice Sports Forum in Brandon, Fla., which is a practice facility of the Tampa Bay Lightning NHL hockey team. They also obtained the site improvement approvals for the Florida Power Corporation, Zephyrhills Operations Center in Zephyrhills, Fla. They were chief engineer for the site design and permitting of the facility. City of Tampa Fire Stations number 13 and number 21 in Tampa were also projects of theirs. Hamilton was held responsible for the civil site design and the permitting of the new fire stations.

Hamilton Engineering takes on residential, commercial, educational, industrial and recreational projects of all kinds. With Lake Nona ranked as one of the fastest-growing communities in Orlando, it is a perfect match for Hamilton Engineering.

Soule ends with a remark stating, "Facilitating the pursuit and execution of the stakeholder's vision is where Hamilton Engineering & Surveying, I hope, will play a role. We have a capable and enthusiastic team beginning with performing due diligence for the property owner to enable them to understand their development options, through preparation of final site plans, acquiring the necessary entitlements and permits, and finally, providing construction administration assistance



until certificate of completion – Hamilton's more than 29 years of experience, a long-standing rapport with reviewing agencies, appropriate design and superior client-consultant communication will contribute to the ongoing success of Lake Nona's vision."

Visit Hamilton Engineering & Surveying, Inc. at [hamiltonengineering.us](http://hamiltonengineering.us) to learn more about them.



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## Get Traction: Is Your Organization Healthy?

BY CHRIS WHITE, CERTIFIED EOS IMPLEMENTER AND AUTHOR



Chris White

It's the end of the year. You're running reports, checking your numbers, and analyzing your business practices. You reflect on what worked for your business and what needs to be changed in the new year. One of the trickiest components to evaluate is how healthy your company is, yet it's a major factor in running a successful organization.

Without clear guidelines and procedures, your organization is sure to endure challenges, frustrations and inefficiency. That's why the Entrepreneurial Operating System® created the Six Key Components™ of any business.

### The Six Key Components™

- **Vision.** Strengthening this component means getting everyone in the organization 100 percent on the same page with where you're going and how you're going to get there.
- **People.** Simply put, we can't do it with-

out great people. This means surrounding yourself with great people, top to bottom, because you can't achieve a great vision without a great team.

- **Data.** This means cutting through all the feelings, personalities, opinions and egos and boiling your organization down to a handful of objective numbers that give you an absolute pulse on where things are.
- **Issues.** Strengthening this component means becoming great at solving problems throughout the organization – setting them up, knocking them down, and making them go away forever.
- **Process.** This is the secret ingredient in your organization. This means “systemizing” your business by identifying and documenting the core processes that define the way to run your business. You'll need to get everyone on the

same page with what the essential procedural steps are, and then get everyone to follow them to create consistency and scalability in your organization.

- **Traction®.** This means bringing discipline and accountability into the organization – becoming great at execution – taking the vision down to the ground and making it real.

By following the Six Key Components™, your company will be strengthened and can begin running at maximum productivity. I encourage you and your leadership team to take the Organizational Checkup™ and get your finger on the pulse of your company today!

Take the free Organizational Checkup™ by going to [organizationalcheckup.com](http://organizationalcheckup.com).

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



## Work Well: S.T.O.P. and Smile

BY NATALIA FOOTE

“It's the most wonderful time of the year!” The Andy Williams song is one of the many holiday songs you will hear while shopping for your loved ones this season. The holiday season is a time full of mixed emotions, and “wonderful” may not be the adjective you would choose. According to the Andy Williams song, this season is full of things to do: parties for hosting, marshmallows for toasting, caroling, kids jingle-belling, and everyone telling you, “Be of good cheer.” It is an understatement to say the holiday season can be stressful.

So how can we regain and maintain some mental and emotional clarity, quickly, during this festive time? S.T.O.P. and smile!

Here are two quick hacks to lighten your day at work, home or while out and about.

### S.T.O.P.

First, **stop** what you are doing. Just stop for a moment and notice yourself, stopping the frantic thoughts running through your head. Next, **take** a breath. Take a breath and notice the air coming in, pause for a moment, then feel the air coming out. Then, **observe**. Notice what you see



around you, in front of you. How do you feel? What does it smell like? Observe your surroundings. And last, **proceed**. Continue with what you were doing. You have reset your system and can move forward, hopefully feeling a little lighter. It's an acronym that is easy to remember and takes the time of one breath to achieve. S.T.O.P. can be done anywhere at any time; the trick is actually noticing when you need to S.T.O.P.

### Smile

First, lift your cheeks toward your eyes. Next, allow your mouth to form a half moon shape with the corners of your mouth pointing toward your eyes as well. Did you smile? (You are allowed to laugh and giggle even.) That's it. It's literally a simple smile.

Research by Tara Kraft and Sarah Pressman at the University of Kansas shows,

“Smiling during brief stressors can help to reduce the intensity of the stress response, regardless of whether a person actually feels happy.” While waiting in line or in traffic, smile and notice whether you feel a change within.

An added benefit when smiling is how others feel after seeing your smile. According to Allison Newell in *Just Smile*, “Smiling in a workplace environment can boost customer satisfaction; employees' positive emotional displays increased customer willingness to return to the store and pass on positive recommendations to their friends.”

As you move on, shopping, working, planning and making sure all the items are marked off the to-do list, make this “The most wonderful time to S.T.O.P. and smile.”

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.





# Creator Mindset: Get Comfortable Being Uncomfortable



Nir Bashan

BY NIR BASHAN

In the early '90s, I started middle school. At the time, it was still called junior high. I remember it like it was yesterday ... the big school ... the multiple topics. It was scary stuff! Up until then, I was in one class with one teacher who taught many different subjects. But at junior high? This was the big leagues. We had different teachers for each class, different rooms for each topic, older kids, and electives.

It was terrifying. It was bad. I thought that this was the worst thing that could ever happen to me. And it took me out of my comfort zone because it involved change.

I got really comfortable in elementary school, perhaps even to boredom. But, at least it was predictable. The same thing each day. The same topics at the same time. The same pizza every Friday at the cafeteria. It was a predictable, consistent existence. And that's good, right?

Well, one of the core attributes of humanity is the pursuit of comfort. We seek it in all that we do. Historically, the search for comfort had humble beginnings. It meant acquiring food, or shelter, or somewhere to be warm ... out of the elements ... not getting eaten. Even at a more basic level, it meant safety; somewhere to be where we felt secure.

In today's world, comfort has taken on a far more indulgent position. Now, it is about what kind of car you drive or what kind of sushi you will eat at lunch. Or organic chicken. Or something at the fast food place. The choices are endless. The comfort is pervasive. Now, it's about an abundance of places to live or work or study or be employed. Now, comfort has become so ingrained into who we are that anything that comes along to challenge it is seen as a threat; a threat to who we are, a threat to our comfort, a threat to our safety.

Change in the workplace is no different. It brings on a whole host of anxieties that I believe are programmed into the basic DNA of who we are. We hate change and fight it any chance we get. Whether it's moving from one role to another or getting downsized or starting a new job, we fear change. We fear the unknown, the unfamiliar. But most of all, we fear change as it brings us out of our comfort zone.

However, change is the only thing that we can count on and rely on! Year after year, season after season. I often wonder why the old adage that says "the only thing you can count on is death and taxes" never included *change* because it is a consistent and ongoing story that is as old as time. Change stops for no one. It waits for nothing. It is one of the only things that we encounter over and over again throughout our lives. There is a constant flux of change that is right on the horizon, threatening to break our comfort zone.

It seems that change brings on a protectionism that is as strong a force as anything in nature. We fight change at work as if our primordial lives depend on it, as if we were seeking fire or shelter. Yet, it is just a shift in title or a change in some HR policy. No matter, we fight it as if our lives depend on it.

But we need to begin to get comfortable with being uncomfortable.



You see, comfort is overrated. Because what you do with being uncomfortable defines how you succeed. The creator mindset is always looking at change as an opportunity. It looks at the uncomfortable being comfortable, a moment of profound consequence as the road you thought you were on suddenly shifts another way. It is within this shift that you can find an opportunity. And creativity lies in that opportunity. That opening finds possibility. It just takes a creative way of looking at the problem.

When we are stuck looking at a change in terms of what is "good" or what is "bad," we lose the real meaning in change. That is – there is no meaning in change, no attribute we can define as being either positive or negative. And it drives us nuts! "You mean to tell me that getting fired was good? How will I feed my family or pay my bills?" you might ask. But the road of history is lined with events we might initially view as being negative or "bad," only to find out later that they were actually a blessing in disguise.

Which is precisely what ended up happen-

ing to me in middle school. I was so bored in elementary school that the shift was a breath of fresh air. If it were up to me, I'd have stayed in elementary school forever. But, little did I know, the change to middle school was a blessing. I formed a band! I enjoyed the new and more challenging topics! I relished the freedom! And most of all, I learned that being uncomfortable from time to time was not such a bad thing.

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



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# Get In-Powered! Could Your Past Hold the Answer To Your Best Future?

BY EDWARD A. RODRIGUEZ



Edward A. Rodriguez

Have you ever felt that you needed "more of you" in order to achieve that important project or fulfill that desired dream? Have you ever said to yourself, "If only I had more willpower, better self-esteem, more resilience, or more discipline I would be getting more out of life."

Not long ago, I was having a coaching session with one of my clients. She gave me permission to share part of her story, but let's call her Marie, a 37-year-old woman. She considered herself to be introverted and shy. She had a goal of having an on-line business that kept getting the #1 spot on her list of New Year's resolutions, but, for some reason, kept getting pushed out to the next year, then the next and then the next. Has that happened to you?

When I asked why she had this goal, you could see her face glowing while answering, as if she, all of a sudden, forgot she

was "shy." The core of the conversation continued like this: Edward: "What do you think is holding you back?"

Marie: "I don't know ... I guess I don't I have what it takes."

This was a major underestimation of herself. Marie is a very smart, talented woman with a great position in a big corporation. She graduated with a major in business administration and has studied and worked in internet marketing. She certainly has the skillset to propel her to online success. Edward: "What has been the biggest challenge you have to face in your past?"

She went into a deep silence, took a deep breath...

Marie: "When I was eight, my father was an alcoholic. Whenever he got drunk, he would start beating my mom. He was a strong, 6'4", 260-pound man. This used to happen two or three times a month. My mom did know how to defend herself."

Edward: "How did you react?"

Marie: "Sometimes, I would go to a corner, covering my ears and closing my eyes, but most of the time, I would literally jump on his back, trying to make him stop or throw myself on top of her body as to take the abuse. Sometimes, he would stop."

Edward: "You are amazing. Now that you are older, what qualities do you think you had to have when you were eight in order to confront the situation the way you did?"

Marie: "Resourcefulness."

Edward: "How so?"

Marie: "I was only a child in front of this abusive giant. For me to jump between them or try to grab him and make him stop was an almost losing proposition, but I would not let go and kept yelling my lungs out."

Edward: "...Yet, that belief did not keep you from trying. What other qualities did that 8-year-old have to have?"

Marie: "Fearless and risk-taking. Persistent. Resilient. Did not allow the size of the challenge to stop her from doing what she thought was the right thing to do."

She was on a roll.



Get In-Powered!

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



# Better Call Saul

BY SAUL MARKOWITZ



As I'm writing my second column (hey, who's counting?), my family and I are packing up our "stuff" and heading back down to our home in Lake Nona. Can't wait to see all my newfound friends back in the home of palm trees, alligators and schvitzing (look it up!).

In the world of public relations, you never, ever know what might happen from one day to the next. I might be scheduled to work on an advanced media day for Cirque du Soleil or create press kits for the start of the new holiday shopping season for both of my Simon Property Group malls in Pittsburgh.

It never gets old seeing the faces of my clients – or possible new clients – when my team and I tell them, "We'll do everything possible to tell your story to the general public – but we can't guarantee ANYTHING. No legitimate PR/marketing company can ever promise or guarantee that the media will cover their story or attend their upcoming press event. Sorry." As I said in my last column – it's always best to just tell the truth. I will illustrate why I share this bold truth with my clients.

What an amazing day it was on this incredible September morning 17 years ago. Markowitz Communications was hired to help promote and publicize the first Krispy Kreme Doughnut (KKD) location and its grand opening in the Pittsburgh region. (Who doesn't love a yummy, hot, glazed

doughnut, right?) We began PR-ing a few months before the grand opening. We decided to invite two guys dressed as "secret service" agents to arrive at the construction site driving a car wrapped with the KKD logo. With every major media outlet present, the guys stepped out of the car and delivered the first dozen doughnuts to Pittsburgh. Let the hype begin!!

It took a few more months before the building was completed. We continued building positive hype. Suddenly, people couldn't wait for opening day and the site of the "Hot Doughnuts Now" sign. We found people locally who would do anything to get their hands on one of these doughnuts. They were all willing to talk to members of the media and help us continue building awareness for the grand opening.

Where to go from here? Got it! Let's have a contest to help bring more people to and build more hype for the grand opening.



KKD Cranberry opening

Here's what we'll do (this worked for all nine previous KKD locations we promoted and opened in the tri-state area) ... Are you ready? "The first one in line for the grand opening will receive FREE KKD DOUGHNUTS FOR A FULL YEAR!"

Once the word of the contest began appearing throughout all major media outlets, we found our winner: a nice and



KKD Cranberry Opening

doughnut-crazed woman who worked for a national airline and would use her free round-trip tickets to buy dozens of Krispy Kreme's and bring them back for friends in Pittsburgh. And she had an extremely cute dog named (I'm not making this up) Sir Krispy Kreme. Some of my friends in the media thought that she had to be one of my relatives. It was too perfect for building hype. (BTW, no relations whatsoever – sorry.)

So, picture the scene.

Beginning around 1 a.m., an extremely large and loud crowd began waiting in line at the new Krispy Kreme location in Cranberry Township – a 15-minute drive from downtown Pittsburgh. The first person in line began waiting 24 hours before the 5:30 a.m. official grand opening and lighting of the "Hot Doughnuts Now" sign. We were so proud of the crowd and especially the scores of

media outlets who arrived to cover our festivities. Every major local television aired the early morning event LIVE. Incredible and a PR dream!

And now the rest of the story. (Stole that from the late, great Paul Harvey.) We were so thrilled with all media coverage from 5:30 a.m. through approximately 9 a.m. Most of the media began leaving around 8 a.m. or so. At one point, an extremely popular anchorwoman from the local ABC affiliate (she was there to support a live radio remote from the most popular oldies station) decided to pack up and leave our location. I remember giving her at least five dozen doughnuts to bring over to her TV newsroom to thank everyone for their amazing coverage.

There was one television station left on the scene at 9 a.m. The station was planning on producing another live shot at noon. (Love that!) But that never happened. The date was September 11, 2001, and while two planes were hitting the World Trade Center in New York City, my staff and I were spending the morning promoting the first Krispy Kreme Doughnut location in Pittsburgh.

And the anchorwoman who went back to her station to deliver a few dozen doughnuts ended up spending the rest of her "day off" back on the news desk. It was a news day she'll never forget.

The world changed forever that day. And so, as I said, no legitimate PR firm should ever guarantee coverage. Any questions?

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





# Nona Growth: Boxi Park

ARTICLE BY SOPHIA ROGERS  
IMAGES PROVIDED BY TAVISTOCK  
DEVELOPMENT COMPANY

## BOXI — PARK —

In keeping with Lake Nona’s zest for innovation, Tavistock Restaurant Collection has a new first-of-its-kind project in the works. Set to open in December, Boxi Park is quickly coming together, just south of SR 417 on Lake Nona Boulevard. Location, purpose and sustainability make this new concept one to watch.

So, how did Tavistock come up with the idea for the first recycled shipping container park on the East Coast, right here in Lake Nona? “We went and traveled all over the U.S. visiting trendy venues in D.C., Austin, California, Las Vegas – then we set out to customize for Lake Nona and its diverse population,” says Jessi Blakley, senior director of strategic communications at Tavistock Development Company.

The 30,000-square-foot, family- and dog-friendly outdoor district will include a mix of restaurants and bars, beach volleyball courts, and a live entertainment venue. It is the latest addition to the Lake Nona Town Center, which currently includes two award-winning hotels, Chroma Modern Bar + Kitchen, Bosphorous Turkish Cuisine, Park Pizza & Brewing Co., Jacq & Jack full-service salon and barbershop, a Class-A office building, LandonHouse apartment community, and the flagship location of Drive Shack.



Constructed completely out of repurposed shipping containers, Boxi Park hopes to reimagine community engagement in Central Florida for both locals and those visiting. When complete, the vision for Boxi Park is that it will be a location for all ages to have fun. The outdoor entertainment district will create unlimited possibilities to relax and unwind. Boxi Park will include curated food and beverage options showcasing different cuisines, two full-service bars serving a selection of cocktails, and a wine and beer garden featuring its own craft beer line.

What makes Boxi Park unique is how it will act as an incubator for multiple din-

ing options and a varying roster of restaurants. Restaurants will be able to try new concepts without the commitment of having to build out a complete restaurant. Blakley shares, “For us, what’s exciting is the attraction to bring people from all over the U.S. Opening a restaurant can be costly and tough; Boxi Park will have full kitchens built out so they can move right in.” And as the Town Center expands, the park’s unique temporary structure also allows the containers to be moved. Blakley calls this “ex-



periential” for Lake Nona.

“Lake Nona is about connecting people,” said Jim Zboril, president of Tavistock Development Company, developer of the innovative community. “We have worked tirelessly to create engaging opportunities for our residents, businesses and visitors – places to connect. Boxi Park will provide a unique entertainment venue to relax, grab a beer, let the kids run around, and enjoy the sunshine. We’re very excited to bring this new concept to Central Florida.”

A fun fact: The trees planted for shade in the park are large, 60-foot live oak trees that are part of a larger relocation initiative from Tavistock Development Company to preserve and move more than 100 trees from wetlands located on the southern border of Lake Nona.

For more information about Boxi Park, please visit [BoxiParkLakeNona.com](http://BoxiParkLakeNona.com) or @BoxiParkLakeNona on Facebook and Instagram. Interested in becoming a vendor? Email [contact@tavistock.com](mailto:contact@tavistock.com).



*Sophia Rogers is a Lake Nona-area real estate professional and founder of [NonaHomeGuide.com](http://NonaHomeGuide.com). A wife and mom of four, family, relationships and real estate are her passions.*



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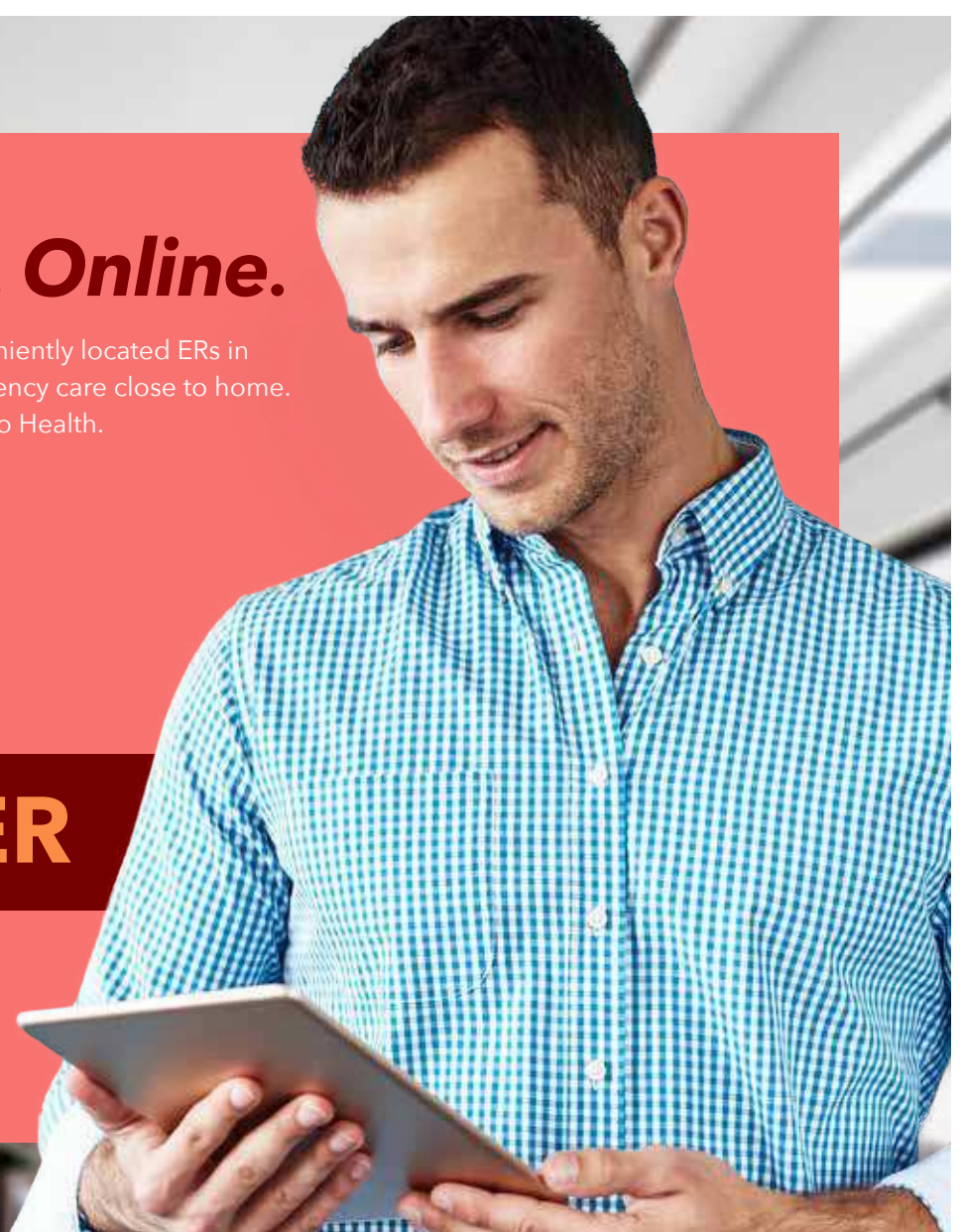
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## The Artist: Allison Danielsen

BY VANESSA POULSON



Allison in front of Forest Sky Painting

Vibrant, beautiful pieces with admirable amounts of energy that she channels ... that is perhaps the best way to sum up the artwork created by Allison Danielsen, a local artist here in Lake Nona. Her use of extraordinary color captures the intricate beauty of natural and imagined landscapes as well as people. Her artistic talents have led her to create pieces currently under review for publication at the Mayo Clinic, assist her friend, Maggie Fischer, in painting her mural in Laureate Park Elementary School, and be hired to complete a mural for a music classroom at Duval Charter School at Baymeadows in Jacksonville. “Art creates opportunity if we let it, and even doing a little can help us grow a lot over time,” said Danielsen.

Born in Poughkeepsie, N.Y., which is about an hour and a half north of New York City, Danielsen later moved to Washington, D.C., to finish college before spending 10 years in the D.C. area, where her husband is from, and then moving to Orlando. Danielsen minored in fine arts and studied art therapy at George Washington University, witnessing first hand the impact a creative outlet can have on overall wellness. She also worked with patients in a psychiatric day program who were battling serious mental illnesses and used art as a way to release negative energy or gain a sense of accomplishment.

The two found themselves attracted to the Lake Nona area in December 2014 because of a job offer, along with its technology, varied home styles, and all of the activities offered.

Danielsen explains that she has been creating since a young age. “Even as a little kid, I always told my mom that I wanted to be an artist when I grew up. My mother is an artist and has her BFA in printmaking. She always encouraged us to be artistic,” Danielsen said.

She recalls using art as a way to channel her own energy, even while being a perfectionist and wanting to fight her “Type A” tendencies. Though she doesn’t draw and paint for a living, she says her day job has allowed her to “develop products that help young people learn about career paths aligned with their interests and inspire them to take action to pursue their goals.” Both art and her day job keep her motivated to learn over the course of her life and not feel like she is missing out on an opportunity to do more.

“The more ‘perfect’ I try to make a piece, the less successful it tends to be,” said Danielsen. “I faced a health issue a couple of years ago that required me to take a step back from full-time work temporarily,

and, in that time, I was able to recommit to drawing and painting.”

Danielsen finds inspiration for her work in several different mediums, including family, friends and travel. She has been able to take a variety of different art classes with extraordinary artists and learn from them. She’s also done one-on-one sessions with Noreen Coup and PJ Svejda and has studied portrait, landscape and floral drawing and painting, using oil, acrylics, pastels, watercolors, charcoal, palette knife and alcohol inks in the process.

Two projects she cited as the most rewarding and most difficult were her work on a recent triptych piece that depicts a sunset in Laureate Park. She was able to use a



Alcohol Ink Landscapes.



Jacksonville Music Room Mural.

lot of different techniques to make the painting come to life, and with each of the panels being 36” x 48”, the entire piece is nine feet wide and four feet tall. The inspiration of the piece was a photograph taken by her father-in-law.

“He [referencing her father-in-law] has gotten into photography in his retirement, and I love how the picture captured the beautiful sunsets we have here in front of the unique homes. I started with layers of wet fluid acrylics for an underpainting. Then I added multiple layers of oil paint, gel medium and some palette knife work to add texture. The vision of the piece shifted as I worked based on how things were coming together. It was fun and exciting to see things change over time,” said Danielsen.

On the other hand, the hardest piece was perhaps the six drawings Danielsen did in an art class in college for her final pro-



Allison painting LP Sunset

ject. The drawings depicted a close friend’s journey as she battled and ultimately lost her fight against brain cancer. “I used a limited palette to tie the pieces together.

The project was difficult because it was so personal and forced me to review everything that she had gone through in a relatively short period of time. Despite the significant changes to her face due to brain surgeries, chemo and medications, she had a persistent smile that showed her strength, which I was happy to be able to document.”

Danielsen has several other artistic projects currently on the horizon, including an outdoor painting workshop in December and a second mural to complete at Duval Charter School at Baymeadows in Jacksonville. She hopes that she gets to continue to learn and grow through her artistic creations, whether that be in landscapes or portraits.

You can find Danielsen’s work on her website: [allisondanielsen.com](http://allisondanielsen.com). She also has a painting on display in the Winter Garden City Hall for Crealde’s “Art of Mentorship” exhibit through Dec. 31. If you’re interested in purchasing or commissioning a piece, you can email Danielsen at [allisondanielsen@gmail.com](mailto:allisondanielsen@gmail.com).

### NOMINATE AN ARTIST

We are looking for interesting artists who live in the Nonahood to be featured. If you or someone you know should be nominated to be a Nonahood News Featured Artist, send your nomination to [nonahood.to/artist](mailto:nonahood.to/artist).





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## A NOTE FROM THE CEO

BY DON LONG



Now that Thanksgiving, Black Friday, Small Business Saturday AND Cyber Monday have come and gone, I hope you can settle in a relaxed spirit of the holiday season. If all of the food and family of Thanksgiving along with all of the pressure of deciding on the perfect gift did not leave you seeking for relaxation and some fun, you are truly a marathon expert.

### Holiday Party

I know I am ready to relax and enjoy the holiday spirit. Please join me for the chamber's first Holiday Party on Tuesday, Dec. 4 at Florida Hotel and Florida Mall. This event is our December *First Tuesdays* and the folks

at the hotel are decorating the Symposium Ballroom with the full holiday spirit. So, you will be greeted with:

- Two drink tickets per person (Symposium – full bar), then cash sales
- A full spread of hors d'oeuvres
- Florida Hotel will upgrade cash bar and hors d'oeuvres for chamber guests
- Coupon book from stores in the mall to enhance your continued holiday shopping

Additionally, this is the first member meeting of the chamber, ever. The evening will include a short program of awards and the installment of six new members on the board of directors. We encourage all to wear their most "impressive" holiday attire and come prepared to celebrate. Prices are extremely reasonable for chamber members at \$25 each or \$45 per couple or \$35 for non-members. Visit the [www.LakeNonaCC.org](http://www.LakeNonaCC.org) events page to register or call (407) 796-2230 for more information. Stay tuned to our informational channels as we announce even more exciting items about this event.

### Chamber Update

Your chamber added more than 180 new members along with eight partners since the beginning of the year. Much of this progress is due to the positive attitudes and forward-thinking of our Lake Nona community. I also wish to welcome a new partner at our Trustee/Platinum level: Florida Hospital, soon to be AdventHealth, joined our list of progressive thinking partners in November. Please join me in welcoming them to our family.

As always, whether you are a member, a prospective member, starting a business or new to the area, do not hesitate to ask your chamber directors or staff for any assistance we can provide. Contact [administration@lakenonacc.org](mailto:administration@lakenonacc.org) or call (407) 796-2230.

*Happy Holidays to you all and a Happy New Year!!!!*

## EVENT GALLERY



**Oct. 20 Ribbon Cutting/Grand Opening and Fall Family Funfest for Laureate Insurance Partners**  
Membership Director Arbra Calvert (right), Chamber Ambassador Nicole Perez (right), and President/CEO Don Long (left) join the staff of Laureate Insurance Partners, (from left to right) Tara Wikoff, marketing coordinator; Julie Newman, personal risk advisor; and Joe Finney, firm president, at their new location at 13630 Sachs Avenue, Orlando, FL 32827. (Photo by Mitchell Guida)



**Oct. 26 Business Luncheon with Atlas Training Solutions**  
Keynote speakers, Dr. Chris Stabile (center right) and Rebecca Parrish (center left), join President/CEO Don Long (left) for the Chamber's October Business Luncheon to discuss *Adaptive Training, for Learning Applied Skills* at the Ronald McDonald House. Tom Wallace (right) with Centennial Bank spoke as event sponsor for this monthly networking event. (Photo by Bethany Osborne)



**Nov. 6 First Tuesdays Exclusive Members-Only After-Hours event at The Belfry Restaurant at Eagle Creek Golf Club**  
Event sponsor Jones Homes USA representatives Josh Hazen (left), Kaylee Jadeid (center right), and Tim Blackwell (right) join President/CEO Don Long (center left) for an evening of business networking among the Lake Nona community. (Photo by Bethany Osborne)



**Nov. 8 Breakfast Connections with Chief Judge Fred Lauten of the Ninth Judicial Circuit (Orange and Osceola County)**  
Chief Judge Fred Lauten (center left) spoke on the *Financial Crisis of Florida's Judicial Branch and the Resulting Closure of our Local Complex Business Court* at the Chamber's November Breakfast Connections at the Lakehouse. President/CEO Don Long (center right) joins event sponsor representatives Gary Salzman (left) and Scott Danahy (right) of Garganese, Weiss, D'Agresta & Salzman, P.A. (Photo by Bethany Osborne)





## Chamber Memberships

MENU OPTIONS:  
INDIVIDUAL - BUSINESS -  
PARTNERSHIPS

An employee/representative is considered as:  
A non-1099 employee; anyone who fills out a W2  
Includes owners and all full-time employees  
2 part-time employees = 1 full-time employee

INDEPENDENT CONTRACTOR: \$200.00  
BUSINESS BUILDER: \$200.00 1-5 EMPLOYEES  
CONTRIBUTOR: \$300.00 6-10 EMPLOYEES

ADVOCATE: \$500.00 11 + EMPLOYEES  
& ALL BANKS/CREDIT UNIONS

CHARITABLE NON-PROFIT 501(C): 25%  
DISCOUNT ON APPROPRIATE MEMBERSHIP

POLITICAL CANDIDATE: \$150.00

STUDENT / TEACHER / NON-BUSINESS  
INDIVIDUAL / RETIREE: \$75.00

### Partnerships

Best Marketing Advantage -  
Stakeholder Partner: \$1,500.00  
Visionary Partner: \$3,000.00  
Anchor Partner: \$5,000.00  
Advisor Partner: \$7,500.00  
Trustee Partner: \$10,000.00  
Title Partner: \$20,000.00

Lake Nona Regional Chamber of Commerce -  
6555 Sanger Drive, Orlando, FL 32827  
407-796-2230 [www.lakenonacc.org](http://www.lakenonacc.org)

Membership prices good through December 31, 2018 only.

## MEMBERSHIP RENEWALS

October 15 - November 14, 2018

Bainbridge at Nona Place  
Bosphorous Turkish Cuisine of Lake Nona  
Boutique Spa Services  
ERA Grizzard Property Management  
Gemilang Solutions  
M.H. Rosenthal Law, PLLC  
Quality Title & Escrow, LLC

## NEW MEMBERS

October 15 - November 14, 2018

Baker Barrios Architects, Inc.  
Boxi Park  
Canvas Restaurant & Market  
Chroma Modern Bar + Kitchen  
CoolThings Patio Furniture  
Executive Business Advisors  
L & S Enterprise Solutions LLC  
Nona Adventure Park  
Nona Sushi  
On Fire Merchant Services  
Orlando City Soccer  
Park Pizza & Brewing Company  
Penny For Your Thoughts Counseling Florida, LLC  
Security Financial Management, Inc.  
TMW Insurance Agency, LLC  
Venice Nails and Spa  
Watson, Shelly

*Holiday Party*

You are cordially invited to the  
**Lake Nona Regional Chamber of Commerce  
Holiday Party and Member Banquet**

Join us Tuesday, the 4th of December 5:30 p.m. to 7:30 p.m.

**The Florida Hotel and Conference Center**  
1500 Sand Lake Road, Orlando, FL 32801

**Event Details:** Members-\$25, Member plus 1 Guest-\$45  
& Non-Members-\$35

**Ticket Pricing includes:** Two Drink Tickets per person, Heavy  
Hors d'oeuvres & The Florida Mall Coupon Book!

Please visit [www.lakenonacc.org](http://www.lakenonacc.org) for Registration

## Upcoming Events

### Dec. 4: Holiday Party and Member Banquet at The Florida Hotel and Conference Center

**Event Details:** \$25 for Members, \$45 for Member plus 1 Family Guest, and Non-Members \$35. Ticket pricing includes two drink tickets per person, heavy hors d'oeuvres, and a Florida Mall coupon book.

**Time:** 5:30-7:30 p.m.

**Location:** 1500 Sand Lake Rd., Orlando, FL 32801

### Dec. 13: Breakfast Connections at The Belfry Restaurant at Eagle Creek Golf Club

**Speaker:** My Stylist Personal Shopper Christina Marsico

**Keynote Topic:** Latest Trends for the Holiday Season with Great Gift Ideas

**Time:** 8-9:30 a.m.

**Location:** 10350 Emerson Lake Blvd., Orlando, FL 32832

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



# Tough Things To Talk About: The Giving Spirit

BY VANESSA POULSON

December and the holiday season are usually a time for family, friends, gift giving and general excitement for all the things that make this time of year so unique and special. There's something in the air that tends to make people feel more hopeful

or brighter than they do in the other 11 months of the year, and for that reason, aligning yourself in the cheerfulness of the season often seems like a given expectation for this time of year.

There's no doubt that the holidays bring about a variety of different emotions for people. For one, they can be a time to reflect on past memories with the people you're close to. For others, they can fulfill a religious purpose. All in all, the holidays are a time that can bring about a variety of different emotions for different people, with not all of them being the most comfortable, especially if these emotions tend to be atypical compared to those of your coworkers, friends and family members.

The holidays become particularly difficult after the loss of a loved one, the changing

of one's faith, or moving away from friends and family. It can be hard to get into the same cheerful or happy mindset when it feels like all the aspects of the holidays that make you want to be happy have been stripped away or have shifted from what you once knew them as.

Even more so, when your religious affiliation doesn't align with the rest of the general public's during this time of year, it can be easy to feel excluded or considered "other" among friends and coworkers celebrating. That can really take away from feeling that wonderful feeling that this time of year is supposed to bring.

However, I think that there is a different way to look at things that not a lot of us consider. Your perspective on the holidays has a lot to do with how you allow your-

self to feel about them. Beyond the aspects of faith that are the pinnacle to the holidays for so many people, there is also something far greater that also has withstood the test of time in these later months of the year. This is the ability to be compassionate, generous and thoughtful, and, perhaps most importantly, learning to express gratitude. Each of these exists beyond the boundaries of religious affiliation and are part of a moral compass each of us should follow beyond the holiday season. Yet,

this time of year is a great time to practice these things, and you might be surprised just how easy it can be.

Practicing gratitude and embracing "The Giving Spirit" is more than just an idea used around the holiday season to characterize purchasing or receiving gifts to and from your loved ones. Practicing gratitude means waking up each day and recognizing where you are, where you are going, what you have, and what others may not. Being thankful today and every day is a great tool for putting some perspective on things in our lives we might otherwise take for granted if we did not take the time to look at it through the lens of practicing thankfulness. Executing this practice doesn't mean that you have to go out and complete grand acts of kindness or compassion. You can start within your own household, appreciating the little things that often go unnoticed if you don't look too hard.

The truth is, kindness might be part of some of the religious messages of the holidays, but kindness is something that can be practiced and appreciated no matter your religious affiliation or lack thereof. We, as a society, are given the choice every day to choose our attitude and reaction to the circumstances in our lives. We can respond with jealousy, envy, hatred and callousness, or we can be kind, supportive, appreciative and compassionate instead.

There is no book or teacher that can provide an understanding of the human spirit the way experience and giving love freely can. Take this time of year to remember your compassion instead of shying away from it and remember the real reason for the season.



# Rising Above: Man Plans, God Laughs

BY SAMIA SOLH

We've all been there. We dream of a day, or an event, and we think of every detail; how it will look, sound and smell. We imagine it from every angle and how it will look on our Instagram feed. The day finally arrives, and it's nothing like we expected. Whether it's a relationship, an event, a proposal, a job or a business meeting, it is not at all as we expected. Most people will drive home replaying every moment, sulking when comparing it with the imaginary version, and even laughing at how far off they were in their expectations. It happens to the best of us. Expectations gone wrong can be real life downers if not managed well.

So, what do we do? Stop planning and daydreaming of every small detail? That's usually my favorite part of any upcoming event! Research around the subject says that you don't exactly have to lower your standards nor expect nothing. However, the advice is to be mindful of your thinking process and acknowledge the difference between setting criteria and having solid beliefs that an event will pan out exactly how you imagined it.

The actual definition of expectations is: "A strong belief that something will happen or be the case in the future," usually based on assumptions. When you assume someone is going to behave in a certain way, you have to remember that it holds them to no obligation to do so. This expected behavior wasn't agreed on between you two. Expectations are especially tough when they involve other people because they bring their own emotions based on their day, personality or life. You can never guess how a person will behave. Having any kind of expectations of others can really be setting yourself up for disappointment.

Here is a simple example of how altering

my expectations changed my perception and helped me cope with sleep deprivation with my firstborn. None of the books I read about what to expect actually prepared me for what was to come when I wasn't sleeping at all! I mean, at all! Maybe for 30 minutes here and there throughout the entire 24-hour day, and I was about to lose it. I just wanted to sleep for a few hours; I wasn't even expecting five or six hours of sleep, but I certainly was expecting a minimum of two or three consecutive hours. Which apparently is too much to ask when your baby is only a few days old and needs to nurse hourly.

After days of agony, tears, anger and frustration, I got on Google to see what other moms were doing. One sentence on a message board changed my entire experience and allowed me to enjoy those few months rather than just be irritated the entire time. The sentence was, "Don't expect sleep." Ta-da! Something just clicked in my brain, and I decided to do that. I got my Hulu, Netflix, snacks and books ready to get me through that night and did not expect to sleep at all, and it just made the process so much easier and more tolerable. I was still exhausted, I still needed my sleep; I just wasn't miserable anymore. That was an eye-opening moment for me about expectations in life in general and how to manage them and how it affects your life.

Another "Ah-ha" moment was when I started my first business. I would nearly give myself an aneurysm anytime something happened that wasn't planned or expected. After talk-

ing myself down from the (metaphorical) ledge a few times and having a heart-to-heart with myself, I concluded that I needed to start expecting issues when it came to my business. Who said it was going to flow easily and nothing at all would arise that will disappoint me or set me back or change my entire budget for the year? I had to expect it to be challenging. I had to expect issues on a daily basis. Starting a business is not for the faint of heart. Once I altered my perception and became more aware of that reality, it prepared me to run my business with more strength and less stress.

## Tips on how to manage your expectations:

- Don't mistake expectations for goals.
- Hold on to your positive aspirations.
- Be mindful when setting criteria not to

be too impractical or unreachable.

- Accept what curve balls might come and go with the flow. Add "C'est la vie!" to your list of mantras.
- Hope, don't expect.

Please share your stories of how you managed your expectations in life where it led to a better, more positive state of mind.

"He was swimming in a sea of other people's expectations. Men had drowned in seas like that."  
— Robert Jordan,  
New Spring





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## Local Church Determined to Be Part of the Solution

BY PHILIP LONG

Pastor Collin Outerbridge felt it as he scrolled through his Facebook feed. That nagging feeling of helplessness that comes with seeing so many people pointing fingers at others for the problems in the United States.

Outerbridge, the pastor at Nona Church, was chewing on this for a couple of weeks back when he walked into a staff meeting and said, "What if we could be part of the solution? What if we challenged everyone in our church to give \$40?"

"Let's do it!" they replied.

They took it to the church congregation, explaining that alone, it's hard to make a difference, but collectively, they could be a huge blessing to the Lake Nona community. This further reinforces their rationale, "Better Together."

The church staff identified about \$12,000 worth of projects but were blown away when the church responded by giving

more than \$23,000 in just a week! And people are still giving!

The church is giving it all away to partners already making a difference in Orlando. They asked their partners what their biggest needs were and how they could best meet those needs with the money they'd raised.

A few of the needs they've helped meet include...

- Helping to renovate the teen center at **South Orlando YMCA** in Oak Ridge ([ymcacentralflorida.com/y-locations/south-orlando](http://ymcacentralflorida.com/y-locations/south-orlando))
- Purchasing 1,000 meals at **Second Harvest Foodbank of Central Florida** ([feedhopenow.org](http://feedhopenow.org))
- **Greyson Project**, which gives Christmas trees, decorations and food to families at local hospitals who can't make it home for Christmas ([thegreysonproject.org](http://thegreysonproject.org))
- **Central Florida Children's Home** (<http://cfch.net/about>)
- And there's more to come!

With such an outpouring of love through giving, Outerbridge is giddy when he says, "You know how fun it is to be able to give so much away?! We want people to know that our church is for everyone who calls the Nonahood home."

When you go to [nonachurch.com](http://nonachurch.com) to learn

more about this organization, you will find that they are all about community when they state, "Nona Church Sunday gatherings are a celebration of what God has done in the lives of our community during the week. Our music is engaging, our message is Christ-centered, and we do it all together in community. We believe church is meant to be enjoyed, not endured!" If you'd like to join in the fun of giving, serving, and participating in random acts of kindness to help the community, you can reach out to Nona Church by calling (407) 243-5197, ext. 5197, or emailing [info@nonachurch.com](mailto:info@nonachurch.com). Nona Church meets at 9 and 10:30 a.m. at the Lake Nona YMCA located at 9055 Northlake Park Way.



Pastor Collin Outerbridge, third from right, enjoys a little downtime to chat during Nona Church Nights, an evening gathering that features the same message as Sunday morning in a coffeehouse setting

*Philip writes for Cru, a non-profit organization committed to offering spiritual guidance and changing lives by connecting people in the community and throughout the world to Jesus Christ. Philip majored in History, minored in English, and then studied Hebrew and Greek for post-grad.*



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## USTA: Gearing Up for the 2019 Campaign

BY DANIEL PYSER  
PHOTO CREDIT, USTA

December is the one month of the tennis year that the professional tennis calendar goes quiet, as the 2018 season came to a close in November and players across the world gear up for the 2019 campaign, which starts in January in Australia.

While the big stadiums and arenas are empty, the Adidas Performance Center at the USTA National Campus will be bustling with activity as a number of the top American professionals will be hard at work with the USTA Player Development staff. December is crunch time for the players' off-season training regimen when they work on their fitness and fine-tune their games heading into the 2019 season.

2019 will be a tremendously important year for a number of the young stars who call Lake Nona home after breakthrough campaigns in 2018. Joining Lake Nona mainstays Madison Keys and Frances Tiafoe, the highest-ranked woman and man, respectively, who train at the USTA National Campus, are a number of other young players who now find themselves ranked amongst the world's Top 200.

Amanda Anisimova, Caroline Dolehide and Francesca Di Lorenzo are all under the age of 22, and each had impressive results in 2018, not to mention 19-year-old CiCi Bellis who, once ranked as high as world No. 35, is set to return from an injury that kept her sidelined during most of 2018.

On the men's side, 23-year-old Mackenzie McDonald finds himself ranked a career-best No. 76 after a summer campaign that included a fourth-round appearance at Wimbledon.

These players and more will be toiling away on the courts and in the gym throughout the month of December at the USTA National Campus, culminating with the American Tennis Showcase, a free public exhibition that will take place on Thursday, Dec. 20.

The American Tennis Showcase will not only serve as a training opportunity for the players to experience a match-like atmosphere, but it will also give the Lake Nona community the chance to watch the nation's best young players in person.

The players will compete in both singles and doubles in front of a crowd in an attempt to simulate the atmosphere they will soon find themselves in, whether it be at the Australian Open or other early-season tournaments. For the fans, it will be an opportunity to watch some of the best tennis players in the world in their own backyard for free.

In addition to the world-class tennis talent, the event will feature free kids' activities, live music, specialty food and drinks, as well as an autograph session with the participating athletes. For those who cannot attend, the American Tennis Showcase will be carried live on the Tennis Channel. The event begins at 6 p.m.



USTA National Campus



# Feeding Children Everywhere Launches Full Cart Project

ARTICLE BY BRITTANY BHULAI  
PHOTOS PROVIDED BY FEEDING CHILDREN EVERYWHERE

Feeding Children Everywhere recently held its second annual Impact Breakfast on Nov. 1. They discussed a new project called Full Cart that had been launched on Sept. 1. Full Cart is a grocery kit designed to feed the hungry and is delivered straight to their doors. All a family has to do is pay for shipping.

Christina Tineo is the vice president of people and culture for Feeding Children Everywhere, a nonprofit organization with a mission to end world hunger. She's had this position for seven years. She says when they first started out, there were six of them in the back of a tiny warehouse. They knew they wanted to feed people, and over the years they've seen it grow and impact millions of people. They now have six different offices in the U.S.

I interviewed Tineo on the new project called Full Cart and



and packed full of protein. It has dehydrated vegetables in it. We've got a pasta meal for them to make. We've got a soup mix they could make. We've got a breakfast option with some oats. We have our version of Hamburger Helper, which is called Hamburger Hero. We're in the process of adding a mashed potato side. We want main courses, side options, breakfast options, kids' options. Month to month, it will look a little different. We always add new items to it to spice it up and give people a variety.

**BB: Can this be delivered to people's doors?**

CT: Yes, so that's the cool thing about the Full Cart program. They order online in an online form, and the food is delivered right to their door. For a lot of people, it's hard



was able to gain insight on what it is all about.

**BB: When was Full Cart launched?**

CT: There was a pilot program called Fed 40 that was launched first, actually. It turned into Full Cart. Full Cart is the 2.0 version of what Fed 40 was. The new Full Cart was launched this past summer.

**BB: What makes Full Cart so different from other approaches?**

CT: I think the thing that makes full cart different and special and unlike any other food aid program is, first off, the demographics that it's targeting. A lot of people are obviously in need, but the demographic that we're really shooting for is one that gets overlooked quite often because they're hard-working Americans. Maybe they have even two, three jobs, maybe they don't even qualify for some of the benefits such as SNAP (Supplemental Nutrition Assistance Program), but they're still very much in need. They are consistently, month to month, having issues where they don't know how they're going to feed their family. That's the person we're really trying to help. They need a break because life is expensive, schooling is expensive, food is expensive, so we're trying to help that group by giving them more affordable options when it comes to feeding a family.

**BB: If you're not a part of a family, can you still benefit from your service?**

CT: Absolutely, yes. Individuals, families, it's really open to all people. There's really not any stipulations to it.

**BB: Full Cart was valued at \$40 and is now valued at \$80. What are some of the items included inside?**

CT: There are multiple different meal options. What we try to do is poll our audience and say, "What are some items that you want to see, and what are some of the items that would really help stretch your grocery budget?" Some of the top things people said is, "Give me a Hamburger Helper-type of meal. Give us a mac and cheese that my kids will eat without question." We've got a lot of feedback from that, and then we developed what we put into the meal. We've got a jambalaya which is so healthy, so delicious,



for them to get to a food bank, for a lot of reasons, maybe because they're embarrassed or maybe because food banks are only open during working hours. Whatever the reason is, we wanted to make it very easy and very convenient.

**BB: How can someone volunteer for Feeding Children Everywhere?**

CT: Go to our website at [feedingchildreneverywhere.com](http://feedingchildreneverywhere.com), and some of the best help they can do is donate because that's going to go straight to feeding people. As far as using their time, we have tons of packaging options that we call "Hunger Projects" where people can come to our facility, they can sign up online and look through the different open opportunities if there are community projects we have available for them. They can always host a Hunger Project themselves.

*Feeding Children Everywhere began in 2010 and is a nonprofit organization that has packaged 100 million meals overseas and at home. Go to [feedingchildreneverywhere.com](http://feedingchildreneverywhere.com) to learn more.*



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# Oh, There's Nothing Like GERD for the Holidays

BY DR. RAUL J. BADILLO, MD



Dr. Raul J. Badillo, MD.

'Tis the Season. For eating. Everything. Let's face it, the mountains of treats in the office breakroom, your mom's specialty dishes (secret ingredient: extra butter), and the spicy meatballs at the neighborhood parties ... there's no escaping the food that's come to represent the

celebration of the holidays, and it's easy to overindulge. Unfortunately, for some of us, there's a sinister companion to all this merrymaking: acid reflux, or GERD.

Not only can it put a major damper on family and social time, causing significant pain and interrupted sleep, but GERD can also be damaging to your general health, even leading to esophageal cancer if left untreated. Millions of Americans suffer from symptoms of GERD every year between Thanksgiving and New Year's Eve. Stay mindful of the pitfalls out there as you prep for holiday fun.

Starting with:

## Slow Down, Eat Less

It sounds simple, but it's so easy to forget when you're looking at that plate full of cheesy mashed potatoes with a side of chocolate cake. Don't gobble your food. Eat slowly enough to realize when you're overdoing it. Overeating is a big trigger for reflux. Consciously choose the smallest plate you can and load up on GERD-safe options first, like salads and fruit. Then enjoy small amounts of the riskier choices.



## Don't Get Fooled by Hidden Fat

Creamy casseroles, dips and sauces, pecan pie, eggnog, and a holiday staple – grandma's famous gravy. These things are so good for a reason – they're full of fat. High-fat foods can cause GERD symptoms because fatty foods hang around in the stomach longer. It doesn't seem fair, but smaller portions will save you from pain.

## Choose Desserts Wisely

Okay, here's the biggest challenge for many of us: sweets. How can we say no to the baking, gift baskets of chocolates, cookies, and wonderful things parading past? Sweets are the worst offenders of all, really, containing fats, chocolate, citrus, peppermint – all GERD aggravators.

Think hard about how many pieces you're having. Don't allow yourself to say, "Just one more!" You'll pay the price later in misery.

## Make a Battle Plan

Your food choices make the biggest difference, but there are other ways to try to avoid heartburn during the holidays. Wear loose-fitting clothing to alleviate pressure on your stomach. Nibble your food slowly while you mingle. And don't come home and take a load off right away. Staying upright for a few hours after eating is the best strategy, but if it's late, and you need to get to bed right away, prop your head and upper body up with pillows as much as you can to sleep. You'll thank yourself in the morning.

If you suffer from symptoms of acid reflux, talk to your doctor. It's a serious disorder that can be addressed with a variety of treatment options.

### About Dr. Badillo

Raul J. Badillo, MD, is a board-certified and fellowship-trained gastroenterologist with top-notch credentials and a reputation for outstanding patient care. To make an appointment, call 407-646-7015 or visit [FHMedicalGroup.com](http://FHMedicalGroup.com).



# Namaste With Natalia: Headstand Salamba Sirsasana

Your Monthly Yoga Pose

BY NATALIA FOOTE  
PHOTOS BY MICHAEL FOOTE



Headstand is one of the most important yogic asana. It teaches a change in perspective as well as how you feel about fear. B.K.S. Iyengar says, "The best way to overcome fear is to face with equanimity the situation of which one is afraid, then one gets the correct perspective, and one is not frightened anymore." Going upside-down can be intimidating, and done incorrectly, inversions can cause injury. If you choose to practice this pose and you are a beginner, please do so with a friend and against a wall. However, with time and practice, *salamba sirsasana* is a pose that teaches mental and physical balance and poise.

Begin in a tabletop, all-four position, with your forearms on the mat. Make sure your elbows are directly underneath your shoulders. Interlace your fingers up to the fingertips making a small bowl with the hands. Allow the palms, or bowl, to face you.

1. Keeping the fingers locked, place the crown of the head on the mat so that the back of the head touches the bowl you've created with your hands. Keep the knees on the mat and move them closer to your forearms if necessary.
  2. Once the head is in place, raise the knees and bring the toes closer to the body.
  3. Keeping energy in the toes, with a gentle swing, lift the legs keeping the knees bent. Try and move both legs at the same time. Allow the feet to find the wall.
  4. Walk the feet up the wall, until you are fully inverted. Make sure your shoulders are moving away from the ears and the majority of the weight is resting on the forearms.
  5. Stay here for 5-25 breaths.
3. As you get closer, your core will stack on top of itself, lifting the legs in the air.
  4. Keeping the legs together, lift the legs simultaneously over yourself.
  5. Stay from 5-25 breaths.

The counter balance for headstand is child's pose, or *balasana*. After headstand, make sure you round your back out and allow your hips to sink back toward your heels.

This is a pose that teaches you the art of falling. It teaches you to trust yourself after practice. It teaches you that after a fall, you still get up again. I hope you enjoy a new year and add a new yoga pose to your practice.

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.





# Nemours and UCF Introduce World's First Integrated Education Program For Hospitalized Children

ARTICLE BY SAMIA SOLH  
PHOTOS COURTESY OF NEMOURS MEDIA ROOM

Everyone with a child knows the deep pain it causes the entire family when a child is sick and needs to be hospitalized for a prolonged period of time. It is emotionally exhausting and financially draining. We are lucky here in Lake Nona to have a medical facility like Nemours Children's Hospital right in our backyard that offers top-notch care and understanding of all aspects of having a child hospitalized. This is evident with their new program PedsAcademy (PEEDS-Academy). In partnership with UCF, PedsAcademy is the world's first pediatric learning program that offers education during hospitalization and uses curriculum specifically tailored to a child's disease.

The program was inspired by research showing that when education is dis-



rupted because of life-threatening illnesses or chronic health conditions, the educational shortage affects children into their later years and can limit their achievements and social function. "These children can miss out on weeks, months, or even years of schooling," said Megan Nickels, UCF assistant professor and PedsAcademy faculty director. "Our goal is to provide a rich, meaningful, educational experience so they aren't just keeping pace with their healthy, typically developing peers, but they are actually getting extraordinary educational opportunities while in the hospital."

The program, which began in August 2018, is comprised of more than 50 UCF faculty members. Student researchers, postdoctoral scholars, and dozens of student interns work



closely with physicians to deliver daily STEM instruction to hospitalized patients using high-tech-like robots, immersive virtual reality telepresence, 3D printers and MakerSpaces to deliver lessons that range from basic computer programming to learning about undersea worlds. The program goes above and beyond by personalizing the lessons based on a child's specific interest areas, incorporating themes like superheroes, animals or sports to keep their interest and bring excitement into their lives during a rough time.

The lessons are given bedside of long-term patients and in outpatient settings like the Nemours' Infusion Center, where children are treated for cancer and blood disorders, kidney disease, and immune system disorders. Incredibly, VR goggles serve as such an effective distraction that they are used as an alternative to sedation.

Terri Finkel, Nemours chair of pediatrics and faculty sponsor for PedsAcademy, said, "Bringing this kind of scale

and innovation to K-12 teaching in children's hospitals is simply unprecedented. Every child has the opportunity to participate every day, and each lesson is unique and personalized for them. This is a welcome, even therapeutic, distraction and an exciting learning experience for a child who is going through a stressful time." Director of patient- and family-centered care Norm Jeune described its benefits perfectly: "It gives them their social life back ... and brings another layer of relationships to the hospital experience."

Patients learn with tools beneficial to their specific physical limitations and sensory conditions. For example, chemotherapy can cause problems with focus, working memory, and identifying visual and spatial relationships, so for a child going through chemotherapy, his or her lessons would involve mental rotation, repetitive programming, and small increases in task difficulty.

According to the press release issued by Nemours, "On an average day, 40-60 children are taught through PedsAcademy. Patients may receive three hours or more of instruction per day and may begin participating as soon as they are admitted and their care plans allow. The siblings of patients can also participate in the instruction."

This highly compassionate and beneficial program is funded through grants and private donations.



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# Florida Hospital Announces New Name: AdventHealth

ARTICLE BY VANESSA POULSON  
PHOTOS PROVIDED BY FLORIDA HOSPITAL CORPORATE COMMUNICATIONS

The word “advent,” as defined in the dictionary, means the “arrival of a notable person, thing or event.” Florida Hospital’s coming transformation to AdventHealth, a new national, consumer-centric brand based in Central Florida, is set to be no different.

“Florida Hospital was built on a strong foundation, but it’s time we turn from the past and take a leap into the future,” said Florida Hospital president and CEO Daryl Tol. “We’re creating a health care system that’s easier to navigate, simpler to understand, more convenient, and – most importantly – focused on keeping people healthy.”

The Adventist Health System is made up of hundreds of care sites and hospitals across the United States, including all of the Florida Hospital network. New initiatives for the coming transition include the creation of the region’s first comprehensive genomic health center, which is set to help provide health and wellness care to people across the region. This includes disease prevention, diagnosis, treatment and the use of geometric profiles to help physicians determine the different types of illnesses to which individuals may be more prone. The new Center for Genomic Health will begin its work starting in 2019, as AdventHealth Orlando will soon be able to provide comprehensive genomics testing, analysis, interpretation and genetic counseling services.

In addition to the Genomic Health ini-

tiatives, AdventHealth is helping to launch a wholeness screening program in outpatient offices, which will help identify spiritual and emotional needs in patients and address them accordingly so those who are at risk can get the help that they need. Different questions will be asked by physicians as part of this process, such as, “Do you have a source of joy in your life?” and “Do you have someone who loves and cares for you?” From here, a plan can be developed to supply the individual with follow-up care and support.

Consumers will also be able to access their medical records in full detail, have virtual doctor’s visits, pay their bills, and make appointments using AdventHealth’s new eCare platform, which will be free in Janu-



Daryl Tol, president and CEO of Florida Hospital



AdventHealth reveal



AdventHealth sign



ary 2019 to all customers to celebrate its launch. Tools like Apple Health Records are already being utilized in making health and wellness more accessible to everyone. This platform will help patients be able to see a doctor or nurse practitioner on their smartphone or tablet in the comfort of their own home if their situation makes them unable to go into the office in person.

“We are steadfast in our innovation and research, building world-class clinical teams who deliver compassionate care and bringing hope and healing to all our neighbors. We’ve talked a lot about the concept of ‘someday.’ Someday is today,” said Tol.

*AdventHealth promises, “One network for every age and stage.” To learn more, visit [AdventHealth.com](http://AdventHealth.com).*





## SCHOOL UPDATES

### NORTHLAKE PARK COMMUNITY SCHOOL: UNITED FOR KINDNESS

BY SALLY SHUMAN

Oct. 24 was Unity Day across the nation, and students and staff at NLP wore **orange** to show that we are **United for Kindness** and against bullying. This initiative is sponsored by PACER's National Bullying Prevention Center. The center states, "Orange provides a powerful, visually compelling expression of solidarity." Unity Day sends a universal message that bullying is never acceptable behavior.

Teachers were encouraged to have students write about ways to be kind. Mrs. Booth and Mrs. Rieker read the story *We're All Wonders* by R.J. Palacio. The book led to a class discussion about "changing the way we see," and then the class brainstormed the differences between what we see on the outside and what we can be allowed to see when we get to know the true person inside. The students then traveled around the room writing down statements of what they see in their fellow classmates. The students were then able to read the compliments and all the wonderful things their classmates said about them.

The book *Chrysanthemum* by Kevin Henkes was read to the kindergarten class of Mrs. Ross-Randich and Mrs. Thompson. During the reading of the story, the students were encouraged to think before you speak and that it is hard to fix a wrinkled heart. Every time a character in the book was mean and said unkind things, the students would wrinkle a paper heart that they were holding. By the end of the book, the paper heart was very wrinkled. The kindergartners then tried to fix the wrinkled heart by smoothing and putting Band-Aids on it. They noticed that it is very hard to fix a wrinkled heart.

It was a great day for the students of NorthLake Park to wear orange and show that **together, we are united for kindness, acceptance and inclusion!**



Orange Shirts for Kindness



Ross Thompson Unity Day



Patrols Unity Day



### MOSS PARK ELEMENTARY

BY DR. STEPHANIE OSMOND, ED.D., PRINCIPAL

We have a lot of exciting things going on at Moss Park Elementary! Most recently, we announced and cast our annual Moss Park Players production. This year, our students will perform *Madagascar Jr.* We can't wait to see the talent Ms. Jacobacci will bring out in our young performers. In addition to this, we have a variety of other afterschool activities that have kicked off. We are so excited to be able to offer our students activities that will instill a love of learning beyond the classroom, and we cannot do it without the dedication of our wonderful teachers!

Our first vocabulary parade was a wonderful success; we had so many wonderful new words to learn. The conversations students were having about their own word was amazing! Thank you all for your support!

We are excited to announce that our new playground has been installed, and we can't wait to watch our students enjoy it! Please follow us on Facebook: [www.facebook.com/MossParkElementary](http://www.facebook.com/MossParkElementary). We have a Twitter page, too: follow us at [MossParkES\\_OCPS](https://twitter.com/MossParkES_OCPS).



Our Teachers Setting the Tone for Our Vocabulary Parade



### SUN BLAZE ELEMENTARY

BY TODD PERKINS, PROGRAM & PARTNERS IN EDUCATION COORDINATOR

Recently, Sun Blaze students participated in the Boosterthon Fun Run sponsored by our PTA. The Fun Run was a HUGE success. Our students raised more than \$24,000, with the money going toward enrichment programs at Sun Blaze. Reaching our goal through the generosity of people is something to celebrate and share with our families and community. Hundreds of supporters gathered to watch students run laps three different times throughout the day. An event like this brings out the best in people, and we were proud to be a part of it.



Boosterthon Fun Run



Madison Agriculture Literacy Day

For Agriculture Literacy Day, Sun Blaze welcomed Mr. and Mrs. Madison of John Madison Landscape Inc. Mr. Madison read to all of our first-grade classrooms to help spread the word about Florida agriculture. Each student received a copy of the book, *These Florida Farms!* The Madison family are incredible supporters of Sun Blaze and a valued Partner in Education.

We are so proud of our Sun Blaze Dance Team for a very successful experience at Dance Performance Assessment (DPA) at Dr. Phillips High School. The students were able to attend a Master Class with Ms. Gina, a professional dancer and dance instructor. They were adjudicated in front of a panel of judges and had an outstanding evening performance.



Sun Blaze Dance Team

In November, Sun Blaze took part in the Lake Nona Relay for Life at Lake Nona High School. It was a wonderful gathering as a community to help bring awareness and raise financial support for the American Cancer Society in the fight against cancer. We had many come out to support the event and pledge their support!



We would like to invite the Lake Nona community to follow our social media links to stay connected with all that is happening at Sun Blaze Elementary. The website address is [SunBlazeES@ocps.net](mailto:SunBlazeES@ocps.net), and you can follow us on Facebook at [SunBlazeElementary](https://www.facebook.com/SunBlazeElementary).

Go, Stingrays!





# SCHOOL UPDATES

## LAUREATE PARK ELEMENTARY

BY SUZANNE WORKUM, PRINCIPAL

Laureate Park Elementary set some records and celebrated some of our most important Americans this month. Our kindergarten team asked all kindergarten students to fill out a heart if they have a veteran in their family or as a family friend. We were pleased to receive so many hearts. The display includes all hearts received and is hanging in the entrance to the kindergarten hallway.

A huge thank you to our spectacular volunteers who participated in our 2018 Teach-In event!



Our students learned about robotics, jobs in the military, medical fields and more. Teach-In highlights the importance of bringing together teachers, school staff, parents, students and the entire community in a unified effort to build great public schools.

In October, our students raised money for our school through the Boosterthon, a walk/run fundraiser. Because of the success of our Boosterthon fundraising efforts, three students were able to slime our principal and assistant principal as a reward.

Laureate Park PTA celebrated our Moms with Muffins with Misses in early November with a picnic breakfast. Moms, grandmas, aunts and cousins joined our students for an early morning breakfast picnic.

In November, Laureate Park participated in Relay for Life at Lake Nona High School. Our GoldTogether Laureate



Park Longhorns Relay for Life team raised more than \$8,000 for pediatric cancer awareness and research! Thank you so much to all of the students, parents and staff who volunteered, raised funds and participated in our 2018 Relay for Life team.

This month, we celebrated two teachers with special awards. Ms. Brittany O'Sullivan, a teacher and leader for her 3rd-grade team, was



awarded OCPS Hero Teacher. Ms. Higgins was awarded the Kiwanis Teacher of the Month. Thank you to Ms. O'Sullivan and Ms. Higgins for going above and beyond and for all you do to support our students' success.



## EAGLE CREEK ELEMENTARY SCHOOL

ARTICLE AND PHOTOS BY JESSICA SCULLY, INSTRUCTIONAL COACH

Hello, Panther Community!

October was a very busy and exciting month for our Eagle Creek Panthers. We wrapped up our celebration of Hispanic Heritage Month with a night of festivity, celebrated student successes on iReady, hosted our Boosterthon Fun Run, celebrated National Red Ribbon Week, as well as hosted our annual Vocabulary Parade!



Fun Run. I would like to thank our PTA, our parent volunteers, and Eagle Creek families who came out to support our runners as well as those who donated to help support our school.

### National Red Ribbon Campaign

The National Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week on Oct. 23-31 each year. Here at ECE, we enjoyed participating in Red Ribbon Week the week of Oct. 29. It was a week to focus on the power of choice! Students learned about how they have the power to make positive choices toward a healthy and happy lifestyle. Our students at ECE were encouraged to design a suitcase, passport, or map of where life will take them! Many students participated, and their artwork was displayed throughout the school.

### Vocabulary Parade

Eagle Creek was crawling with words on Wednesday, Oct. 31! Parents came to enjoy the beautiful weather and see words come to life! After the parade, parents were invited into the classrooms to take pictures with their students. Thank you, students, parents and teachers for making this a wonderful learning event for our students.



### Relay for Life

Thank you to all who supported our ECE Relay for Life team! We are proud to announce that our school raised \$4,716 to help find a cure for cancer! A big shout out to Mrs. Moreno's 2nd-grade class – they won a pizza party for collecting the most "Coins for Cancer!" Their class collected \$211! Way to go, Panthers! We are so thankful for everyone's support of this great cause.



### Hispanic Heritage Night

On Thursday, Oct. 18, we enjoyed a night of celebration in honor of Hispanic Heritage Month. Students from grades K-5 created wonderful displays of art, including glass mosaics, instruments, piñatas, and clay pottery, as well as choreographing their own dance. Joined by first grade and by the direction of music teacher Ms. Grande, we enjoyed learning facts from Hispanic countries, songs and much more! Thank you to all who came out and joined the fun!

### Boosterthon

The Boosterthon Fun Run was a huge success. We ended our Boosterthon fundraiser with an awesome Fun Run on Thursday, Oct. 25. Parents, thank you all so much for supporting this year's Eagle Creek Fun Run. I would like to congratulate all of our students for completing the Boosterthon





## INNOVATION MIDDLE SCHOOL: FALL FLIES FOR THE BUSY PHOENIX

ARTICLE AND PHOTOS BY CHRIS CLARK

Innovation Middle School had a busy fall! During October, Principal Hector Maestre hosted a pancake breakfast for more than 240 students who had straight A's on their report cards and/or earned citizenship awards during the first semester. PTSA hosted the Fall Ball, complete with a haunted house and scary clown!



Students Celebrating their A's at the Pancake Breakfast

Thanks to Jerimiah's Italian Ice for their gift cards for the winners of the costume contest. PTSA will be awarding grants to teachers and clubs in early December with some of the funds generated by the dance.

Nov. 6 was election day across the country, including at IMS. Student government hosted elections for student body president and officers for each grade. Congratulations to all of the winners! In November, we also had the fall play. The drama department took on the ambitious goal of presenting *Inherit the Wind*. Although written in mid-1950's, the themes of tolerance, agreeing to disagree, and standing up for your beliefs are very relevant today for all students. Family, cast and crew enjoyed a fun wrap party at Drive Shack.

Also in November, the SGA and Builders Club did some community service and raised money for the Relay for Life, Lake Nona. Their booth, which was *Harry Potter*-themed, was a big hit. Additionally, members of the chorus were busy with local competitions, and the fall sports of volleyball and soccer completed their seasons.

Before the Thanksgiving break, the school celebrated "thankful week," where everyone paused to show appreciation for teachers, staff and students.

Heading into December, the PTSA is planning a holiday gathering for parents and volunteers. Check out the PTS Facebook page for more info: ([www.facebook.com/groups/InnovationMiddlePTSA/](http://www.facebook.com/groups/InnovationMiddlePTSA/)).

IMS is starting a chess club. They have many members but need donations of new or used chess sets. You can drop off donations at the front desk of the school.

IMS students should save the date of Dec. 14 for the winter dance. Many volunteers are needed, so, parents, please see the Facebook page to sign up and help.

Fall has indeed been busy for the Phoenix!



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## LAKE NONA HIGH SCHOOL

### FOOTBALL UPDATES



Senior Night

BY ANDREW GORDON, FRESHMAN HEAD FOOTBALL COACH

Since the last publication, our varsity team has played our last three games against East River, Liberty and Wekiva. We traveled to East River on Oct. 19 and took care of business by winning the game 20-14. We won the Battle of the Beachline for the second straight year and kept the Surfboard at Lake Nona. The next week, on Thursday, Oct. 25, Liberty traveled to Nemours Stadium where, unfortunately, they beat us 62-28. It was a hard-fought loss; none of the players gave up but fought until the end. In the last game of the season, Nov. 2, No. 2 ranked Wekiva traveled to Nemours Stadium to take on our Lion varsity team. Our boys battled hard against one of the top 8A teams in the



Defense

state of Florida. Unfortunately, we fell to Wekiva 35-0. We were proud of how well our team performed against Wekiva and how we stayed in the game even though we lost. Unfortunately, we did not make the playoffs this year by a narrow margin. Overall, our varsity football team had a great season. We finished 6-4 overall this season, and we are looking to improve for next year. We would like to thank the Lake Nona community for their continued support throughout the season and hope to see everyone out there again next year.

Also, since the last publication, our freshman and JV teams had their last games of the season. Our JV and freshman teams finished out their seasons with two wins against East River (Oct. 16) and University (Oct. 18) high schools. Both the freshman and JV teams had a great season with the freshmen finishing 5-2 and JV 5-1 overall. We are proud of how well the boys played during the season and became better as a team throughout the season. We also want to thank the Lake Nona community for coming out and supporting our freshman and JV teams this season. We hope to see everyone out there again next season.



Surfboard

## LAKE NONA HIGH SCHOOL THEATRE UPDATES

UPDATE AND ARTWORK BY BELLA FUENTES, SOPHOMORE

The Lake Nona High School Theatre Department, in collaboration with Innovation and Lake Nona middle schools, presents *Elf The Musical Jr.*, based on the beloved holiday movie. The show follows the story of Buddy the Elf on his journey to find his real family as he finds new friends, sings songs, and spreads Christmas cheer along the way. The production runs from Dec. 7-9 and includes family-friendly show times. Tickets are available for pre-order at [teachtix.com](http://teachtix.com). LNHS's Theatre Department is excited to be a part of your family's holiday fun!



Artwork by Bella Fuentes





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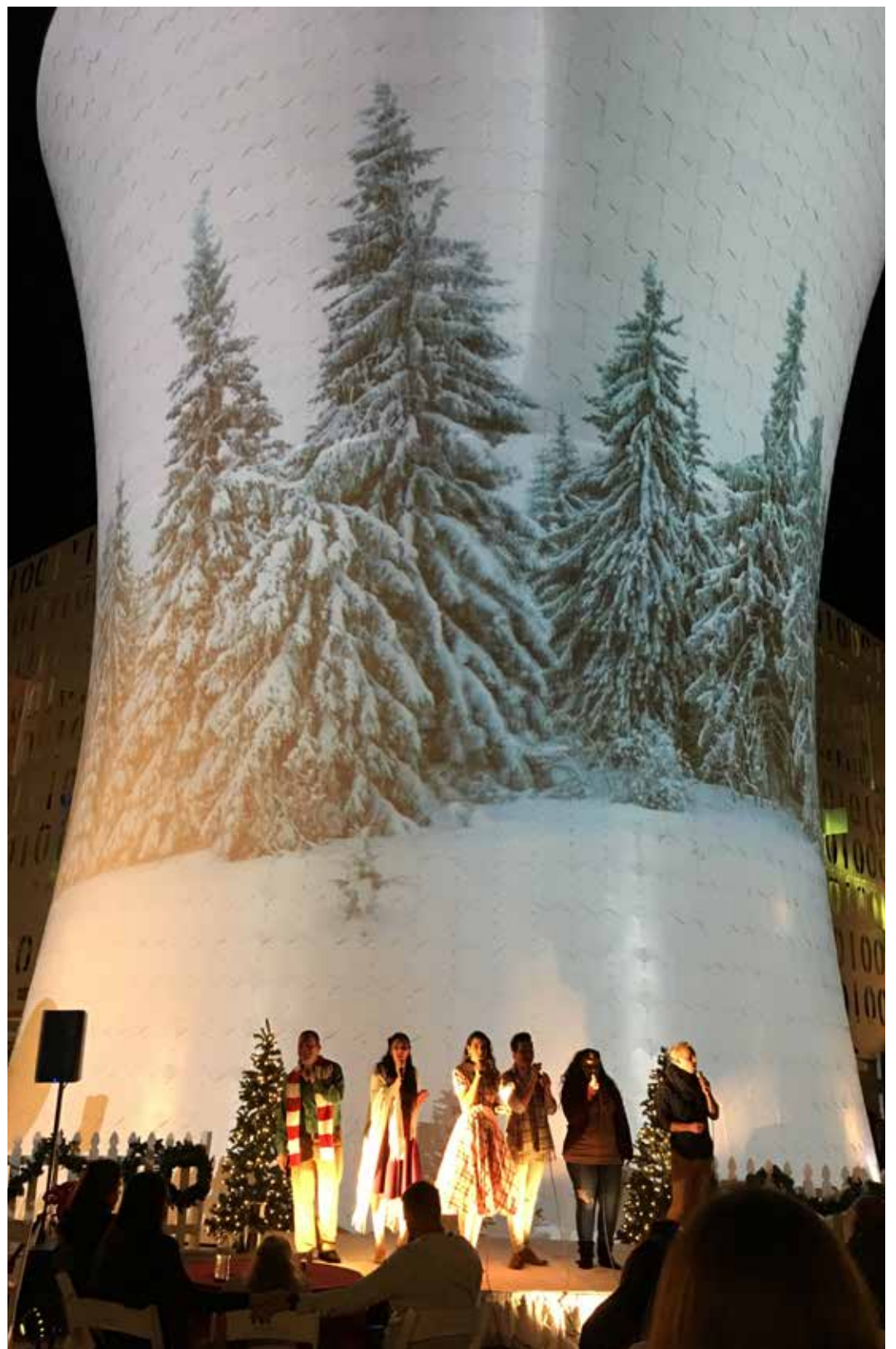
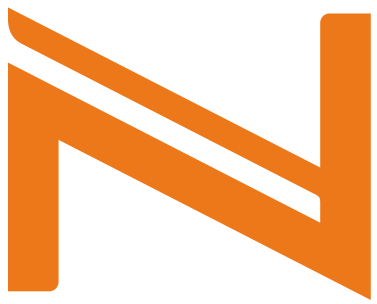
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## Family Fridays: Reconnecting On a Holiday Budget

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!!

The holidays are frequently a time where family becomes an integral centerpiece in getting into the spirit of the season. Most holiday-themed celebrations involve some sort of group setting, from parties to events, and your family is usually the first to be around when these kinds of events are planned.

However, in all the hustle and bustle of the season, finances can tend to get a bit tricky as the money begins to get tight. Not all families are in the kind of financial situation to take lavish ski trips or buy a lot of gifts for everyone in the household. Often, this can lead to what would be the positive effect that the holidays could have on your family dynamic, such as bringing togetherness and keeping people close, to being inversely impacted and pushing the family apart. A lot of this has to do with the power of social media fueling jealousy and insecurity among parties as families try to compete with each other to see who can have the best holiday season, even though

this inevitably ends with one party or another getting hurt in the process.

Perhaps more important than trying to outdo each other online is the alternative plan to help find activities that you can do as a family that cost little to no money. These kinds of activities help get everyone in the family together to do something without putting a strain on the family budget.

To start acting on a plan to have a festive but also cost-effective holiday season, we've gathered some of the best tips and activity ideas below:

- 1. Set a formal budget and keep a running tab of expenses.** The sooner you know what you can and cannot spend over the holidays, the more likely you are to avoid extra and unnecessary expenses that can sometimes slip in at the last minute. Having everything accounted for in advance will benefit everyone in the long run.
- 2. Buy your gifts online or, better yet, make them yourself.** By ordering online and using Google Chrome plugins like "honey," you can save yourself money off of shipping or off of the product itself by getting valuable coupon codes. And, if you don't want to buy anything, think about making gifts for each other! This could not only be a great time to get the family to stretch the boundaries of their creativity but also help encourage everyone to make thoughtful and meaningful gifts rather than just buying something cheap from the store.
- 3. Start shopping early.** The earlier in the season that you jump on your shopping list, the more likely you are to find better deals!
- 4. Have a fun holiday photo shoot.** Even if you don't have a fancy DSLR, recent smartphone cameras still make for some awesome photos that the whole family can take part in. Find or make some inexpensive holiday props



that can add character and extra detail to your photos. This will surely help them stand out!

- 5. Give your time to others.** Not only is volunteering during the holidays particularly important for people in need, but it can also provide an opportunity for you and your family to spend time together while doing something good for your community.
- 6. Check out the community holiday events.** Utilize our *Nonahood News* Community Events Calendar on our website to see the local events happening in the area that might have little to no cost.
- 7. Go for a drive and look at the holiday lights.** This was always one of my personal favorite activities as a kid. The magic of the holidays can't be ignored while looking at all of the sparkling holiday decorations around your neighborhood.
- 8. Cook together.** Making a holiday meal as a family not only takes pres-

sure off the parents but also helps teach your younger ones about the hard work required to eat a good meal!

- 9. Play a board game.** Most of us have old board games laying around somewhere in the house. A family game night is a totally underappreciated, free family activity!
- 10. Go outside.** Perhaps the least expensive option on the list, take some time to get back to nature and enjoy the natural environment as a family.

All in all, remember that the holidays are not just about the gifts that you give each other, but they are also a valuable time to create long-lasting memories that are more of a treasure than any gift ever could be.

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



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# The Inaugural Lake Nona Nighttime Holiday Festival Is Here!

ARTICLE BY SAMIA SOLH  
PHOTOS PROVIDED BY TAVISTOCK DEVELOPMENT COMPANY

Santa Claus is coming to town! The Lake Nona Town Center is being transformed into the winter wonderland of your dreams with everything you would expect in a traditional *white* Christmas ... and yes, that means snow!

Lake Nona has announced its plans for Christmas – prepare to be as excited as your kids will be! You will be immersed in the holiday spirit with one of Central Florida’s only open-air skating rinks, holiday movies, Christmas trees, and dazzling, festive lights. Also, a special holiday program is designed for Lake Nona’s five-story interactive landmark, The Beacon.

The Town Center will be infused with holiday cheer in every way. Holiday carolers will fill the air with sounds of joy, and occasional pine-scented snow flurries will certainly put a smile on everyone’s face. If you’ve been nice this year, get your letters to Santa ready and drop them off at Santa’s mailbox. You can always give your letter to the jolly man in person as he will make an appearance nightly!

A wide selection of food and beverages will be available along with traditional holiday treats like roasted chestnuts and the classic mulled wine. Of course, the Lake Nona Town Center restaurants like Chroma Modern Bar + Kitchen, Bosphorous Turkish Cuisine, and the recently-opened Park Pizza Brewing & Co. are options as well.

If you still haven’t taken your holiday photo for this year, you are welcome to take photos of your own with Santa or use the professional photographer available at the venue.

This is a truly exceptional effort to add some extra sparkle to Christmas this year in Lake Nona. We look forward to seeing everyone there! Merry

Christmas to all who observe this joyous holiday!

## Lake Nona Nighttime Holiday Festival Details:

Dates: Thursday-Sunday, Dec. 8-30

Location: Lake Nona Town Center

Hours: 3-10 p.m.

## Featured Films Schedule, Starting at 7 p.m.:

Saturday, Dec. 8: *How the Grinch Stole Christmas*

Friday, Dec. 14: *Home Alone*

Friday, Dec. 21: *The Polar Express*

Friday, Dec. 28: *Frozen*

## Santa’s Schedule:

Santa Claus will make appearances during movie nights from 5-9 p.m.

## Additional Holiday Events Hosted by Lake Nona:

Nov. 29: The Lake Nona Nights: Live + Local event with Pine Cone Decorating at Crescent Park from 6-8 p.m.

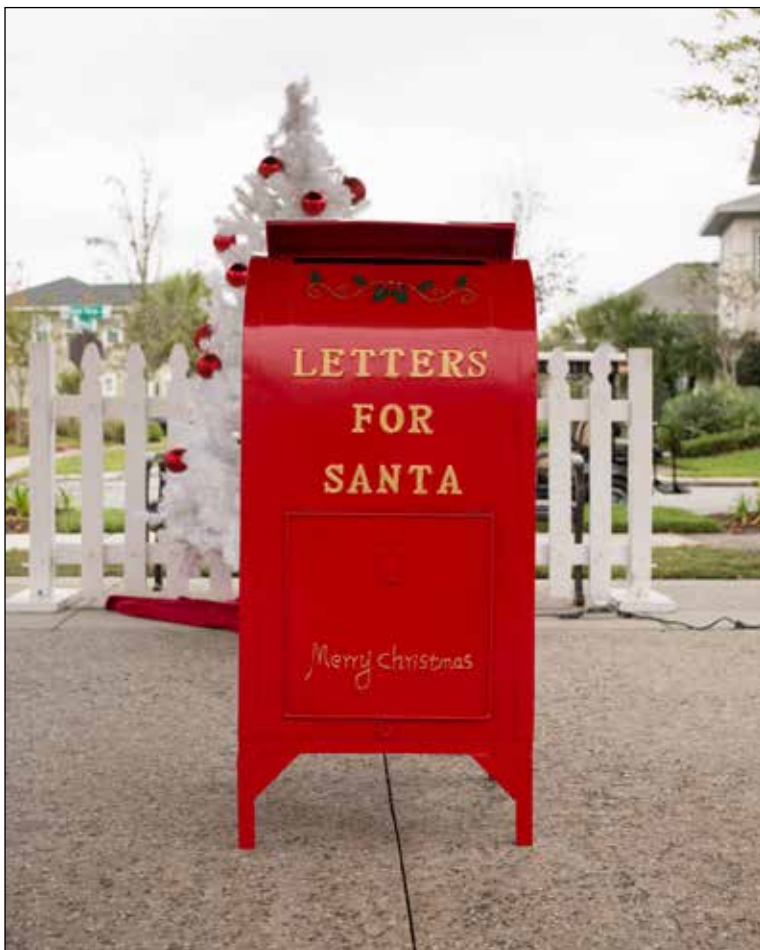
Dec. 4: Holiday Floral Workshop. Registration information can be found on Lake Nona’s Facebook Page @learnlakenona

Dec. 16: Rein-dog Run at Crescent Park from 11 a.m.-2 p.m.

## Parking:

Complimentary parking is available in the five-story central parking garage. The first level is two-hour parking, so if you’d like to hang out for a bit, opt to park in levels two-five.

For more information, please visit [LakeNona.com](http://LakeNona.com).



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## 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!*



drawer, but I definitely think it's worth it to indulge in at least one luxurious cheese every so often. I mean – after all – we deserve it, right?

Upon unwrapping the mushroom Brie, the aroma of mushrooms struck my senses, which is a good thing (for me), but might be a little too overpowering for non-mushroom connoisseurs. As my cheese knife glided through the soft cheese, my mouth was watering. I popped the Brie into my mouth, and my taste buds were immediately coated in the rich mushroom flavor and the creamy texture that seemed to melt away. This cheese was delectable!

The mushroom taste was strong and delicious all by itself, truly a stand-alone

Following last month's mushroom comfort cheese, I decided to go for one of my favorite types of cheese with a twist. Behold Triple Cream Champignon, better known as mushroom Brie.

This soft, ripened cheese is imported from Germany and is so tasty, it'll have you craving more! I discovered this wedge of comfort in the cheese section of our new Earth Fare, which definitely gave me a run for my money in deciding which delight would make its way into my fridge ... and eventually my tummy.

A total of \$10.12 for almost half a pound, this cheese is a bit more expensive than the usual flavors you might find in a cheese

cheese; however, I paired a few slices with Focaccia Tuscan cheese crackers and, wow, what a balance in the texture of soft and creamy and savory and crunchy! Eating this cheese alongside some olives was a nice addition as well. Once I finished about half of the wedge (I probably could've eaten it all in one sitting), I imagined how well this cheese would've paired with a glass of white wine ... thinking a Chardonnay or Riesling, or maybe even a bubbly Moscato. Perhaps I'll have to revisit this cheese later in the day!

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



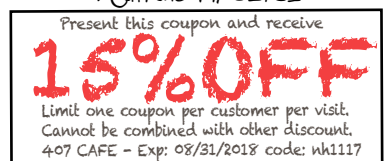
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## Katie's Cucina: Roast Beef

ARTICLE, RECIPE AND PHOTOS BY KATIE JASIEWICZ, [KATIESCUCINA.COM](http://KATIESCUCINA.COM)

How is it we are entering the last month of the year already? December is always the busiest month of the year for me, for both work and personal. I find myself going to quite a few holiday parties and entertaining quite a bit during the month of December. I wanted to share my go-to recipe for roast beef this month.

I feel like roast beef is one of those recipes that *everyone* should know how to make. It's super simple, and with the right equipment – roasting pan with roasting rack, leave-in thermometer, and a carving knife – you can cook a perfect mouth-watering roast. I keep the seasoning very simple. I use Montreal Steak Seasoning. I feel like it has all the spices you need and cuts down on having to make a mix. You can use salt, pepper and garlic powder if you don't have any of the steak seasoning on hand. I've found that works just as well.

### A few roast tips:

The key to cooking thicker cuts of meat like round eye or even a prime rib is to cook at a high temperature first, and then lower the heat for the remaining portion of cooking. This will ensure you get a nice, juicy center. You'll also want to pull the piece of beef out when the internal temperature reaches 135 degrees and let it rest for 10 minutes. The longer you let it rest, the more it will continue to cook. When you let it rest for 10 minutes, it typically will get to 145 degrees Fahrenheit, which will give you that perfect pink center.

Keep the digital thermometer in the roast at all times. This will ensure you have an accurate internal temperature reading and will leave out the guessing game. Part of cooking the perfect roast is knowing the internal temperature.



### Cuts of Beef:

For roast beef, I like to use round roast – and I like to use the fattier cut so that I get all those glorious drippings to make delicious gravy with (or save those to caramelize vegetables for a versatile, quick and easy vegetable beef soup). If you can't find a round roast or are unsure about what cut to buy, you can always ask the butcher in the meat department. I find they are always happy to help.

### Slicing:

Make sure you *always* slice against the grain. If you slice with the grain of the beef you are going to experience a very tough and chewy piece of beef. If I can't automatically tell on the outside which way I should cut, I will cut the roast in half. Then I can tell exactly which way the grain is going and begin to slice. *Remember, always slice against the grain of the beef.*

Whether you're entertaining for the holidays or even looking to host a traditional Sunday dinner, this recipe for roast beef is a classic that you should always keep in your "back pocket."

*Wishing everyone a very happy holiday season!*

*Katie Jasiewicz is a full-time food blogger and recipe developer at [KatiesCucina.com](http://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.*

## ROAST BEEF RECIPE

Yield: 8 | Prep time: 35 min.

Cook time: 1 hour, 30 minutes | Total time: 2 hours, 5 minutes

### Ingredients:

- 5 lb. round roast
- 1 tablespoon grapeseed oil
- ¼ cup Montreal Steak Seasoning, divided
- 1 cup water

### Directions:

1. Pull the roast out of the refrigerator, sprinkle ¼ of the Montreal seasoning on the non-fatty side. Re-wrap and let rest for a half hour outside of the refrigerator.
2. Preheat the oven to 375 degrees Fahrenheit.
3. While the oven preheats, place the roast fat side up in a roasting pan fitted with roasting racks. Drizzle with grapeseed oil and rub the roast with all the remaining Montreal Steak seasoning. Make sure the seasoning is coated on all sides of the roast.
4. Pour the water in the bottom of the roasting pan.
5. Place the roast in the oven and cook for 1 hour, 10 minutes. \*Place an oven-safe thermometer in the roast to ensure internal cooking temperature.
6. Then, reduce the heat to 250 degrees Fahrenheit and cook for an additional 20-30 minutes, or until the internal temperature reaches 135 degrees Fahrenheit.
7. Remove from the oven and let rest for 10 minutes until internal temperature reaches 145 degrees. Slice against the grain and serve immediately.



Note: Make sure you don't open the oven during roasting. This will add additional cooking time. No need to baste – just let the beef be and roast.



## How We Got Here: The Marksberry Family

ARTICLE BY VANESSA POULSON  
PHOTOS COURTESY OF GREG MARKSBERRY

*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, we'd like to introduce you to Pastor Greg Marksberry and his family, which includes wife Eliana, their 25-year-old daughter, a 22-year-old son, and an 11-year-old daughter who is a 6th grader at Innovation Middle School. Greg and Eliana have been married 30 years as of December and have lived in Lake Nona after feeling called to the community in order to "to help build out the 'spiritual infrastructure' within the fabric of the rapidly growing community."

Greg currently works as the lead pastor of Thrive Church Lake Nona that launched at Innovation Middle School last year. He also serves as the executive director of Florida Church Partners, a church network and church-planting resource for the state. Check out our interview with Greg below!

**NHN: What is your favorite part of Lake Nona?**

GM: I love the Lake Nona Village Plaza because I spend many hours each week at the restaurants there, meeting with staff, doing lunch with people, and entertaining out-of-town guests. It's also close to the YMCA, where I have enjoyed serving in a variety of ways, especially at coaching basketball.

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

GM: Our family loves to go to Disney! We try to hit a park at least once each week. We also love sports and enjoy watching and attending basketball and football at high school, college and pro levels. My

personal favorite hobbies are trekking and ocean kayaking.

**NHN: What is your favorite Disney Park or Disney memory?**

GM: Epcot is my favorite park, especially during the Food and Wine Festival. One of my favorite memories, as an '80s rock fan, is recently happening upon 38 Special in concert at Eat with the Beat with my 6th grader and exposing her to a great band.

**NHN: What got you into ocean kayaking? What is that experience like?**

GM: Twenty years ago, I went with a friend on a three-day kayaking/camping excursion in Bar Harbor, Maine. I've been hooked ever since! Ocean kayaking gets you very close to the water, which intensifies the beauty and peacefulness of the invigorating experience of tackling swells and occasionally experiencing wildlife like seals, dolphins, etc., up close.

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

GM: The most interesting thing I've done is participate in an expedition to summit the 16,854-foot glacier cover peak of Mt. Ararat on Turkey's border with Iran and explore that very rich history of that region with a long-time archaeologist friend of mine. The hardest thing I have ever done was summit 19,341-foot peak of Mt. Kilimanjaro in Tanzania.

**NHN: Do you have any plans to climb more mountains in the future?**

GM: We are planning a trek to Mt. Everest Base Camp in Nepal (elevation 17,600 feet) in May 2020. Can't wait to experience the Himalayas and to behold the highest mountain on earth. Of course, base camp is as far as we plan to go!



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

GM: We see ourselves right here, enjoying the vibe of our city and contributing to the community life of Lake Nona in a positive and meaningful way!

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



## Lake Nona Living Announcements



*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 by the 15th of the month here: [forms.nona.media/lakenonaliving](https://forms.nona.media/lakenonaliving).*





# Meet the Media: Mariannie Segarra

ARTICLE BY NICOLE LABOSCO  
PHOTOS BY WHIT AND REU  
PHOTOGRAPHY

Mariannie Segarra is originally from Quebradillas, Puerto Rico, and is in charge of nona.media's multicultural relations. Segarra also oversees *Nonahood Latino*, a Spanish version of *Nonahood News*.

**Extrovert or Introvert?** Extrovert  
**Indoors or Outdoors?** Outdoors  
**Sun or Snow?** Sun  
**Dogs or Cats?** Dogs  
**Vans or Converse?** Cowboy boots! LOL  
**Coffee or Tea?** Coffee  
**Adventurous or Laid Back?** Adventurous  
**Canon, Nikon or Sony?** Nikon  
**Books or TV?** Books

**What brought you to the Nonahood?**  
"[I] wanted to be closer to my loved ones, and [I] love the community!"

**What's your favorite hobby?**  
"Any physical activity or wine tasting ... it's 50/50."

**What's your biggest dream?**  
"Writing a book. I am a very optimistic person who moved from a very small town in Puerto Rico and has conquered every fear and built several businesses, even though I was raised to be a stay-at-home mom. In our culture, we battle with traditionalism and when one is different, they are marginalized. I have to battle daily the guilt of be-



ing a single mom and loving my job!"

**What kind of book would it be?**  
"Lifestyle, dreams, fun and love!! I am a hopeless romantic!"

**Where do you see yourself in 10 years?**  
"Having the same passion and drive I have today to live."

**What are you most excited about in Lake Nona?**  
"Infinite possibilities."

**Who's your biggest inspiration?**  
"Diane von Furstenberg. She has been married, divorced, started companies, closed companies and still has an amazing attitude and style and has become the woman she wanted to be!! #goals"

**What's your favorite book?**

"'David vs. Goliath' by my fav[orite] Malcolm Gladwell."

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

"Giving birth!! Becoming a mom brought me out of my comfort zone but was the best experience of my life. So grateful to be able to have my children!"

**Describe one of your most memorable experiences.**

"Doing my yoga teacher training in Asheville, North Carolina. It was right after I got divorced and moved to North Carolina. Through the yoga teacher training, I started to learn to be present and love the process of having

an opened heart and beginner mind! We have to sometimes disconnect with what we know to truly flourish and evolve in our lives. It's [a] daily process."

*Check back next month to get to know another member of the nona.media team!*






  
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**DOG OF THE MONTH**



## Echo

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Breed: Miniature Dachshund

We took Echo to puppy school and when she was asked to sit by the instructor, her legs were so short that no one could tell if she was sitting or standing! They did give her the treat anyway! She's not the smartest one in the class, but she's definitely the most adorable! Echo loves to steal your heart. She's preparing for the holidays! She is four years old and loves her owner, Dani, without question! A special thanks to Wolf Gang Bakery and Grooming for being part of our Community!

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>.



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# Nona Alumni: Alexa Phillips

BY NICOLE LABOSCO

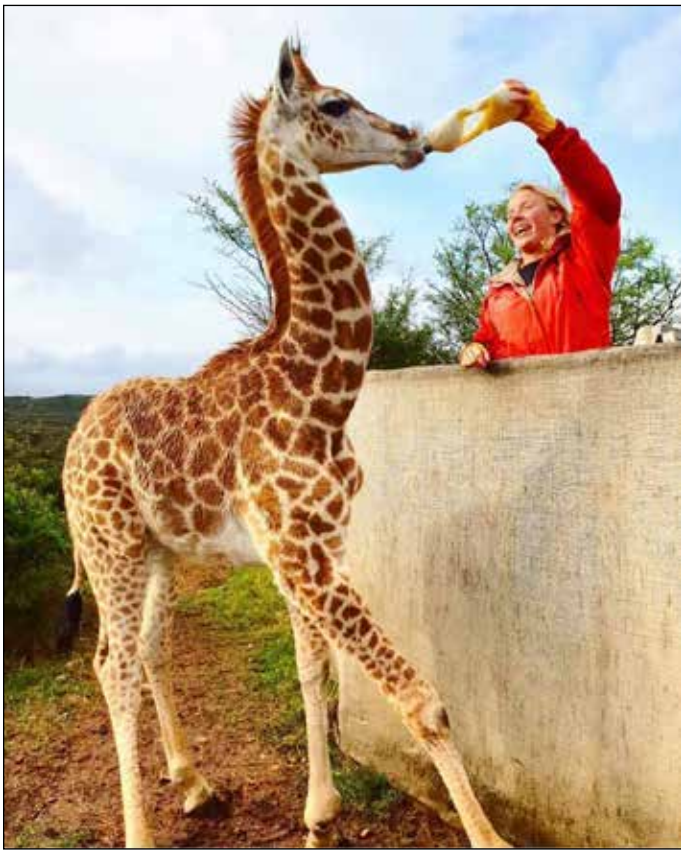
*In this recurring monthly special, Nona-hood News will be featuring those who've graduated from Lake Nona High School and will recognize the achievements they've made since. Some will have been a part of the first graduating class. Others might have graduated a few years later. Few have stayed in the 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!*

**Age:** 23

**Year Graduated:** 2013

**Occupation:** Veterinary Technician

**Current Location:** Orlando, FL



Courtesy of Alexa Phillips

Alexa Phillips moved to the Lake Nona area back in 2004 because of her father's job.

"My father is a Southwest Airlines pilot! We were originally living in Massachusetts, and he was based in Baltimore, Maryland ... not exactly a convenient commute, so he was looking to relocate for a new base airport. One of the options was Orlando! Lake Nona is so conveniently



Courtesy of Alexa Phillips

located to the Orlando International Airport, and my parents fell in love with the area!"

While a student at Lake Nona High, Phillips knew what she wanted to do with her future and had to seriously dig through

colleges to find her perfect school.

"I always knew I wanted to major in animal sciences with a concentration in pre-veterinary medicine. Being a nationally competitive baton twirler, I always knew I also wanted to be a feature twirler at a major university. Finding a school that offered both of these personal goals was definitely a challenge during my time at Lake Nona High."

Before Phillips graduated in 2013, she managed to achieve both of her post-high school goals, and her future became even more clear.

"I applied to Purdue University in West Lafayette, Indiana, where I knew not only were both of my desired collegiate needs available to me, but both the agriculture and twirling program were two of the most prestigious in the country! I auditioned at Purdue in February of 2013, during my senior year, where I was lucky enough to be awarded the 'Golden Girl' scholarship position," Phillips described. "This is a huge honor and a valued tradition that goes back to the 1950s. The following fall, I made my debut as Purdue's 28th Golden Girl, and began my journey to earn my bachelor's degree in animal science."

Although her college years were described to me as truly memorable years, the amazing and life-changing moments led to some struggles and hardships as well. Phillips explained that she had no idea how challenging the year after graduating from Purdue would actually be.

"Upon graduating in May of 2017, I earned a Graduate Assistantship at Louisiana State University. Here, I thought I would continue my education by earning a master's degree in animal science. Unfortunately, life threw me a curve ball and I only ended up at LSU for one fall semester. While at LSU, our focus was in equine endocrinology and reproduction, so I found an internship

that would focus on the 'real life' aspect of equine reproduction," Phillips continued. "In the spring of 2017, I traveled to the very small town of New Freedom, Pennsylvania, where I accepted a six-month foaling internship. Although I have been around horses my whole life, I had very minimal experience with young ones. While I was there, I independently delivered over 30 standardbred foals, which was so exciting for me!"

That exact moment led to some reminiscing on Phillips' end. "I actually remember writing a paper at Odyssey Middle School about how, when I grew up, I wanted to 'deliver horse babies,' so it was fun being able to do just that for six months!"



Purdue AAMB photo by Trevor Mahlmann

When asked about where she saw herself in the next five years, she took a moment to really ponder what her future had in store for her. "That is such a hard question because a year ago, I would have never thought I would be where I am today! I could see my career path going in two directions: Path one would be to go back to school (again) and to vet school; path two would be to work in animal health sales within a pharmaceutical company!"

After focusing on her future, we discussed what her current goals were, and she mentioned having just accepted a veterinary technician position at Nona's Ark Animal Hospital right here in Lake Nona after a month of job searching.

"On another note, even after 15 years of competitive baton twirling, I am not done yet! For the first time, I have qualified to compete internationally in the WFNBTA [World Federation of National Baton Twirling Associations] Grand Prix event that will take place in Limoges, France, in August of 2019! From being the Lake Nona High School Feature Twirler, Lake Nona Color Guard Captain, and Purdue University's Golden Girl, so many years of hard work have contributed to this accomplishment. I can't wait to represent Team USA for the very first time next summer!"

Another feat worth mentioning was her



Courtesy of Alexa Phillips

recent trip to South Africa to further her veterinary medicine experience. Phillips always knew she wanted to participate in a mission trip focusing on animals and medicine. Originally considering Central America, she admitted that the more she thought about it, she figured why not experience an entirely new continent she had yet to travel to. Also, instead of focusing on small animals as she had originally planned, she decided to learn about a completely different aspect of veterinary medicine. So, in September of this year, Phillips hopped on a very long series of flights, 24 hours to be exact, and found herself in the safari for a three-week wildlife veterinary medicine Vet-X course.

"This was, without a doubt, THE experience of a lifetime! I had the privilege of being up close and personal to animals that most people only get to see in zoos! Just to name a few, this includes elephants, cheetahs, giraffes, buffalo, zebra, rhinos and a wide variety of antelope species. I had the time of my life in South Africa, and I know I made memories that I will treasure for the rest of my life!"

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



Photo by Michele Phillips



# Nona Motors Ride of the Month: David Hayes' 2001 Porsche 911

ARTICLE BY BRITTANY BHULAI  
PHOTOS BY JUHA LIEVONEN

**Make:** Porsche  
**Model:** 911  
**Year:** 2001  
**Mileage:** 80,000  
**Horsepower:** 300



## Backstory:

The owner of this Porsche 911, David Hayes, has the need for speed and exercises it as a hobby. This Lake Nona resident spends his free time participating in High Performance Driving Education (HPDE) events through the Porsche Club of Amer-



ica (PCA). A good friend of his is the chief driving instructor for PCA in the Florida Citrus Region. His friend talked him into coming out to one of their events so he could discover how the car was truly meant to be driven. Hayes was eager to see how well the car gripped corners, accelerated and braked. HPDE did just that. HPDE allows the driver to take their car on a track where they are taught proper high-speed driving techniques. As soon as Hayes began doing runs in his car, he got addicted to

it. He has been doing HPDE for the past two years. He says the more you learn and the more comfortable you get on the track, the more you progress as a driver.

When he first began taking the Porsche on the track, it was not with his 2001 911. It was a newer model, a 2013 911. He eventually sold it for the 2001. "The guys here

in Orlando that worked on my car called me and they had one available that had all the track work done to it. So I bought that one and sold my newer one to have one that's really dedicated to the track," said Hayes. He has had the car for a little over a year now.

He has always been into cars. When he first got out of college, he worked for Ford Motor Company for a while and then was employed by Mercedes-Benz. After the car business, he got into aviation. For Hayes, cars, planes and speed make the world go round. High-performance driving has a lot of physics behind it, and he likes the fact that a lot of it is just like the physics one learns in flying.

Hayes says the red and black on the car are his colors since he went to the University of Georgia. The car had a lot of suspension work done to it prior to its purchase. However, there are no mods done on the engine itself. He says he would love to get a Porsche 911 GT-3. His 911 is up there with the GT-3's performance package, however, all it is missing is 200 horsepower as the GT-3 sits at nearly 500 horsepower.

## Mods:

- Bilstein coil-over suspension

- Porsche GT3 front and rear sway bars, drop links, and front control arm
- Recaro racing seats with six-point harnesses
- Rollbar
- Third radiator
- Oil cooler
- Pagid racing brake pads
- B&M short shifter
- Michelin Pilot Sport Cup 2 tires
- Corner balanced and aligned for track use

"I took my wife out for a few laps around Sebring racetrack. The Porsches are built for road course driving like that. They really handle the corners well. I think that's the thing that's most eye-opening to me, how fast that car will take you through a corner.

"I'm a limiting factor of how fast that car can go around the track, not the car itself. Every time I go out, I learn something new. I get faster and faster. When you're on the track, you want to be on gas for as long as you can before you hit the brakes. Full gas to full brake in a corner and gas it as you get a corner," says Hayes. The fact that the Porsche is built with the engine in the rear helps with cornering. It pushes you through the corner.

Not only is HPDE a thirst-quencher for adrenaline, but it is also an excellent social event. He says both men and women take part in track driving. Drivers will go out on the track in what they call "run groups" that range from beginner to advanced. "There can be 36 cars on track at a time; everybody works with each other," says Hayes.

You can find this Porsche 911 at Cars & Coffee Central Florida and at the Porsche Club of America for the Florida Citrus Region. Their website is [flc.pca.org](http://flc.pca.org).



# Nona Heroes: U.S. Navy Captain Gary Quick, Retired

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF GARY QUICK

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



This month's hero served in two branches of the military for nearly three decades, a total of 28 years. Meet Gary Quick, a Laureate Park resident of six years. Quick joined the Army at just 23 years old due to the draft.

"[I] first joined the U.S. Army and attended Basic and Advanced Infantry at Ft. Polk, LA. Then off to Officer Candidate School at Ft. Benning, GA, where I was commissioned a 2nd Lieutenant, Infantry – why?" Quick asked. "Attending OCS would give



me six more months before getting shot in Vietnam. [I had] orders to Vietnam, which were canceled 30 days before I was to go, then served my time and was released from the Army at the end of my commitment. I resigned my commission and joined the Navy, was commissioned as an Ensign, [and] earned my aviation wings as a naval flight officer – 25 years in the Navy for a total of just under 28 years."

Quick was based in Georgia at Fort Benning when he was in the Army, and the list of places he was based in the Navy is pretty extensive. Those locations included flight school at NAS Pensacola, FL; the Naval Station in Rota, Spain, for two separate tours; naval postgraduate school in Monterey, CA; USS Nimitz (CVN-68) in Norfolk, VA; NAS Patuxent River, MD, for test pilot school; and a follow-on tour at Pax River performing research, development, test and evaluation, flight testing a number of aircraft weapons systems.

Quick then found himself at the Pentagon in Washington, D.C., and then the Office of Naval Research (ONR), during which he was selected for Aviation Command. He consequently stood up and commanded Fleet Air Reconnaissance Six (VQ-6) at NAS Cecil Field, FL. Following

his command tour, he was assigned to the Space and Naval Warfare Command (director of technology) in Arlington, VA; with his final Navy tour in Research Park as the director of naval aviation programs at the Naval Air Warfare Center right here in Orlando.

When Quick was in the Army, he was promoted to 1st Lieutenant after just one year, and in the Navy, he was promoted to Captain, following almost 26 years of service overall. Through all of his different locations at different bases, when asked what some of his best memories were while serving, he was swift to mention his travels and learning experiences.

"Serving overseas in Spain, flying all over Europe and around the Mediterranean, was the beginning of travel that now includes almost 40 different countries. All of my tours were great, but the Naval PG School stands out as a foundation block



that was instrumental to a successful career. [I received an] MS in electronic systems engineering, also an MS from USC (night school)," Quick continued. "Nimitz[s] ship company was also great – one nine-month cruise with 158 days at sea without seeing land – Iranian hostage crisis."

After all those years serving our country, Quick was offered a retirement buyout from Lockheed Martin at the end of 2016 and began working for them only days later, becoming the business development lead for Naval (the Navy and Marine Corps) Aviation Training. He's now a licensed real estate agent, broker and investor, and he formed an engineering solutions company this summer under contract to Lockheed Martin, providing management, engineering and subject matter expertise.

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





# Nona Your Neighbor: Katrice Taylor

ARTICLE BY VANESSA POULSON  
PHOTOS BY MIRANDA GREY



Katrice Taylor, 29, is a Lake Nona local who captures her love of fashion and beauty through blogging. She also is the owner of GlamKat Beauty, which specializes in eyelash extensions. Check out our conversation with her!

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

KT: My husband and I moved to Lake Nona in 2014 from Virginia for his career. After moving around quite a bit up north, I spent a lot of time looking for a place to plant some roots here in Orlando. After weeks of research, I decided on a small area near MCO named Lake Nona. I was

drawn to the proximity to the airport, distance from downtown, and cozy feel of the community.

## NHN: What does your daily life look like?

KT: I wake up around 6:15 a.m. and start my day with a big cup of coffee! I like to spend some quiet time in the morning checking emails and responding to comments for my blog, [katricetaylor.com](http://katricetaylor.com), and my eyelash extension business GlamKat Beauty. Then, I get ready for my full-time job, which is a teacher at a local elementary school. I spend all day teaching math, and I love it! After work, I am either taking clients for GlamKat, or I head to train for about an hour at either the Lake Nona YMCA or another location. If I'm spending the afternoon lashing, I will normally take clients until around 9 p.m. If I do not have any clients that day, I like to make a hot dinner for my family and work on my blog. My husband, dog, and myself start winding down around 10 p.m. most evenings.

## NHN: What is your favorite part about Lake Nona?

KT: My favorite part about Lake Nona is the diversity and inclusion. I am also really enjoying the growth.

## NHN: What are your hobbies?

KT: My hobbies include cooking, working out, shooting new content for my blog and socials, and lately I have been really into listening to podcasts and planning for our future.

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

KT: The craziest thing that has happened to me was getting on a flight to Panama City, Fla., but then waking up in Panama City, Panama! It was so crazy! The most



interesting thing that has happened to me was appearing on the hit TLC show, *Say Yes to the Dress*, to find my dream wedding gown.

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

KT: I would tell them to hurry up! I think Lake Nona is an incredible place to be right now. It is growing at such an alarm-

ing rate and will be a booming area in the next five years, easily. Whether you have a family or you are single, if you're relocating, Lake Nona should be at the top of your list. The schools are great, the real estate is awesome, the developers are health-conscious, and the people are diverse. It's a win-win for everyone.

You can check out Katrice on Facebook and Instagram and on her blog:

Blog: [www.katricetaylor.com](http://www.katricetaylor.com)

Personal Instagram: [@katrice.taylor](https://www.instagram.com/katrice.taylor)

Personal Facebook: [www.facebook.com/bloggerkatricetaylor](https://www.facebook.com/bloggerkatricetaylor)

Business Instagram: [@glamkatbeauty](https://www.instagram.com/glamkatbeauty)

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## LIFESTYLE

# Mama's Turn: Ho, Ho, Hope

BY SHARON FUENTES

"I'm not ready to stop believing in Santa Claus," my 75-year-old father declared from his ICU hospital bed.

"Daddy, I think you are confused. You're JEWISH!" I giggled while texting a message to my husband reminding him to pick up the kids from school.

This was life for my father toward the end, random comments like this were not uncommon. I would nonchalantly point out the muddled memory or thought, and we would both laugh about it. Humor has always been the go-to response to everything in our family, and no one appreciated a good chuckle more than my dad. But, I soon learned that he was not joking, nor were his thoughts cloudy or jumbled that day.

"What the world needs is for us all to believe in Santa Claus, and yes I am a Jewish man saying that. Don't scrunch your nose up like that, Sharon. Listen to me, open your heart. Santa is not a religion. Santa represents HOPE for what can be and for what the future has in store for us. I am not ready to stop believing in Santa Claus. Do you understand what I mean by this, Sharon?"

I honestly thought I did understand what he meant, but he shook his head as if he knew better, which he did.

"You do not believe in Santa! GRINCH!" And with that, he laughed, grabbed my hand and brought it to his lips and ever so gently kissed it as he whispered, "But you will one day!"

My father passed away a few weeks after

this conversation. Before they shut his coffin, I slipped in a picture of Santa Claus with the words, "I believe!" that I had written inside it.

I tried hard to believe and to keep hopeful ... but his death hit me hard. For my kids' sake, I pasted on a smile and kept going, but inside I felt numb, lost, without hope.

About two months after my father's leaving this physical world, I had a dream. I was about six or seven, filled with hopes, but even more so, filled with fears. In this dream, my older sister and brother had persuaded my mother to allow them to ride their bikes to our grandparents' condo. I begged to go along, but they convinced my mother that I was too young and would not be able to keep up.

"Her legs are too short and, besides, she still has training wheels on her bike. She's still a baby!" they shouted in protest.

"I am not!" I yelled back, then started to cry.

"Look at the baby cry. Do you need a bottle, baby? Is your diaper wet?" They teased in a way that only siblings can.

My mother, most likely just tired of their nonsense, shooed them away. I continued to cry as I watched them ride off, leaving me all alone. That is when my father appeared in my dream.

"Let's take off these training wheels so that the next time you can join them," he told me.

As he unscrewed the bolts that held onto my security (or perhaps insecurities), he talked on and on about how proud he was of me and how he knew I could do this.

"Just think of the adventures you will have, Sharon. You can ride off into the sunset if you want," he said, trying to sell me on the idea of riding my bike without the training wheels.

"I don't want to ride off into the sunset," I argued with him.

"What are you afraid of?" he asked.

"I'm afraid of falling, of getting hurt, of not being able to do it," I admitted to him.

My father pulled me toward him, looked directly into my eyes, and said to my dream self, "Do you trust me?"

"Do you promise to not let go?" I asked half-heartedly, almost afraid to hear the answer. He shook his head yes, and with that, I climbed onto my bike.

With one hand, he held on to my seat with a tight grip, the other softly resting on the small of my back as if he were holding me up, keeping me steady, gently guiding me on. As I pedaled slowly, he walked with me, never leaving my side. With every wobble, he reminded me that he had me. When my balance wavered, he told me he would not let me fall.

Then, just when I got used to having him there, he let go. I watched my child-self whiz around in a circle, free and happy, until I finally realized that my father was no longer with me. I looked back at my father with a sense of fear on my face, which then turned to anger, as he had promised to not let me go. But the anger faded when I saw his face. He stood smiling at me proudly, waving, and cheering me on.

"You are doing it. Don't look back, look ahead. Look where you are going, keep your eyes open, concentrate! You got this, baby! Keep going."

I woke up after that and felt a sense of peace I had not felt since my father had passed. Suddenly, I understood what my Jewish father really meant when he told me, "What the world needs is for us all



to believe in Santa Claus." By keeping the belief of Santa alive, I am also keeping the spirit of my father and HOPE alive. My father doesn't want me to look back and grieve; he wants me to look forward, eyes open, keep pedaling and to never give up HOPE.

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

You can reach her at [sharon@sharonfuentes.com](mailto:sharon@sharonfuentes.com).





# In the Garden: The Benefits of Going Native in Florida

BY AMBER HARMON

Now that I have your attention, let's talk about going native in Florida, with native landscapes that benefit the environment in so many ways! Using native trees, plants, flowers and edibles in your yard conserves water, reduces chemical runoff, and attracts a variety of pollinators like butterflies and birds.

**Water Conservation:** Now, the theory begins with getting rid of your lawn! That's right – just cut out all of that St. Augustine grass and donate it to someone, but don't let it suck the water out of your yard anymore. We tend to use more than 50% of

our water supply on watering lawns. When you get rid of the grass and replace it with native trees, plants, vines and ground cover, they will require minimal to no additional water. That's right, once these plants are established, NO additional water for your yard. Native plants grow in the wild in Florida and are meant to be here. Fill in the area between plants with mulch, pine straw, or a native ground cover.



**Reduce Lawn Fertilizer Run-Off:** When over-applied, fertilizers aggravate insect and disease problems and force excessive growth, which must be mowed or pruned. Excess fertilizers can run off yards into waterways or leach into aquifers, polluting drinking water. Fertilizing appropriately, if at all, is the key to living green! (IFAS: Florida Friendly Living)

**Native Pollinators:** Specific plants and flowers each attract specific pollinators like bees, butterflies and birds. When the plants and flowers used are native, they attract specific native bees, butterflies and birds, giving them a food source. This provides a home for the pollinators to strengthen the health of the environment and ecosystem



• Florida High Bush Eggplant

A great source for native plants, nurseries and edibles can be found on the University of Florida website: [gardeningolutions.ifas.ufl.edu/plants/ornamentals/native-plants.html](http://gardeningolutions.ifas.ufl.edu/plants/ornamentals/native-plants.html)



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naturally.

**Edible Native Plants:** A great benefit of choosing native edible plants is that they are naturally heat-tolerant and pest-resistant. Pests can be a real challenge in the garden. When a variety of plant is not meant to grow in our region, no matter how good you care for, water and fertilize that plant, it will constantly be under stress and attract bugs. Florida native plants are just naturally resistant to these issues. Here is a list of yummy varieties that can be found at either [GrowinCrazyAcres.com](http://GrowinCrazyAcres.com) or [GreenIsleGardens.com](http://GreenIsleGardens.com):

- Wild Everglade Cherry Tomatoes
- Calamint
- Wild Sweet Basil
- Tropical Sage
- Elderberry

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](http://www.MyNonasGarden.com) for more information.

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

How to Deal With the “Cra-Cra” in Your Life This Christmas

BY RODNEY GAGE, LEAD PASTOR



One of my favorite Christmas movies to watch during the holidays is National Lampoon's *Christmas Vacation* with Clark Griswold (Chevy Chase) and his love/hate relationship with his cousin Eddie (Randy Quaid). Not only is this movie hilarious, but it also serves as a reminder of how the holidays can be a challenge when so many different and difficult personalities come together at one time.

For some of you, you will have to face...

- An ex-husband/wife who will create conflict as to who gets to spend more time with the kids this Christmas.
- Some will have to face the awkwardness of accommodating your parents who are separated or recently divorced and you are forced to deal with all the little games of guilt and manipulation that will create uncomfortable moments for everyone.
- Some will have to face the unpredictable behavior of a rebellious son or daughter who may or may not come home for Christmas.
- Others will be on pins and needles due to the unpredictable behavior of an alcoholic mom/dad or drug-addicted family member.
- For some of you, you might have that obnoxious sister-in-law or outrageous “cousin Eddie” who serves as the thorn in your side, or what I call your “heavenly sandpaper.”

The point is that we all have difficult people and personalities in our lives that can turn Christmas into Chaos. The question is, how do you deal with those difficult people in order to make the most of your Christmas holiday?

Here are three things to remember and apply:

**1. Realize That You Can't Please Everyone**

There are some people who are impossible to please. No matter what you do, it's never good enough for them. Make a commitment now that no matter what, you will not fall into the emotional trap of trying to please everyone. Remain positive and set boundaries so that you don't allow others to rob you of your joy this Christmas. Remember, others can't make you feel inferior without your permission.

**2. Refuse to Argue**

There are some people who love to argue.

It's their way of getting attention. They know how to push all the right buttons to get under your skin. When they draw you into an argument by the things they say, they know they are controlling you. Refuse to argue, don't stoop down to their level and play their game. The best thing you can do is take the high road. Remember, meekness is not weakness; it is strength under control.

**3. Respond With Love**

No matter how mean-spirited, insensitive or dysfunctional the difficult person in your life is, we should still respond to them with love. It's easy to love people who are easy to get along with. However, if we're going to demonstrate “peace on earth and good will toward others” this holiday season, then the real tests will come when we find ourselves being around some rude, insensitive and unlovely people.

How can we respond with love to people who are difficult to get along with? Practice the golden rule: “Do for others what you want them to do for you.” Instead of reacting to everyone else, be proactive in the following ways...

Find ways to...

- **Encourage** – There is no greater exercise for strengthening the heart than reaching down and lifting people up.
- **Appreciate** – Take the initiative in the first 30 seconds of the conversation to say something that affirms that person and makes them feel appreciated.
- **Forgive** – Life is too short to hold on to offenses. The reason why we should forgive is that, at some point, we will need someone to forgive us and overlook our faults and mistakes.
- **Listen** – There is a difference between “hearing” people and “listening” to them. Listening is wanting to hear. Remember, a deaf ear is the first sign of a



closed mind.

- **Understand** – Author and speaker John Maxwell says, “We should seek to understand before being understood.” The six most important words to focus on this Christmas when with those you will be around should be, “I want to know you better.”

As you prepare for this holiday season, think of that one person in your life who you're having a difficult time getting along with and ask yourself these three questions:

1. What is my normal way of dealing with that person?
2. Is it working?
3. Is it reducing the stress in your life and bringing about positive change in your relationship?

Remember, we can't always control what happens to us, but we can control what happens in us.

Rodney Gage is an author, speaker and the founding pastor of ReThink Life Church. His passion is to help people live life on purpose. To learn more, check out [rethinklife.com](http://rethinklife.com).





# NonaVentures: The Canyons Zip Line and Canopy Tour

ARTICLE AND PHOTOS BY NICOLE LABOSCO

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

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

This month's adventure started off as a surprise. Andrew came across The Canyons Zip Line and Canopy Tour on Facebook and knew it would be right up my alley. Unfortunately for me, he can't keep surprises ... I discovered we were going to the award-winning and nationally recognized zip line company (recognized by ABC, NBC, Fox News, National Geographic, E! News, and discoveramerica.com) and was pretty stoked! The Canyons is known for having the longest, highest and fastest zip lines in Florida, which is what NonaVentures is all about!

This adventure requires a road trip to Ocala, but upon arrival, you don't even feel like you're in Florida anymore. Roads were winding up and down over hills, and we arrived at a bunch of open skies over limestone canyons, teal water and towering woods. Not something you see much of here in Orlando ... the full zip/canopy tour includes nine zip lines, two rope bridges and a rappel at the very end. The entire tour lasted about two-and-a-half hours. Here's how it went...

We began by meeting our two tour guides, Clay and David, and got suited up for the day's adventures. We adorned helmets, harnesses and gloves – and naturally, I had my GoPro to capture it all!

We hopped onto a golf cart to get up some hills and travel farther into the woods to begin our journey. First up was the practice zip, where we learned the proper zip-ping technique, the hand signals that went with the tour, and how to properly brake. This was a first for me. Although I've been zip lining several times, I've never had to brake myself. I quickly realized that it would be difficult for me to film the zip line if I had to keep one hand on the pulley-like system attaching me to the cable at all times and the other hand was used for braking, but I was determined to make it work.

It wasn't graceful, to say the least ... the

pole mount with my GoPro hit my leg in the practice zip, and I was only going like two MPH! I had to make it work, though! Our guides told us that if we wanted to go fast, we would need to essentially be a ball flying through the air, so I knew what I would be doing. I'd become a contortionist if I had to! I've got a need for speed!

We started off small and short, nothing too crazy. The first couple of zips, I didn't film because I wanted to follow the rules and keep both hands on the zip at all times, but after the first four zip lines, I had finally asked if I could use my braking hand to film and then just abandon my pole mount (it was strapped to my wrist, so it wasn't going anywhere) to brake when I was given the appropriate signal.

It was really pretty cool passing walls of



limestone and coming out over the water, as Clay and David would say, "waving to the turtles." No, seriously, they said to wave to the turtles on the first zip line that ran over the water. Other times it was to make our best owl noise or scream as loudly as we could to scare those who were waiting for their zip line tour to begin. Those guys were hysterical and made the experience even more enjoyable. They cracked jokes left and right and busted some moves while zipping that were worthy of *Dancing With the Stars*.

In addition to the unique location and the national backing that The Canyons Zip Line and Canopy Tours have to set it apart from other ziplining companies, the overall thrill is hard to compete with. As we began to rise higher and higher (and we only had to climb a couple of stairs), the views were getting more and more picturesque. Eventually, we made it to the highest and longest zip in the tour, which took us from about 100 feet above the water to only 10 feet or so above the water. The cable was about 1,100 feet long. If you have

a fear of heights, this zip might bring out those fears, but all it takes is one step and fun will overpower the fear. It's truly a leap of faith! I guess I was coming in hot on this zip line because I didn't quite brake hard enough and kicked out the steps that I was supposed to land on. Luckily, no one was hurt and Clay was there to laugh with



Not only is this adventure family-friendly, but you also get a nice little road trip out of it and a whole other area of Florida to explore.

So, there you have it, I had fun in the sun by flying through canyons and seeing nature at new heights, all while feeling like I was out of the state at varying speeds and reigniting my love for zip lining. This was such a fun outdoor activity (especially in a bit cooler weather) and is a ton of fun with a group of friends/family. For the holiday season, The Canyons Zip Line and Canopy Tours would be a pretty awesome gift to give to your adventure-loving friends or loved ones. You can purchase gift certificates by visiting: <https://bit.ly/2S7YUSu>. In addition to zip lining, you can also go on horseback riding and kayaking tours. Adventure awaits!



me about how I might have gotten a little too much of an adrenaline rush on that one. I then turned around to notice that when I let go of my GoPro to begin braking, I was going so fast that it somehow swung up onto the zip cable and slid along the top, getting a cool aerial perspective of my landing! The handle of my pole mount has the cable burn to prove it! #worthit

Another zip that was pretty fun was one of the last ones where you got a running start and just ran right off of a ramped platform. The faster you run, the quicker you zip! All throughout the journey, you learn about the nature and history of the canyons and how they came to be.

You also cross two suspended rope bridges that'll make you lose your footing once or twice (I sure did!). To wrap up the tour, we did Spiderman-like rappelling, and, yes, I did go upside down. We were then presented with a certificate and an immense amount of cheering because at that point, who wouldn't act like a bunch of maniacs after a day full of fun?!

The full zip line and canopy tour cost is \$96 (before tax), but it is definitely worth it.



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





# Finding Now: Through The Eyes of Children

BY ODETTE VACCARO



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 focus 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.



# Ask Lady Nona: Feed Your Soul



We often hear people using the word "feeding" ... people feeding their stomachs, their pockets, their minds, their egos, feeding the kids and the pets ... but rarely do we hear people talking about feeding their souls. We neglect our soul and forget that it's an integral part of our overall existence and wellbeing.

Naturally, when you think of your soul, you think of religion or spirituality. But, we forget that it can actually go beyond that and just be about a part of you that needs to be tended to. Like a muscle that you work out in the gym or a pet that you love and take care of.

Your soul is the one miracle that no one can explain; the believers can't rationalize it, and the non-believers can't deny it. It's that second your heart starts beating and you turn into a live human with a conscience.

How do you feed your soul? You give! You give your time, you give attention, you give

charity, and you give love. Not because the religion you believe in is promising you a great afterlife, but because this is the society you want to build, the kind of world you want to live in. When you give, your kids will grow to give, and it will be built into the fabric of your family. If every family did that, we would be living in a soulful community. People always blame society for social issues, saying, "This is the society we live in," but we are that society! Start with yourself; *build* your soul, and it will naturally cause a domino effect. Not to throw a cliché in here, but, "Be the change you want to see."

Most people spend a lot of time thinking of how to improve themselves. Self-improvement books are stacked in home libraries covering subjects like how to live a more efficient life, how to balance work and home, how to be a better parent or boss, and general "how-to" books on different interests. In case your library doesn't include "How to Nourish and Feed Your Soul," I thought these tips would help:

1. Spend time with your children; they are future voters, managers, mothers, fathers, and who will decide if they will put you in a retirement home or their homes.
2. Wake up grateful, no matter what! Be mindful of all the blessings. The air you breathe, the roof over your head, the peace you live in, the job that pays the bills (even if you don't love it).
3. Take deep breaths, often.
4. Meditate.
5. Bury the hatchet.
6. Give to others when you can, either

your time or money.

7. Choose love, not hate (that's what you would want from people for you and your family).
8. Love yourself.

If you believe in a judgment day, I truly believe that the weight of our soul is what we will be judged on. The value of our soul is based on the positivity and love we emitted while we were on this planet and the care we had for those outside ourselves and outside our circle.

Merry Christmas and Happy Holidays! May you have a holiday season full of love and soul!

Would you like to share your experiences or thoughts with Lady Nona? Do you have a question for Lady Nona? Fill out the online form here: [nonahood.to/askladytona](http://nonahood.to/askladytona). Your submissions will be anonymous.

The soul becomes dyed with the color of its thoughts.  
— **Marcus Aurelius**



**WONDERS**  
OF HIS LOVE

**CHRISTMAS EVE  
CANDLELIGHT**

Celebrate the wonders of God's love this  
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**December 24, 2018 | 5:00 PM**  
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@ Tohopekalgia High School  
3675 Boggy Creek Rd. Kissimmee, FL 34744

**EAST COAST  
BELIEVERS CHURCH**



## Youth Lacrosse Building Enthusiasm in Lake Nona

BY VALERIE SISCO

and exciting to play. “It’s just as easy for parents to follow the game, too, as they watch their kids play,” Coach Chin says. “Lacrosse is one of the fastest-growing sports in the country, offering a relatively high number of college playing opportunities after high school. Over the past few seasons, I’ve seen boys’ and girls’ lacrosse build an enthusiastic community in Lake Nona.”

Led by Lake Nona Youth Sports, a group of dedicated lacrosse coaches, and supportive parents, the youth lacrosse program



After coaching kids during their first competitive lacrosse season, Lake Nona High School coach John Chin has grown accustomed to hearing a similar sentiment expressed by many of his students: “I wish I had started sooner.”

Coach Chin’s young athletes tell him they love the fast tempo of the game, enjoy the camaraderie with their teammates, and are surprised lacrosse is so easy to learn

is celebrating its third year and developing nearly 100 lacrosse players every year. “Because the sport just continues to grow, we’re looking toward the future and hope to put Lake Nona on the map as a competitive lacrosse hub in Central Florida,” says C.R. Dunnavant, president of Lake Nona Youth Sports. “That’s why Lake Nona Youth Sports is aligning itself with the direction of the Lake Nona High School program to accelerate the growth of our



lacrosse athletes and give them an opportunity to play the sport after high school if they choose to do so.”

Coach Chin thinks lacrosse is a sport that appeals to so many kids because it combines the concepts and skills of a number of different sports. “You can see elements of ice hockey, field hockey, football and basketball when you watch a lacrosse game, and it all starts by introducing kids to a lacrosse stick,” he says. “And as I hear so often from my high school athletes, they love it and wished they’d started playing lacrosse when they were younger.”

Throughout the year, Lake Nona Youth Sports offers multiple lacrosse options for girls and boys of all skill levels to learn the game, but spring is the most competitive lacrosse season. The program includes league play for kids in grades 1-8, four divisions of full contact for boys, along with SPEED lacrosse, a low contact, co-ed, fast-paced development game. Boys’ lacrosse registration will open in December.

“We welcome both new and experienced

players, from third grade to eighth grade,” Coach Chin says. “Your child only needs to bring a little determination and an enthusiasm to compete.”

Equipment and pads are available for new players, along with a limited number of helmets and uniforms. Registration is at [LakeNonaYouthSports.org](http://LakeNonaYouthSports.org).

Lake Nona Youth Sports also offers volunteer opportunities for parents who would like to assist at practices and games. “We are so grateful for the help of our committed parents to support our young athletes,” Coach Chin says. “Come out and see what all the excitement is about and help us grow the lacrosse program in Lake Nona.”

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



## Lake Nona Youth Sports

“Home of the JR Lions”



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

### CURRENT EVENTS

- **Cheer**  
- Off-Season Tumbling Class, contact Brandy Sellers at [JRLionsCheer@LakeNonaYouthSports.Org](mailto:JRLionsCheer@LakeNonaYouthSports.Org)
- **Wrestling - New and Returning Athletes**  
- Registration opens January, see website for details
- **Spring Lacrosse - New and Returning Athletes**  
- Registration opens in mid-December, see website for details
- **Baseball**  
- See website for updates and more information

### 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.

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

Website [LakeNonaYouthSports.org](http://LakeNonaYouthSports.org)

We are a nonprofit 501(c)(3)



# Nona Cycle

## Upping Your Game: Cross Training for Road Cyclists, Part One

BY DEBRA LOWE, NONA CYCLE MEMBER

While consistently riding is the best way for a road cyclist to improve their skills, utilizing other forms of exercise can build strength, increase endurance, prevent in-



Peloton Bike



Body Pump Class

juries and build confidence. This month, we'll look at three forms of cross training for road cyclists: strength-training, indoor cycling and mountain biking.

Building strength should be a part of every cyclist's plan. Getting stronger will help you improve your speed and endurance on the bike while helping to prevent common cycling injuries that can keep you off your bike for weeks or even months. Cycling requires a strong core for balance, speed, climbing, and overall endurance and strength-training, preferably incorporating weights, which is an excellent complement to riding.

The main goal with strength-training is to create a stronger support system for the primary muscles utilized while on the bike. The aerobically stronger your assistance muscles and core are, the more powerful you become and the less fatigue you will

experience on a long ride.

Strength-training can be as simple as having a set of weights and developing a training program you can follow at home. Access to a fitness facility provides the ability to vary your routine while offering free weight and assistance machine options. An internet search will yield a wealth of fitness routines designed to benefit cyclists, or a personal trainer can customize a routine for you. When designing a routine, consider that, in addition to strengthening the lower body, cycling utilizes muscles in our back, core and arms.

If the repetition of a weight training solo doesn't appeal to you, consider a class that incorporates training the entire body in a fun, group setting. For years, I focused on training solo but have transitioned to the Les Mills Program's *Body Pump* class, a choreographed hour-long class utilizing lighter weights and high repetitions

tors creating their own routines and playlists, to programs such as the Les Mills RPM and SPRINT classes. I've found the Les Mills Program to be the best compliment to my road cycling; the 45-minute class simulates a road ride by including speed, climbing and interval training in a seven-song or track class while RPM is a 30-minute interval class.

Offroad, or mountain biking, is an excellent way to vary riding outdoors. In contrast to riding on the road, which improves your cardiovascular fitness for spinning at a high cadence for a long time, mountain biking requires more dynamic fitness – from quick bursts to sustained cardio output – and incorporates many more muscle groups. Mountain bikes differ greatly from road bikes in frame design, overall weight, wheels, tires and gears, so the sport does require an investment ... but then again, the more bikes in the world, the better.

What Central Florida lacks in mountains, we make up for in trails built and maintained by those who are passionate about this sport. The top five local mountain bike trails are Santos, Alafia River State Park, Balm Boyette Scrub Preserve, Markham Park and Imba Red. If the thought of riding around trees on a narrow dirt trail, navigating new terrain, and crossing log bridges is daunting to you, there are clinics available for every skill level.

In addition to becoming a stronger and more proficient road cyclist, cross training can alleviate boredom and introduce you to new friends and experiences. Next month, we'll explore additional cross training options and the unique benefits they offer, all in the name of fun and fitness.

Check back next month for Part Two of "Upping Your Game: Cross Training for Road Cyclists."

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

[nonahood.to/nonacycle](http://nonahood.to/nonacycle)



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Debra Lowe



Zwift Trainer



# Orlando City Soccer Club Announces New Training Facility, Not Lake Nona

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF  
ORLANDO CITY SC

With the recent boom of construction and development taking place in the blink of an eye here in Lake Nona, residents usually know what to expect and what's coming to the Nonahood. However, a recent turn of events has caused a change in plans for a major announcement that took place in January 2016.

The original plan consisted of a new 23-acre training facility for Orlando City of



ities will feature four full-size soccer fields, a film room (for play and drill review), a players' lounge and dining area, and a training, fitness and recovery center, all on approximately 20 acres. Working staff will enjoy a private, 30,000-square-foot building for office space and media operations; two main locker rooms nearly identical to the ones at the Orlando City Stadium are also included in the plans.

We are great friends and neighbors and look forward to always being strong supporters of the team and their role in our community."

Both the Lions and the Pride will continue to train at their current training facilities in Sylvan Lake Park and Seminole Soccer Complex through the beginning of the 2019 season. Once the Osceola Heritage Park facility has undergone its renovations and is ready to open, the MLS and NWSL teams will transfer over to their new training grounds and the youth teams from the academy will stay put at Seminole Soccer Complex.



Jessi Blakley, senior director of Tavistock Development Company, explained, "We understand Orlando City's financial decision of where to locate their training center.



Major League Soccer (MLS), minor league Orlando City B, and the U.S. Soccer Development Academy, with an investment upwards of \$20 million, according to former Orlando City president Phil Rawlins. Those intended plans were set to open for use by March 2017.

Nearly three years later, both Orlando City SC and Lake Nona have experienced tons of fluctuations. The MLS team announced its most recent plans for a new training complex in Osceola County. This facility at Osceola Heritage Park is set to debut in July 2019. Osceola Heritage Park was the spring training compound for Major League Baseball's Houston Astros previously and will now undergo a complete renovation to become the MLS Orlando City Lions' and National Women's Soccer League (NWSL) Orlando Pride's permanent and exclusive training facility.

"The training complex is the heart of our soccer operations. It's where our product on the field reports to work every

day, where they eat and recover, and, most importantly, where they build the team culture and attitude that carries over to the stadium on match days," Orlando City SC CEO Alex Leitão stated. "We've worked hard to secure the best opportunity to support both player development and the recruitment of top talent over the past four seasons with the establishment of a top-notch soccer stadium in 2017 and now the addition of a new state-of-the-art training complex in 2019."

The remodeled amen-





# Camp Gladiator Trainer Talk: Maintaining Health During The Holidays

BY VERNICE SALVERON-GASPER

Christmas is just around the corner, so it's time to enjoy this special time of year with friends, family and, of course, good food. For some of us, this means that we either travel out of town or have family stay with us, which ultimately interrupts our daily routines and eating habits.

Whilst I think it is absolutely important to relax and enjoy this time of year with the ones we love, it is also equally important to avoid undoing all of the hard work and health and fitness progress we have made throughout the year. A day or two of indulgent eating and drinking will not have a major impact on your long-term health ... however, when a day turns in to a week and a week turns into a month, this becomes self-sabotaging behavior. This will not set you up for a strong start to 2019.

Some of my best and practical tips to consider during this time of year are outlined below:

- 1. Get out of the "I'll start next year" mentality** – Starting a clean slate next year can seem like a motivating concept. However, what it tends to do is give you the mental license to over-indulge and avoid exercise altogether. If you have the "start now" mentality, this will put you ahead of the game and give you the best start to the new year.
- 2. Eat wholesome foods first** – Eating protein and vegetable sources before desserts will ensure you fuel your body with nourishing food before you consume sugary desserts. Be mindful of your carbohydrate/sugar intake and consider reducing the serving size of high-carb savory dishes like mashed potatoes if you know you are going to eat sugar-filled desserts and candy.



Photo courtesy of Arno Photography

- 3. Stop eating when you are full** – One of the main and obvious signals is when your belly feels like it's about to burst. If you have reached this point, you have definitely overdone it! I suggest taking a second serving or leftovers home and eating again when you are hungry. This will allow your body time to digest your food.
- 4. Avoid grazing** – Eating lots of little bites here and there can sometimes make you feel like you have not eaten at all. However, when we add up the handful of nuts here, a piece of candy there and the few spoonfuls of pudding, these calories start to stack up. Make sure you eat properly, get a plate of food, and mindfully sit down to enjoy a wholesome meal with the people you love.
- 5. Bring a healthy dish to share** – If you are headed to a gathering with family or friends, I recommend bringing a healthy salad or protein dish. There will always be "fun" food at these types of events, so making sure there is a healthy option available is always good. A colorful salad or casserole is a perfect dish to share and easy to throw together.
- 6. Adjust your macronutrients** – If you know you are going to have a big, calorie-filled lunch or dinner, adjust the calories and macronutrient content of your other meals throughout the day. For example, having a lighter breakfast and lunch before going out for dinner will help you stay within reasonable calorie limits and avoid a complete calorie blow out.
- 7. Stay active** – If you have been physically active during the year, don't stop now. It is important to maintain your physical fitness as it will be even harder for you when you come back. If you are new to exercise, it is important to acknowledge that the best way to counteract increased

calories is to burn them off. Even a 30-minute walk or run can make a difference physically and mentally.

If you live in the Lake Nona area, please do not hesitate to contact me and attend one of my boot camp classes for 60 minutes of AMAZING. My classes are for all fitness levels and are made up of a community that will motivate, encourage and support you.

I hope you all have a wonderful Christmas and a prosperous New Year!

Vernice Salveron CPT, Partner Trainer can be reached at (321) 947-9948 or [vernicesalveron@campgladiator.com](mailto: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](http://campGladiator.com).

## Camp Gladiator 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.

"To positively impact the physical fitness and ultimately the lives of as many people as possible." – Camp Gladiator



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## Orlando Ballet Extends *The Nutcracker* Performance

ARTICLE BY BRITTANY BHULAI  
PHOTOS PROVIDED BY THE ORLANDO BALLET



The Orlando Ballet will be extending their performance of *The Nutcracker* from Dec. 7 through Dec. 16 at the Dr. Phillips Center for the Performing Arts. Orlando Ballet's artistic director, Robert Hill, says that this is the first time the company will be extending the show's viewing to two weeks (as opposed to one week) in all of his 10



years with the company. *The Nutcracker* proved popular with the audience last year as the performance sold out. Hill also stated that was the first time he's witnessed the show sell out.

In addition to the regular showing of *The Nutcracker*, there will also be *The Nutcracker* Family Show happening on Dec. 8 and Dec. 15. *The Nutcracker* Family Show is a one-hour version of *The Nutcracker*. The uncut version of *The Nutcracker* has two acts with an intermission. Hill says the shortened version is a great option for young viewers and first-timers who have never experienced a ballet before. "I hear parents of kids from a certain age say that was the perfect length," says Hill.

Even though *The Nutcracker* Family Show is condensed in length, it will still contain the snow scene that the ballet names as a famous scene to the play. Hill describes the scene with action, dance, ballerinas, and lit-up snow flurries, "Nutcracker has a battle with Mouse King. He kills Mouse King, and he's transformed into the actual Nutcracker prince. He takes Clara on the journey to the Land of the Sweets, and, in order to get there, he takes her through a wonderful snow scene where she gets to

see the Snow King and Queen dance."

Another special the Orlando Ballet is having is called *The Nutcracker* Tea on Dec. 15. Guests will take a visit to the Land of the Sweets, where they can indulge in sweet treats and purchase holiday trinkets. Seating for children costs \$50, and adults cost \$75.

Both *the Nutcracker* Tea and *The Nutcracker* Family Show will be held on Dec. 15, but the Orlando Ballet has ensured the two events will not interfere with each other. *The Nutcracker* Family Show begins at 11 a.m., and the tea is scheduled for right after. It will also end in time for the regular showing of *The Nutcracker* at 3 p.m. on the same day.

A press release sent out by the Orlando Ballet also says that they will be continuing their over 20-year tradition of offering free field trips to all second-grade classes in Orange County Public Schools to see *The Nutcracker*.

More than 150 Orlando Ballet students will be performing with the company this year. Their ages range from 7 years old to adults.

When asked what separates *The Nutcracker* from other performances, Orlando Ballet's ballet master, Lisa Vinceant, said, "The tradition of it, because that's something we do every year. It's the excitement of the kids. Every year, we do something amazing. The kids get so excited in the performance and in the audience. It's the holidays."

With all the reconstruction done within the company these past months, the Orlando Ballet is seeing an improvement. "It's been a process to get our ticket buyers back involved. Last year, we increased our ticket sales by 40 percent," said Hill.

Overall, Hill says the community should get out and give *The Nutcracker* a view, not only to share the holiday spirit but because it's a great way to unplug from the digital world and mingle with one another face to face. As Central Florida's only professional ballet company, the Orlando Ballet has a lot to offer its home. Hill expresses the thought by saying, "We're living in this world with this technology where we're on our computers and on our phone all the time. Just put everything down and come out for a social occasion. It's a live performance; that's a wonderful thing to have in the community."



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# Orlando Ballet Announces New Harriett's Orlando Ballet Centre

ARTICLE BY BRITTANY BHULAI  
PHOTOS PROVIDED BY ORLANDO BALLET

On Oct. 18, Orlando Ballet held its groundbreaking ceremony for the new Harriett's Orlando Ballet Centre. The construction for the new dance facility was re-launched when Harriet Lake, a philanthropist, made an additional donation of \$5 million toward the project that costs \$12 million total. Including her prior donations, Lake has given a total of \$7.5 million toward the construction costs of the building.

In attendance at the groundbreaking was Mayor Buddy Dyer, Orange County Mayor Teresa Jacobs, Sibille Pritchard, chairman of both the Orlando Ballet building committee and board of directors, Robert Hill, Orlando Ballet artistic director, and Shane Jewell, executive director.

In a press release sent out earlier this year



in June by Orlando Ballet, Mayor Dyer stated, "As a city, ensuring the arts and culture thrive and grow in our community is a top priority, and for nearly 50 years, Orlando Ballet has served as an anchor institution in this effort. I am proud and so thankful this gift will help ensure that legacy continues to flourish."

To help fill in the gap of the remaining costs, the company was granted an additional \$4 million from Orange County's tourist development tax (TDT) dollars.

The grant was initiated by the Board of County Commissioners by unanimous vote and was based on recommendations from the Application Review Committee and the Tourist Development Council. The county also used their cultural facilities grants program to donate \$500,000 toward the facility's auditorium.

The Orlando Ballet press release stated, "The building will reunite the company, school and offices in one built-for-purpose facility. Larger studios will allow Orlando Ballet to better prepare high-quality performances for the Dr. Phillips Center stage, expand class offerings, community outreach, and operate more cost-efficiently."

The architect for the Harriett's Orlando Ballet Centre, Rob Scheffer, said they wanted the 38,000-square-foot building to look clean and contemporary in the design. He wanted something that looked fresh, new and light. Since it is built in front of a lake, Lake Formosa, he says every studio in the building is given a view of it. Each studio



will also have 20-foot-high ceilings. "We started the planning in March 2018. To go from cocktail napkin sketch to official construction documents in six, seven months is phenomenal," says Scheffer.

Not only will the new amenity be for the ballet, but it will also serve as an event space for the community to hold functions such as banquets and weddings. The Harriett's Orlando Ballet Centre is located in Loch Haven Cultural Park and is expected to open in fall 2019.





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# At the Movies: Venom

A CONVERSATION WITH AARON  
AND ELAINE VAIL  
PHOTOS BY SONY PICTURES

PG-13 | 1h 52 min

Director: Ruben Fleischer

Stars: Tom Hardy, Michelle Williams, Riz Ahmed, Jenny Slate

Eddie Brock is a vigilante reporter who is not afraid of sticking his nose where it doesn't belong, all in the name of getting the real story. He'll do whatever it takes to uncover the truth. Today's story is to find out what dark secrets are being covered up at the Life Foundation run by Carlton Drake. Drake is a 35-year-old genius, billionaire, philanthropist and inventor who is trying to solve the global overpopulation issue. His solution: find a way to move people off-world, and what better way to do that than to figure out how to get his newly-discovered aliens, symbiotes, to live with their human hosts without killing the human.

The story is pushed along when scientist Dora Skirth, who no longer approves of

Drake's methods, teams up with Brock to expose her boss. Symbiote Venom finds a compatible host in Brock when he breaks into the facility with Skirth's help, looking for evidence to expose Drake, and they've got to figure out how to exist in harmony.

**Aaron:** If you've never heard of the Venom character from Marvel comics since his debut in 1984, you're not alone. He's not my favorite character, either. I knew he was a "bad guy" and fought Spider-Man often. After 30-plus years of comic book reading and collecting, I know almost nothing about Venom. That's a good thing because I wasn't burdened with disappointment when they stray in this rendition from the original, as I expect they did. I assumed this was going to be as the trailer depicts with Eddie trying to rein in the evil alien, Venom, who just wants to destroy everything.

**Elaine:** Yes, boys and girls, we learned once again that movie trailers can be misleading and even lie. The plot is not at all



what I expected based on the trailer and my only other experience with the Venom character: the 2007 Tobey Maguire version of *Spider-Man 3*. I will admit, though, that I liked this twist of the two characters, Venom and Brock, learning to not only coexist but also cooperate and even enjoy one another as they compromise their



overall objectives in life.

**A:** Although this is a Marvel movie, I loved that it isn't connected to anything else already established. I very much enjoyed this small cast of characters dealing with their own issues devoid of Thanos and Civil Wars and a hundred other people. The Stan Lee traditional cameo is the only connection.

**E:** I agree, this had a very different feel from the previous 10 years of Marvel movies, and I truly enjoyed the characters and found myself wishing to see more of them like you would sit down to binge-watch your favorite sitcom. Very likable and relatable characters, in my opinion.

**A:** The symbiotes are an alien race that are devourers of life. They consume the human host and move on to the next. Venom, being the outcast of his race, decides he likes humans, especially Eddie Brock. The movie felt a little heavy for the first half, but once Venom decided he was staying and liked Eddie, the real fun began. The humor and timing were perfect.

**E:** Yes! The balance of humor, adventure and character development was a lot of fun for me. And the special effects were impressive!

**A:** The actors played their characters very well. Tom Hardy played both Eddie Brock and the voice of Venom. Michelle Williams was just charming, and I kept waiting for her to break out in song as she does in *The Greatest Showman*. But, watching Jenny Slate as a scientist, all I could hear was "MONEY PLEASE" from *Parks and Recreation*. One of my favorite characters!

**E:** Oh, wow, I didn't realize Tom Hardy

did Venom's voice! See, you learn something new every day! I'm not as familiar with Tom Hardy's work, but this performance was memorable for me. I'm definitely a fan of Williams and Slate! I, too, kept halfway expecting a song-and-dance routine from Williams and just couldn't get over the complete transformation of Slate as the smart scientist in comparison to her over-the-top Mona-Lisa character! Just fun to watch!

**A:** It has some minor issues, but overall I was surprised at how much I really enjoyed this movie.

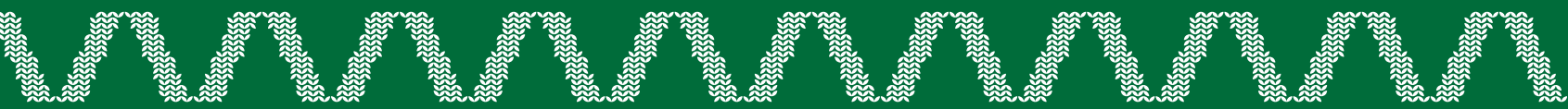
**E:** Agreed, there were just a couple of minor issues that annoyed me a little bit, but I found this film to be very entertaining, a little unexpected, and it left me wanting more. It's left wide open for a sequel, and there are talks online that Sony will, in fact, merge with the MCU (Marvel Cinematic Universe) ... so maybe we'll see a little interaction between the Toms Hardy and Holland in the near future!

True to the Marvel tradition, there is some extra footage after the credits, so if you're able to get to one of the few theaters still playing this, or when you purchase the Blu-ray, be sure to stick around/fast-forward. Although, it's not the normal post-credit reel – fair warning!

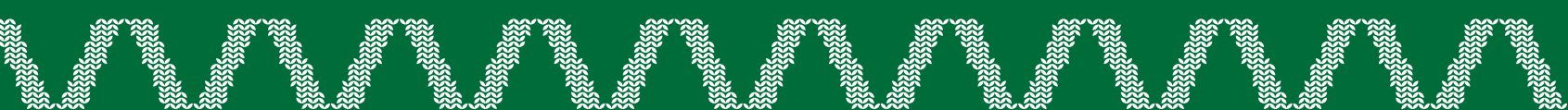
My final standard for whether or not a movie is really good is my decision to add it to my movie collection at home. This one is going to be a purchase, for sure, and we will be watching it again! Enjoy!



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## Short Stories: A New Beginning, Part One

BY BRITTANY BHULAI

We had been traveling the open sea for weeks now. We set out on this voyage in hopes of a new life. We'd been through many countries. Our people were nomads. We lived off of whatever land we inhabited.

Our last home was south of Asia. We stayed for nearly two months before we decided to depart. It was a beautiful time while it lasted. I'll never forget the smell of spices in the air, the tall trees, mountains and temples. The locals had quite an exotic culture.

I had gained so much appreciation for each culture I engulfed myself in. The groups and I developed a mutual respect for one another. We were different people, yet we lived together in harmony. Many times, civilians opened up their homes for us to stay. They took us in like family and treated us as such.

I traveled with my two brothers. They were just as open to the lifestyle as I was. Our parents died when we were young, not too long after we were born. My aunt and uncle raised us. If there was one thing they taught us, it was to be open to the world and its endless possibilities. We left home when we were teenagers and have been traveling around the world since. None of us had a plan as to where our next destination would be. It was whatever land we landed on next. Whatever land we saw in the distance of our ship, that's where we'd head.

Just when we thought we had seen the whole world, there was always more. There was always the fear that we'd reach the edge of the earth, but it seemed as though it continued on for forever.

Our uncle gave us this ship. It held up well over the years. No matter how many storms it went through, it was still intact and floating.

Tonight, there was another storm. The moon and stars were nowhere to be seen. Clouds masked the sky. Rain began to pour from above, and the wind swooped with a brutal force. The waves of the ocean towered above the ship and slammed onto the deck. Our ship rocked back and forth violently. The three of us went below the deck in a cabin area. In the cabin, we had food and drink from our last home. We cracked jokes and shared memories from our recent travels. It might have been hell outside, but inside we had the company of one another. It was warming.

Morning came. I slowly opened my eyes. I had fallen asleep on my brother's shoulder.

Something felt off. The ship felt stable for some reason, like it wasn't moving. I shook my two brothers awake, and we all headed out of the cabin. What we saw had us in disbelief. It was true that we weren't moving anymore. We were barely in the water anymore.

Our ship landed right into a sandy shore



with clear blue water surrounding it. Palm trees hung over the railing of the ship. The island looked like a decent size. However, it appeared abandoned or, rather, untouched. Civilization was probably more inland. We looked at each other in confusion and amazement. We threw our anchor overboard and got off. The sand melted between my toes. I had never seen sand so white before.

The further we ventured in, the more captivating the island unfolded itself to be.

We came across a tall waterfall. The top of it overlooked the island. We spent the rest of the day climbing to the top. The view was like no other. I have seen much in my days on this earth, and this is one of the memories that I will always remember. The way you could see the sunset above

the ocean from here was breathtaking.

Far in the distance, we saw a stream of smoke emerge from out of the trees. It was from a fire. Someone was burning a fire. We were not alone.

We would call this island home for now. It was another place with new faces, foods and customs. Like many times before, it was the mark of a new beginning.

Tune in next month for Part Two of the original "A New Beginning" series.



## Book Review: Spellfire

BY AARON VAIL

Author: Ed Greenwood

Publisher: TSR, 1988, 382 pages

I was done with high school in 1990, which means I was DONE with being forced to read books I didn't want to read. I took a couple of years off from novels and focused more on comic books. Then, in 1992, I decided I wanted to read "real" books again. But where to start? Where better than good old Dungeons and Dragons? But I didn't want to get locked into a three-book series if I didn't like the first one. After much searching, I discovered *Spellfire*.

Shandril Shessair is a typical young or-

phan girl (not even seen 20 winters yet) working in the local inn as kitchen help. She's mesmerized by the nightly patrons and adventurers who come to feast and regale each other of foes defeated and treasures found. Oh, if only there were more to life than fetching herbs and cleaning tables in a nice, safe inn surrounded by people who love you.

One night, Shessair decides she needs to see what's out there in the vast world for herself. So, she steals all the equipment from The Company of the Bright Spear. When they discover they've been robbed, she heroically appears with all their belongings to show they are in need of a thief. She signs on, and they slip away in the night to the mystical area of Myth Drannor that is heavily beset with evil magic and wondrous treasure.

It doesn't take long for Shessair to discover that she might have made a mistake leaving the inn. The group is soon attacked, and the damage is heavy. They recover,

thanks to an abundance of healing spells and potions, and decide to keep going. During an exploration of some nearby ruins, they are set upon by an evil female mage called The Shadowsil who isn't too pleased with trespassers. As they fight, Shessair happens upon a glass orb and smashes it into the face of The Shadowsil, defeating her while inadvertently releasing the trapped balhiir (a magical creature that absorbs magic from spells and items) within. Not realizing what she's done, the balhiir finds a host in Shessair, who is now filled with a magical energy she can barely contain. If she doesn't release this energy soon, it will consume and kill her. Nothing can stand in her way as she levels the ruins, an ancient bone dragon, and half a mountain with powerful magic flames that turn everything they touch to ash.

Spellfire (the innate ability to convert magic into an energy the person can wield) is very rare in the world of Forgotten Realms. Shessair and only one other have had this gift. And, of course, once word gets out that there is a new wielder of spellfire, more than a few would either control her or defeat her. This once unknown girl is now daily fighting for not just her life, but that of friends and a new husband as well.

This book was a good start for me at the time. It was a standalone story (now there are three in the series) and a decent one. This was Ed Greenwood's first novel in the world he created from short stories published in *Dragon Magazine* beginning in 1979. He's written more than 50 books, most in the Forgotten Realms world, and some feel he's the father of the modern Dungeons and Dragons-styled books.

*Spellfire* reads very much like a DnD campaign. The story starts with a few people in an inn who set off on an adventure together. The characters aren't fleshed out too well in the first half of the book. There's too much action to get through. The second half was rather tame in comparison as the group hides out to train, learn the



limits of spellfire, and get to know each other. There were several times throughout the story where I could almost imagine sitting around a table listening to the dungeon master explain the scenery and walk the group through the options at hand. It brought back fond memories, but overall, I have a better understanding of why I never read the same book twice. Although a good book in 1992, it wasn't the best book in 2018. I would still recommend this to anyone wanting to have a fun Dungeons and Dragons adventure.



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# Sunny Side Up: Mosquitoes, I Hate

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.*

I'm sorry for what you are about to read. Perhaps this column should be renamed Sunny-Side Down.

Who else can land on your neck, insert a straw and turn you into their favorite beverage in a matter of seconds?

Who else can leave you with a welt that you'll be wishing you had Edward's scissor-hands to scratch?

Who else slowly sips you through the night?

Mosquitoes.

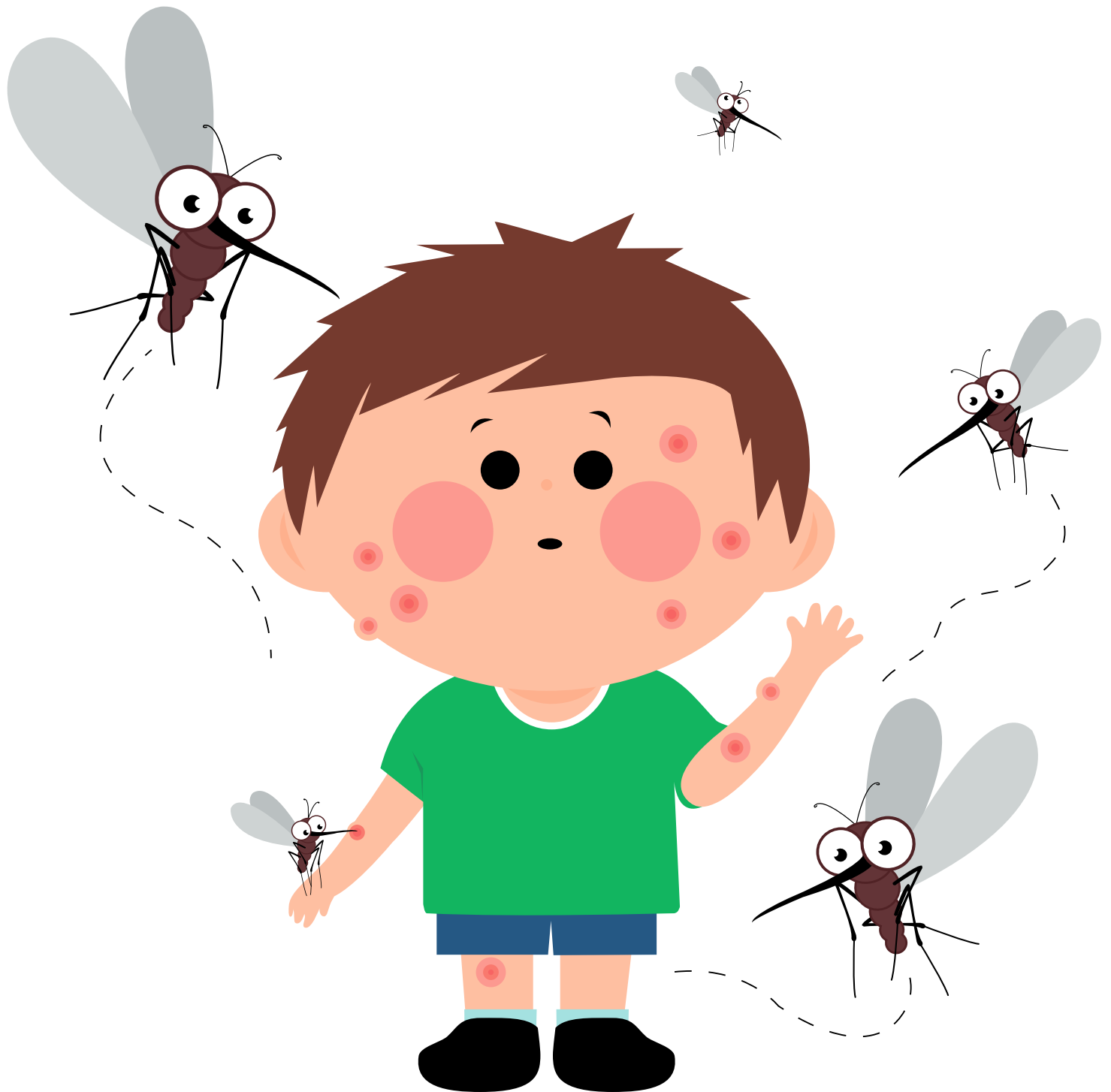
I suspect they're from Hades. And, apparently, Hades is only a short flight from central Florida.

When I first moved here, I thought there must be some sure-fire way to fight back. I searched YouTube in a bleary-eyed frenzy, thinking, "Surely someone, somewhere must have invented something that could defeat these little living blights." But, fans, lights, heat guns, blow-torches and bombs make only the tiniest dent in the miniscule marauders.

You know what works? Some hillbilly baring his beer belly. Yup. Seeing his belly, the mosquitoes think they've found their paradise of plenty, a positive bouncy castle of delight. They land, reverberating off the outstretched skin in ever-so-faint pitter-patters. Then, slap, splat, slap. "Hey, Per-vis! Look it!"

I can't un-see that. I should be careful what I watch on YouTube.

Why would I choose to write about mosquitoes? It's been done. A tired subject.



But mosquitoes aren't tired. They're not going anywhere. They're buzzing. So I'm going to buzz right back, raising public awareness about these horrid, winged weasels before they suck us all dry in their involuntary blood drive of selfishness.

Apparently, body heat, perfumed scents, carbon dioxide, and certain personality types draw mosquitoes. So, don't do anything so audacious as sweat, wear deodorant or breathe. Think you're still safe with your cooling vest and asphyxiated face turning purple? Nope, you're a mosquito-type. Run!

No amount of public awareness is enough for these droning degenerates. But, awareness won't help us stop them locating and feasting on the most un-scratchable parts of our bodies. They're masters at finding that square millimeter of real estate. Then they raise it into a hill of fire that will have you scavenging for the alligator-head back scratcher you thought was so cool until you moved here.

Sidenote on these "back scratchers" ... do the baby gators, when they're still living, know that we're about to do to them what wicked, medieval lords did to witches, tax-collectors, unsuspecting tourists, the random peasant, and nearby villages? Gator heads glued to a stick! Chilling. Perhaps we deserve mosquitoes. Well, no, no one is that bad, other than mosquitoes.

This is why I heartily cherish the trucks that unleash chemical warfare on the beasts. One went by my house last night, spraying fog into the still-way-too-hot November air. I wanted to run out and suck in the moist poison (of course it's safe) that I know will be the demise of the mosquito in my neighborhood.

At least they'll be vanquished for a while, until some irresponsible neighbor leaves out a thimble-full of water. When they do, mosquitoes will be back, buzzing in our ears, biting the inside of our nostrils, and giving us extravagant sounding diseases like West Nile virus or the Great Wall of China virus – symptoms include a feeling of falling, or running into an immovable

object, or the feeling that a huge hewn stone just fell upon your head.

Rambling on about these fetid, disease-carrying, blood-thirsty, blasted, airborne, miniature sociopaths is raising my blood pressure. I should take a deep breath and try to calm down. Oh, that's right, the extra exhalation of carbon dioxide will only draw them to me. Fiendish.

There's no stopping them. Say you do everything you can. Maybe you've sprayed yourself with Agent Orange. You think you're prepared. Fat chance. You're about to get "phantomed."

The phantom mosquito will land on your ear, back, ankle, your ever-so-juicy rump. As you twist, turn and slap at nothing, the mosquito horde will laugh at you. Then, some jerk-buzzer with slicked-back hair and sunglasses will say, "Hey, guys, watch this." He'll glide to the exact spot where you were just beating yourself silly, take a long, luscious sip, slide his shades down and wink at his swarm. Argh, how I hate!

We're dealing with something other-worldly here. But we can't live in fear, or not breathe, or suddenly turn cold-blooded. We must courageously step out into this world of ours and own what we are: delectable Capri Sun juice pouches to the capricious detestables.

*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 Sturpee.*

*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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# The Lake Nona Book Maven Review: *Before We Were Yours*

**Author:** Lisa Wingate  
**Genre:** Historical Fiction

Two stories are intertwined in this 2017 novel. The first, from 1939, is told from a child's point of view. She is Rill Floss, one of five siblings of a poor, riverboat family from the Memphis, TN, area. Floss and her siblings are abducted and brought to an orphanage, where the atmosphere is abusive and care is virtually nonexistent. The orphanage is basically a storage home for children who will be adopted out to wealthy families for a high price.

The second story, a contemporary one, is told by Avery Stafford, a young woman who is a lawyer and daughter of a U.S. senator from South Carolina. With her grandmother in dementia care, Stafford searches for the answers to questions that arise when her visit to another woman in a retirement home raises Stafford's curiosity about whether the two older women might have known each other.

The bulk of the novel follows Floss and

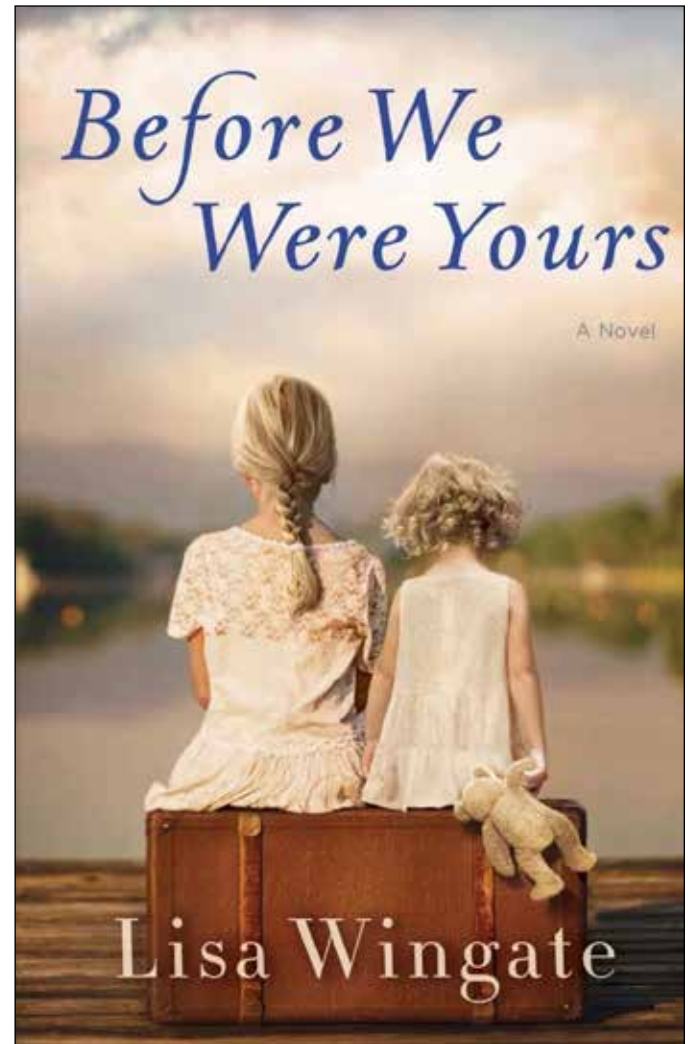
her siblings through the orphanage and beyond. The details and events are sometimes heartbreaking, but Floss' determination to be reunited with her parents is unshakable. The story is particularly difficult to read when we realize the Tennessee Children's Home Society was a real place, run by Georgia Tann, who ran an "adoption" ring from the 1920s through 1950. In her care, some children died or disappeared while the lucky ones were "sold" to rich families. The adoption records were sealed until 1995. Tann died shortly after the scandal broke and hit the newspapers and the courts. Curiously, for more background, I read in the note from the author of the book that this sad episode in our history was more recently covered by the television shows *Unsolved Mysteries* and *60 Minutes*.

Floss' portions of the story are moving and powerful and give us a picture of life in that portion of the south in 1939. The descriptions of people and places, both clear and detailed, make the story vivid as well as believable. Lisa Wingate's writing is good, and the plot moves along at a pace that keeps the reader interested.

Floss' story would be very worth reading on its own, but it is interspersed with Stafford's tale as well. Stafford's portion of the book is added to give us a character in the present time who is uncovering the sad facts about the adoptions, unraveling a mystery for us, and making it more personal. While it is clear from early in the novel that some characters in both stories must be the same or at least know each other, the detective work to put the pieces

together is Stafford's personal mission. She is not only interested in the mystery itself, but she also has to find out if there is a hint of scandal in her family tree that must be discovered and possibly re-buried to protect her family's reputation and their Southern as well as political status. Along the way, her story veers close to a romance, but setting that aside, her uncovering of the mystery is necessary to give some contemporary context to the historical events.

This book is an easy read and a good story. Most readers who posted about it gave it four stars, and I am inclined to agree. And at under 400 pages, with the factual, historical basis for the story, it would make a good read for a book club.



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3pm & 6:30pm

Elf the Musical, Jr showtimes

**Sunday  
December 9th**

2pm - 6pm

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# CHRISTMAS TREE SALE



CENTRAL FLORIDA  
CHILDREN'S HOME  
FAITH • HOPE • LOVE

ESTABLISHED 1973

WE WISH YOU A  
Merry Christmas



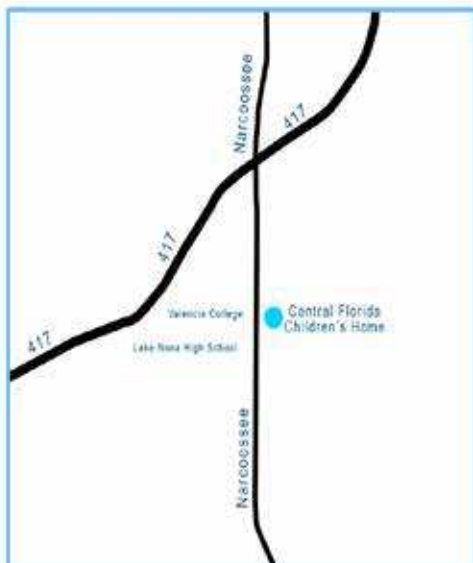
12569 NARCOOSSEE RD. 32832

COME SUPPORT OUR HOME  
AND PURCHASE A TREE

## HOURS

MON - THURS	1:00 PM - 8:00 PM
FRIDAY	1:00 PM - 9:00 PM
SATURDAY	9:00 AM - 9:00 PM
SUNDAY	12:30 PM - 8:00 PM

ALL PROCEEDS GO DIRECTLY TO THE HOME  
CFCH.net \* info@CFCH.net \* 407-277-7441



ONE MILE SOUTH OF 417

**NOV. 17 - DEC. 17**

# December

## events

Visit [www.nonahoodnews.com/events](http://www.nonahoodnews.com/events)  
for updated events and detailed information.

- 1-17 Central Florida Children's Home Christmas Tree Lot (Nov. 17-Dec. 17)
- 4 LNRCC Holiday Party and Member Banquet (5:30-7:30 p.m.)
- 4 Holiday Floral Workshop at Lakehouse (6-8 p.m.)
- 5 Nonahood Latino Launch at Pig Floyds (5-9 p.m.)
- 7-9 Santa's Workshop Weekend at LNHS Benefitting Ronald McDonald House
- 8 Weekend Wellness by Canvas Market and Lake Nona (8-8:45 a.m.)
- 8-30 Lake Nona Nighttime Holiday Festival, every evening (3-10 p.m.)
- 8 Santa in Town Center (5-9 p.m.) and *How the Grinch Stole Christmas* (7 p.m.)
- 13 LNRCC Breakfast Connections (7:45-9:30 a.m.)
- 14 Santa in Town Center (5-9 p.m.) and *Home Alone* (7 p.m.)
- 16 Rein-Dog Run at Crescent Park (11 a.m.-2 p.m.)
- 18 Sip and Paint at Lakehouse (6-8 p.m.)
- 21 Santa in Town Center (5-9 p.m.) and *The Polar Express* (7 p.m.)
- 28 Santa in Town Center (5-9 p.m.) and *Frozen* (7 p.m.)

### SAVE THE DATE:

- Feb. 23, 2019 Ronald McDonald House Scavenger Hunt
- Mar. 2, 2019 Appetite for the Arches (Ronald McDonald House)

**THE MONDAY MARKET**  
at Lake Nona YMCA  
Mondays 4:30-8 p.m.  
YMCA of Central Florida (Lake Nona)  
9055 Northlake Parkway  
[facebook.com/Lakenonaymcafarmersmarket/](https://facebook.com/Lakenonaymcafarmersmarket/)

**LIVE + LOCAL**  
Thursdays 6-8 p.m.  
Crescent Park in Laureate Park  
[facebook.com/pg/learnlakenona/events/](https://facebook.com/pg/learnlakenona/events/)

**YOGA NONA**  
Sponsored by Lake Nona Life Project  
Saturdays 10-11 a.m.  
Crescent Park in Laureate Park  
8374 Upper Perse Circle  
[facebook.com/learnlakenona/](https://facebook.com/learnlakenona/)

**THE SATURDAY MARKET**  
at VALENCIA COMMUNITY  
COLLEGE LAKE NONA  
Saturdays 9 a.m.  
Valencia College, Lake Nona Campus  
12350 Narcoossee Rd.  
[facebook.com/LakeNonaFarmersFreshMarket/](https://facebook.com/LakeNonaFarmersFreshMarket/)

**ART AFTER DARK is Back!**  
Fridays 6-9 p.m.  
Lake Nona Town Center  
Food trucks on first Friday of each month  
[facebook.com/artafterdarklakenona/](https://facebook.com/artafterdarklakenona/)

Please check our online calendar for event details like locations, any costs or registration requirements, etc. You can also submit your organization's events online. [www.nonahoodnews.com/events](http://www.nonahoodnews.com/events)

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Stock Broker Negligence  
Nursing Home Neglect  
Social Security Disability

Personal Injury  
Stock Broker Fraud  
Medical Malpractice  
Wrongful Death  
Veterans' Benefits  
Insurance Disputes



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Latino

# Fiestas

at **BOXI**  
— PARK —

COMING TO  
LAKE NONA THIS  
JANUARY



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