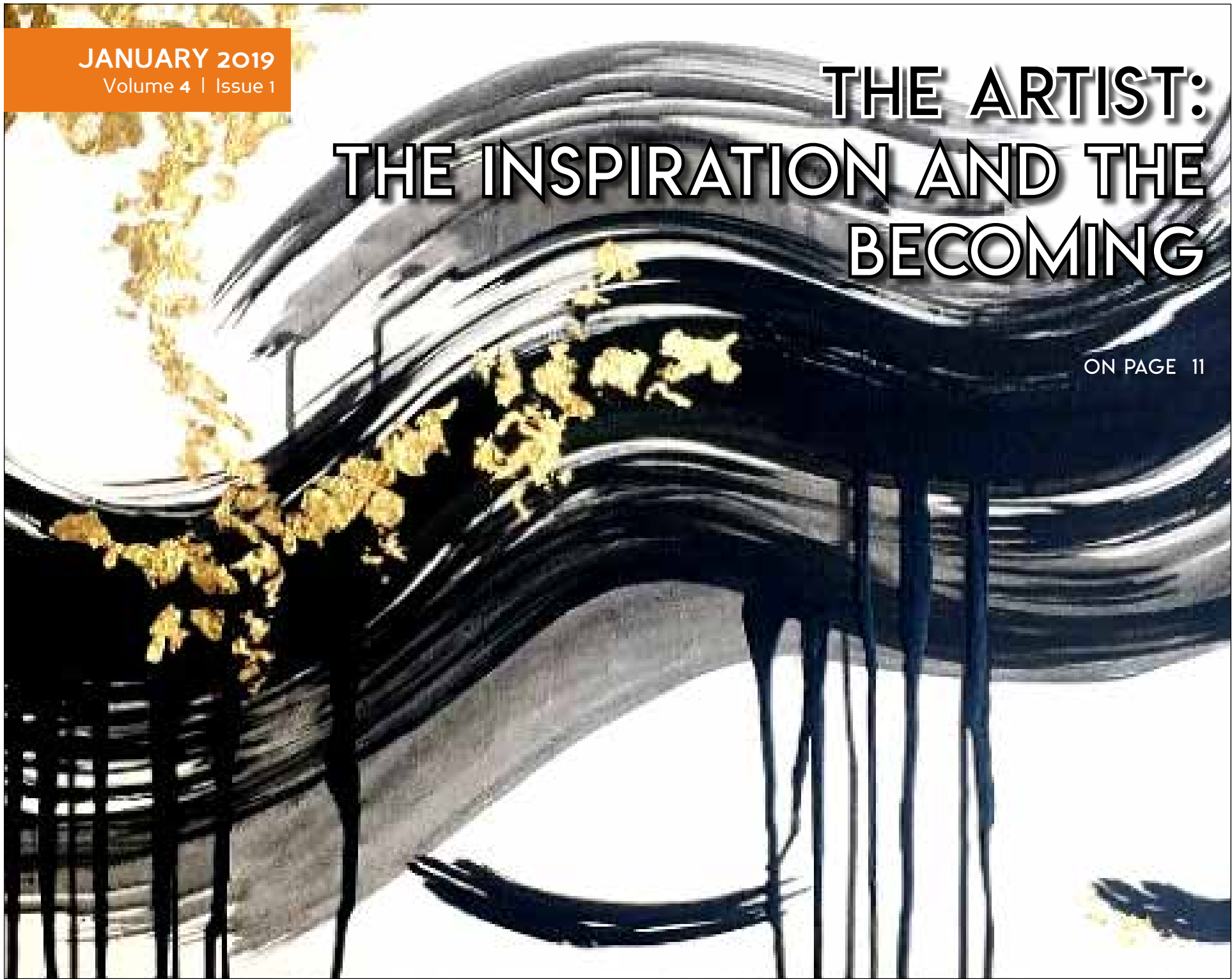




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CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA



JANUARY 2019  
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## THE ARTIST: THE INSPIRATION AND THE BECOMING

ON PAGE 11

<b>IN THIS ISSUE</b> LOCAL LEADERS, 4 BUSINESS & REAL ESTATE, 4 FEATURES, 9 HEALTH & WELLNESS, 15 EDUCATION, 20 EVENTS & ACTIVITIES, E2 FOOD & DRINKS E3 LAKE NONA LIVING E7 LIFESTYLE E12 SPORTS & FITNESS E16 ARTS & CULTURE E17 NONAHOOD CALENDAR, E23	<b>NONA ADVENTURE PARK IS ALMOST HERE!</b> 8 	<b>LOVE IS STRONGER THAN HATE</b> 10 	<b>NEW: KYLE'S CULINARY COLUMN</b> E3 	<b>IN THE GARDEN: LET YOUR FOOD HEAL YOU</b> E13 
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## EDITOR'S NOTE

### Degrees of Success

BY ELAINE VAIL



How do you measure success? How do you know when you've accomplished one of your goals? What does that look like for you? As I've edited all of the stories

for this month, there is a lot of talk about New Year's resolutions, as expected. What kept sticking out to me was how such a large percentage of us "fail" at keeping these resolutions, statistically by February. This doesn't sit well with me, and I think it's going to boil down to how you define failure.

Every month, every production cycle, I strive for perfection. Every edition, I feel that I've done better than the month before to ensure there are no mistakes, everyone got credit for the work they did, and every article and advertisement is accounted for. Without exception, once the printed paper is in my hands, I always find "just one more thing" that could have been done differently, was overlooked, or was downright incorrect.

Did I fail? Am I a failure? I don't think so.

Here's why I don't think I'm failing: I tried. I tried hard. I put my heart and soul into my work. I gave it my best efforts. When I work on a project, I want it to be amazing or I don't want to spend the time on it. And here's what I think is the key: I am able to find the amazing results and see all the hurdles overcome and still feel proud of the finished product *despite the imperfection*. And I will keep striving to

be as close to perfect as I am able.

This is all just my opinion. I don't have statistics to back myself up here. I just don't believe you've really failed unless you stop trying. So, I encourage all of you reading this today – don't let *anyone* else define what success means for you! Only you can determine what your success looks like.

Now, I am not discrediting any of our amazing writers! Please don't misunderstand me! You're going to find a lot of great advice here about how to define measurable goals for yourself and create meaningful and helpful habits. And I am personally looking forward to 2019 a great deal!

For me, success is measured in my overall happiness and my outlook on the future. Like so many of you, I suffer from anxiety and high-functioning depression. However, I am still an optimistic person in general. I can still feel happy about my life and my decisions even when times are tough and the moment is sad. I can still look forward to better days ahead, even on the days I feel like giving up. I know that if I hang in there and keep trying, I have succeeded. And I measure that success one day at a time.

So, perhaps it's not that 80% of us are failing. Perhaps we are measuring our success in the wrong ways. Or, perhaps we don't see that we've not yet reached the finish line and call it a failure before the race is complete.

I'm grateful for a very trying, demanding and scary 2018, full of tears, fears, and days that felt like they would never end. It was a rough year, but I'm grateful for everything I learned along the way. I'm happy to see that I am stronger than I thought. I'm surprised to learn that I could handle a few situations that I didn't expect to be able



Nicole LaBosco, Elaine, and Sophia Rogers at the Lake Nona Regional Chamber of Commerce Holiday Party

to survive. And I don't think I've ever been as optimistic about the New Year as I am right now.

There is so much left to accomplish! And we are surrounded by amazing people and resources, which give us a head start. I would feel ungrateful if I didn't mention that part of my enthusiasm for the upcoming year comes from having such amazing people to work with. Just today, I was mentioning to our publisher, Rhys Lynn, how I've made some of the most amazing connections with incredible people through this job.

Hold on to your hats because we've got an exciting year planned for the Nonahood! We will not fail. We might have varying degrees of success with bumps and bruises along the way, but we will succeed! So, don't confuse a setback with a failure. And don't forget to enjoy the ride.

[Publisher's Note: Next month, Elaine will be replaced by a robot that is actually perfect.]



// JANUARY 2-13 //

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## Magic Happens When Healthcare Students Learn Together

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



Dr. Deborah German

Sophomore UCF nursing student Desiree dos Anjos was cautious but sure-handed as she inserted a tracheal tube into her patient's throat. She had read about the procedure in textbooks and watched it done numerous times on video, but this was her first hands-on experience.

"Look how small the esophagus is," she said, examining her patient's neck. "Now I'm definitely going to chew my food a bit more knowing that it's going down this small pipe into your stomach."

Her "patient" was a cadaver, a person who had donated their body to help train medical students, and her "clinic" was the UCF

College of Medicine's Anatomy Lab. Dos Anjos was one of 10 UCF College of Nursing students who recently trained in the lab thanks to medical students who organized a one-day workshop.



"I've learned so much, knowing how the different organs look and how they work inside the body instead of just looking at pictures in a textbook," dos Anjos said. "It's definitely going to do wonders for me in helping me be a better nurse because I'll have a fuller understanding of how everything actually works when I'm explaining procedures to my patients."

The workshop was the brainchild of former critical-care-nurse-turned-UCF-medical-student Will Pruitt. After getting trained in the Anatomy Lab during his first year of medical school, Pruitt realized how valuable such a learning experience would have been during his nursing education.

"So much of what I learned during the gross anatomy module would have been tremendously helpful in multiple facets of my nursing practice," said Pruitt, who is now in his second year of medical school. "So, I wanted to give UCF nursing students, starting with this small group, a unique learning experience that gives them an opportunity to bridge the gap between what they have learned in nursing textbooks and the actual human body."

Only a handful of nursing schools utilize cadavers for their students' learning. While UCF's College of Nursing employs advanced simulation technologies, such as high-fidelity mannequins and virtual

or screen-based patients, as well as clinical experience with real patients, cadaver-based learning experiences are not yet part of the curriculum.

"The most exciting thing for me as an educator was the absolute total engagement and enthusiasm of both the nursing and medical students during this teaching and learning experience," said Dr. Joyce Burr, associate lecturer at the College of Nursing, who helped coordinate the event.

"It's clear from listening to the student interactions that there is much to learn and share between disciplines. The medical students are teaching, but they are also learning from the nursing students, and it shows that each partner on the team has something valuable to contribute, and the end product is a healthy patient."

Pruitt worked with three other medical students and Dr. Daniel Topping, the Anatomy Lab's director, to design a workshop curriculum that allowed nurses to see and touch core parts of the anatomy and common pathologies and review common clinical scenarios like hernias and lung damage while peering into the human body. The nurses also flushed central lines, inserted tracheal tubes and used manual resuscitators to inflate balloons as simulated lungs with medical devices donated by the Osceola Regional Medical Center.

"Nurses are at the bedside helping to place and monitor these devices, but they never really get to see what lies beneath the skin," Pruitt said. "So we want them to get a better understanding of where these devices are traveling and how they work once they are in the body, so it will assist them when putting these devices in, and also be able to picture exactly what happens when a device fails or migrates out of place."

Before studying in the lab, nursing students watched a videotape about the experience and the impact of their patient's gift to medical education. At UCF's medical school, cadavers

are considered the student's first patient. Medical students talked to their nursing colleagues about honoring and respecting the person's gift to their training. Pruitt will be analyzing the impact of the experience in a research study and hopes his results will help make the program a staple for UCF nursing students.

With the development of UCF's new Academic Health Science Center, which will ultimately bring many UCF health programs to Lake Nona and encourage more interprofessional education, research, and patient care, Dr. Topping said the Anatomy Lab workshop can be a model for future collaborations between healthcare disciplines.

"Anatomy is fundamental to any discipline involved in direct care of patients, whether nursing, speech therapy or pharmacology. And we have such a wonderful facility and resources here, which makes perfect sense for us to collaborate and begin partnerships," he said.

"I also feel that our donors would want as many healthcare professionals as possible to benefit from their gift," he added. "And what better way to do it than through these interprofessional collaborations."

*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).*



## Innovation Management Brings Together an All-Star Team Of Orlando Real Estate Professionals

BY VANESSA POULSON

Innovation Management, a community and association management services company specializing in large-scale associations and communities, has put together a team of elite, Orlando real estate professionals. The team was selected based on their superior leadership ability, their skills in adapting to challenges, and their dedication to innovation.

The team was brought together and is continuously motivated by their desire to build a true servant leadership culture to add value to team members and the communities and partners that they work with. The team says that they hope to continue to "have the opportunities to strategically and steadily grow to strengthen trust and build relationships with our clients and communities by continually seeing where we can add value. Our extensive and well-rounded experience within our organization ensures that we will continually push the bar in overall performance. We value the partnerships and relationships we cultivate. These relationships continually forge the quality and level of superior and innovative services we provide our clients and are able to provide references to any of our partners or clients on request."

Innovation Management was founded in 2016 by Eddie and Nelsa Rivera with industry veteran and widely respected Kim Morton as its VP of operations. The company services Fortune 500 home-builders in ground-up projects

and established communities and clubs. The organization is minority- and veteran-owned with offices in Longwood and Lake Nona.

"People are everything," says Carlos Gregory, founder of Therealfund, a real estate investment firm that also acquired an interest in Innovation Management and Central Florida Realty Experts. "At the end of the day, people appreciate how much you care. As long as we can add value to our team and show our clients that we care, we'll grow."

One of the company's first major projects was Windsor at Westside. They were brought in to help provide structure and synergy to the failing team. Innovation Management was able to save the food and beverage operations after Windsor at Westside had lost its liquor license and the developer in the area was having to fund a very large deficit. Within the first year, the team was able to save the liquor license and greatly increase the food and beverage revenue along with the lifestyle activity revenue, helping to reduce the deficit by \$950,000 to the partially-built community.

Their other current projects include:

- Del Webb Orlando – Active adult lifestyle communities with a full event calendar and more than 40 different interest groups and clubs, as well as a community tavern.
- Midtown Master Association – Located near Daryl Carter and Palm parkways (Dr. Phillips community).
- Ruby Lake Community – Dr. Phillips community with lifestyle services and maintenance program included.

They also have plans to work on the new Del Webb com-



Pictured: Left to right (top): Jenny Villamar, Cathy Rivera, Jessica Ballerino, Belkis Gomes, Jade Sanchez, Kim Morton, James Hall, Nelsa Rivera, Christina Gregory, Lluvia Rivera, Courtney Lynn, Annalise Proctor, Kelsey Jones.  
Left to right (bottom): Kevin Patel, Eddie Rivera, Carlos Gregory.

munities breaking ground.

"The commonality among all of the businesses revolves around adding value," notes Eddie Rivera, one of the co-founders of Innovation Management. "We knew we were better together, but our guiding principle is that we must never forget why we started and that is to add value into each other's lives, our team's lives, and the lives of our clients. The amount of money the businesses make will be a result of the value we add and not the other way around."





# Creator Mindset: Timing

BY NIR BASHAN



Nir Bashan

A few years ago, I had a presentation that I gave to a client about the future of their major soft drink brand. It was a bells-and-whistles presentation. We pulled out all the stops. We selected a posh hotel resort. We catered the meeting. We kept it under an hour so that no one would get bored. We thought of everything under the sun. We even did it on a Friday so that the client would be in a more relaxed mood with the incoming weekend. Everything that we could think of doing we did. Except for one thing...

We ignored the timing.

You see, timing is indeed everything. There is no amount of work that can be done, no amount of effort that can be spent that will ever change that equation: Timing is everything. This client was coming off record growth, new markets to expand to, bigger distribution footprint. We thought that this was the right time to present to them an ambitious new strategy that would continue this line of growth.

But, we were wrong.

The timing just wasn't right. The situation at the time with this beverage company was to focus on what had gotten them this newfound growth and nothing else. They had found a bit of a rhythm and decided to stay the course with no alterations. They were in an "If it ain't broke, why fix it?"



mentality. The timing was not right for them to accept a departure from what had worked.

So, needless to say, we lost the pitch. And that made me think a lot about timing. Now, it's easy to think that maybe we had done something wrong. Maybe the presentation wasn't as solid as we had thought. Maybe the hotel wasn't the right move – maybe we should have done the meeting at the client site. The "maybes" stack up as high as the sky. But when the timing is off, nothing can save it.

Failure is a blessing. It really is. But, oftentimes we don't see it that way. Why? Because we choose not to.

The Creator Mindset is a way of thinking creatively. In that creative thinking, it looks for opportunity in misery. It finds the blessing in adversity.

The amount of time and effort we spent on something we thought would be great

ended up in the trash. I wonder how many times in your career this has happened to you. And perhaps what you ended up doing is blaming yourself. I know I have. But, in these times of despair, there is a creative opportunity to learn something. I am sure that you have spent time and effort on something that did not turn out the way you had planned. But, simply brooding about it and choosing not to learn from it is a surefire way of having it repeat.

Sometimes, the unplanned routes are the ones we need to take. And when the timing is wrong for one thing, it might be right for another. I took that same presentation and recycled it for another client years later. And it worked. Sure, it was different than the first presentation, but the thing is that it used elements that I thought would be lost forever, elements that I thought were wasted. However, it turns out that indeed they were not a waste and came in handy somewhere down the road.

I see the same mistakes being made by the same people over and over again because they refuse to learn from them. But, ultimately, this is a choice that we all have to make. Because sometimes, no matter what, our timing is off. And the only thing left to do is to get up, brush aside the failure, and try again.

*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 Traction: What Kind of Boss Are You?

BY CHRIS WHITE, CERTIFIED EOS IMPLEMENTER AND AUTHOR



Chris White

Are you a bad boss or a great boss? Let me set some context:

Bad Boss:

- Makes people miserable
- Has a top-down authority attitude
- Stifles people and innovation
- Talks more than they listen

Great Boss:

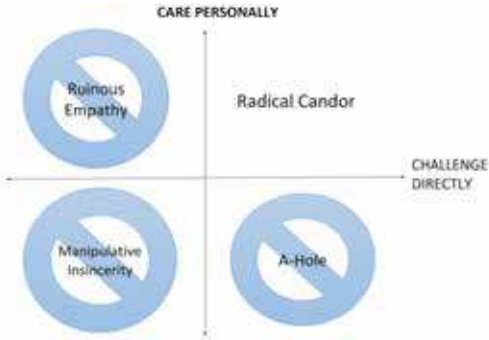
- Builds relationships – individuals and teams
- Displays open and honest communication
- Encourages and empowers people
- Listens with intent to understand

We all know what a bad boss looks like, and we could build a list a mile long of their characteristics and behaviors. I want to focus on great bosses and a particular attribute they all have – the willingness to piss people off.

From birth, we're taught that if you don't have anything nice to say, then don't say anything at all. When we reach adulthood, we're told to act professionally. When you become a boss, it's your job to tell people when they screw up. Kim Scott, the author of *Radical Candor*, talks about how great bosses care deeply and challenge directly.

Scott describes "radical candor" as being made up of four attributes:

- Humble – being modest in one's importance
- Helpful – ready to collaborate
- Immediate –
  - In-person praise
  - In-private criticism
- Doesn't personalize –
  - You are not stupid, but your behavior is.



To be a great boss is to live at the crossroads of caring deeply about your direct reports while being willing to challenge them directly when it might hurt. Scott quotes John Stewart Mill's (a British philosopher and civil servant) definition on moral obligation: "The source of everything respectable in man either as an intellectual or as a moral being is that his errors are corrigible. ... The whole strength and value of human judgment, depends on the one property, that it can be set right when it is wrong."

It's not just your job, it's your moral obligation to care deeply and challenge directly. When you do, you'll be living



"radical candor." You might piss someone off, but you'll be a great boss!

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



## Get In-Powered! The Decision That Could Make 2019 Your Best Year Ever!

BY EDWARD A. RODRIGUEZ



Are you tired of making new year's resolutions that die out before January is over? Do you want to move from resolution to "done" and make history this year?

Driving around Florida, you cannot help but notice the large and picturesque live oak trees. They can grow up to 60 feet tall with a spread of around 100 feet even though they come from a small seed inside of an acorn that is 0.39"-2.39" long. That's amazing, is it not?

Before this seed could turn into this majestic tree, before it could shower us with its magnificent shade, it had to make a decision. Without this decision, it would not be what it could be, it would never grow to where it could grow, nor



Fully grown live oak tree

would it ever exploit its full potential.

What is the decision?

It has to decide to stop being a seed!!!

It has to break with what is comfortable and known. It has to grow down and deep before it can grow up and tall. It has to let go of what it has been in order to become what it could be.

Normally, New Year's resolutions don't work because they are not decisions. They are not commitments. They are not conscious plans that take into consideration what you have to start and stop doing ... they are nothing more than ideals that evaporate with the morning fog.

Do you want to move from making resolutions to achieving goals?

### 1. Decide what you want (your goal).

Be clear and specific. This is the image impregnated on the seed. It grows according to this image. It will never exceed it.

A live oak could not decide to be something other than an oak tree, but you can decide who you want to be and what you want to accomplish, so make sure you dream big. Yeah, yeah, you have to be realistic, but be careful ... reality is subjective. A lot of the things that have been created by others were once "impossible dreams."

### 2. Make a plan.

Stop being a seed. Move from intention and potential to make your tree a reality. It is time to "grow down" before you "grow up." You need to develop a root system that can support your goal, your dream, your resolution. Aside from an action plan, your root system should take the following into consideration:

- **Your Mindset:** What set of attitudes and beliefs do you have to let go of and acquire in order to make your resolutions a reality?
- **Your Skillset:** What specific skills do you have to acquire without which your resolutions will never see the light of the day? What books do you need to



Live oak acorn seeds

read? What seminars do you need to attend?

- **The Toolset:** What tools do you need that will make it easier for you to accomplish your resolutions?
- **The Set (your environment):** What changes do you have to make in your environment such that your resolutions could have the proper attention and care? This could be in your house or your office. What new people do you have to meet? What associations do you need to belong to?

### 3. Keep taking action until you bear fruit.

Stay focused. You have never seen a live oak tree with depression because it was not a bald cypress tree. They grow because they can. And, so can you.

The main reason the above philosophy and strategy has worked for me and my students is because it addresses two fundamental paths that should be undertaken if you are to attain your most important objectives: the path of achievement (your resolution) and the path of transformation (who you need to become in order to attain it).

It may not be easy, but you can make it worth it. It may seem hard, but not harder than remaining an unfulfilled seed.

Grow tall, be strong and make history this 2019. Happy New Year!

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).



# Work Well: Create New Habits to Accomplish Your New Year's Resolution

Five Steps to Nailing it  
This Year!

BY NATALIA FOOTE

The new year gives us an opportunity to start fresh. As we say goodbye to 2018, we look at 2019 with fresh eyes and a hope for positive change. Whatever the resolution is, we throw ourselves gung-ho without regard to whatever held us back the years prior. Unfortunately, that fresh feeling is gone by February and so are our resolutions. According to *U.S. News*, “By the second week of February, some 80 percent of those resolution-ers are back home with a new kind of remorse staring back at them in the mirror – the remorse of disappointment.”

You have a choice: Be a part of the 80 percent, or be a part of the 20 percent of people who do fulfill their New Year’s resolutions. Here are a few tips on how to be among the 20 percent:

1. Identify Your Goal

What do you want? What is your goal or intention this year? Simply identifying what you want is a major step. It sets an intention and gives you a direction. It creates a positive path for your life. Creating a goal can be done ANYTIME! If you are reading this and it’s a Wednesday in March, you can still create a new goal and start to work toward that goal.

Look at your goal and break it down. [Smithsonian.com](#) has an article and video titled, “Just Twenty-Nine Domi-

noes Could Knock Down the Empire State Building.” Your goal is the Empire State Building ... looking at it from where you are now is like looking at a tiny domino and trying to push down the Empire State Building with it. However, if you imagine 29 progressively larger dominoes or goals, then you CAN knock it down!

2. Create Rituals to Form New Habits

Aristotle said, “We are what we repeatedly do.” Mindfulness teaches us to become aware of our habits. Our habits create thoughts – our brain wants to think, and we end up thinking the same thoughts we thought yesterday. We get stuck in a loop or in a perpetual “groundhog day.”

Rituals are defined as a series of actions or type of behavior regularly and invariably followed by someone where habits are defined as a settled or regular tendency or practice, especially one that is hard to give up. In order to create any change, you must change your habits. Our habits are subtle but powerful. Habits are engrained and can be done mindlessly. Do you feel like you could drive to Publix with your eyes closed? (Don’t do that.) Your brain has created the route as a habit, and you no longer have to expend extra energy thinking about it. Make a small change to your current habits, create a ritual to follow, and continue to practice this ritual until the ritual itself becomes a habit.

3. Write It Down

Write down your goal and write down what you envision for yourself. Take a moment, close your eyes, and see your life after you’ve accomplished your goal. Make this as visceral as possible. Notice the colors, smells and emotions present in your visualization. Now, write it down. Write down what you feel and continue to write your goal every day. This is private; this is for you to look at and stay connected to when your negative thoughts come in to haunt you.

4. Create Accountability for Yourself!

Nothing makes you more accountable than announcing your goal to a friend or family member you speak to often. In fact, you should announce your goal to as many people as possible and find someone with the same or a similar goal in mind.

When starting my business, I kept quiet about everything I was doing and planning. I didn’t want anyone to know because then everyone would know if I failed. I just wanted to keep it to myself. I started small. I started by telling a friend who I knew would be positive and supportive, regardless of my result. Telling my mother, who I speak to almost daily, was much more difficult. I joined a women’s group for entrepreneurs. Little by little, I gained more and more confidence and realized that the only person I was scared of telling was myself. I wasn’t ready to change my perspective of myself.

[Economist.com](#) mentions how The Hawthorne Effect establishes that the performance of employees is influenced by their surroundings and by the people who they are working with as much as by their own innate abilities; you perform better when you are being watched. Being surrounded by positive people allowed me to step out of my comfort zone and continue to focus on what was important to succeed.

5. Measure Your Progress and Root for Your Success!

Did you move toward your goal? Have you made some positive changes? YES!!! Look at where you are and think of which domino you’re on. Is your domino larger? Does knocking down the Empire State Building seem a bit closer? Continue to look at your successes and continue to move toward your goal.

Stay positive! Remain calm. Continue to make small changes. You can do it!



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.



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# Behind the Scene: Nona Adventure Park

ARTICLE BY SOPHIA ROGERS  
PHOTOS BY RHYS LYNN



Nona Adventure Park is almost complete! Scheduled to open in February, get ready for all-day fun with the ultimate water sports complex located right here in Lake Nona! Featuring a floating aqua park, cable park for wakeboarding/water skiing, climbing tower and ropes course, stocked pro shop, and convenient bistro, the park will have something for all ages. Perhaps you'll even catch a pro wakeboarder on the water.

At this time last year, Nona Adventure Park was just announced, and I met Kai Fusser, owner/operator of Nona Adventure Park at the 2017 Orlando International Association of Amusement Parks and Attractions (IAAPA) Convention. Since then, Fusser has put in many early mornings and long days at the site. On the day of my recent visit, crews were installing the floating dock that will run the entire perimeter of the lake. "This way, if somebody falls, they can just swim back to the dock and walk back. It's the quickest and safest way," said Fusser. Already installed are the Rixen Cable Park, climbing tower, and Pro Shop. Seeing how far the park has come in 12 months shows dedication, and it is so inspirational to witness.

The Rixen Cable Park features two different tracks that can run up to 10 riders at a time. The first track is a 320-foot, two-

tower system, designed for beginner and intermediate riders with an easy start and one-on-one instruction. The second track is for intermediate to more advanced riders and includes the latest wakeboard features from beginner kickers to advanced rails. With 2,500 feet of cable and reaching speeds of 36 mph, it is exactly the adventure daredevils seek. "The cables are for ages 10 and up. We will have kids' clinics and special hours for the young ones where we have our staff ride with them

and help give them private lessons," says Fusser.

The climbing tower is perfect for almost all ages, especially for those preferring land instead of water. Standing at an impressive 60 feet high, several difficulty levels will challenge brave climbers. A wobble bridge, tilting boards, caterpillar, and jungle trail are some of the features. Prefer a climbing wall? There are two. For the little ones, a lower course has been specially designed for 3- to 8-year-olds so that parents and caregivers can help while being right by the children's sides as they climb.

Don't have your own equipment? Head to the Pro Shop. Equipment will be available for rent or purchase, from wakeboards (ranging from beginner to pro) to helmets and life jackets. So don't miss out on the fun just because you don't have gear. Nona Adventure Park has partnered with Ronix to offer the best brand in the business.

Union Aqua Park, suitable for ages seven and up, will offer a floating obstacle course with more than 1,000 feet of fun. With two identical tracks running alongside each other, it could make for a great race day with friends. And yes, you will fall off. Not to fret, though; built-in steps will offer an easy "up" back on the course.

All day outside having fun, you're bound to get hungry. You can either pack a lunch and picnic or grab a meal at the shaded bistro. One side will be available for spectators who prefer to stay dry, while the other side will be for everyone else in suits, soaking wet.

What could be a game-changer for our area is the spe-



cialized instruction that will be available for youth near Lake Nona. Fusser says, "This concept of houses being so close and kids being within a couple miles, this really could be a breeding spot for good wakeboarders because wakeboarding is supposed to go Olympic on the cables. And, if that's the case, we will have to open up a development center, and this could be the first one."

Nona Adventure Park is located on Adventure Lake, adjacent to Laureate Park Elementary School within the Laureate Park community. Adventurers can drive, ride, walk or run to the park. If you decide to ditch the car, the reward is a reduced ticket price. Endless opportunities are available for the whole family, birthdays, group outings, and even team-building.

For hours, directions, park rules, FAQ's, newsletter, and opening information, visit [www.nonaadventurepark.com](http://www.nonaadventurepark.com).

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



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## The Artist: The Inspiration and The Becoming

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF GINA TYQUIENGCO



Gina Tyquengco

Meet Gina Tyquengco, a 31-year old artist who was born in Fort Lewis, Wash. Growing up, she was taught to always believe in herself, in goodness, in people, and in learning. Tyquengco attended Indiana University, earned her bachelor’s degree in media arts and science in 2012, and soon after moved to Orlando.

Our featured artist describes herself as open-minded, independent and passionate, sensual, genuine and complex, and yet deeply rooted and loyal to family and friends. She categorizes herself as a “wanderer at heart,” and you can see how that transmits to her art.

“Music is a major part of my life, as is connecting with people

from all walks of life. I am driven by my dreams, on which I meditate often, and I am fueled by boundlessness and positivity.”

Let’s get to know Gina’s story, as it’s filled with art and individuality ... a story as unique as the paintings she creates.

**Nonahood News: What drove you to become an artist? When did you realize creating art was your passion?**

**Gina Tyquengco:** I rediscovered my love and talent for art after leaving the corporate world. I didn’t have any specific artistic goals. There wasn’t a specific style that I was trying to develop. In the beginning, it was just a hobby, but the more I created, the more I saw myself as a real artist. Now, art has become something I need to do on a daily basis.

**NHN: How long have you been an artist?**

**GT:** I’ve been creating all my life, but only in the past three years have I begun to take myself seriously as an artist.

**NHN: How often do you find yourself creating art?**

**GT:** Every day. If I’m not painting, then I’m drawing or doodling or taking photos. It’s important that I practice creativity every day.

**NHN: How did you come across your signature look (the three colors) and what would you call that look? How long did it take you to discover yourself as an artist?**



“Strike The Root” by Gina Tyquengco



“Glow” by Gina Tyquengco

**GT:** My use of black and white honors who I am as a multi-racial artist, growing up half black and half Guamanian, while raised in a Pacific Islander culture. Who I am is a culmination of all the people who have been in my life – all races, religions and ethnicities. My work reflects this. My use of black and white represents the dual worlds I live in and how they blend together. I identify as the gold between them, awakening to my identity as a woman and an artist. I don’t think that I’ve truly discovered myself as an artist yet – I am still becoming.

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

- GT:**
1. *Her*: 16" H x 20" W, acrylic, ink, and gold leaf foil on canvas, 2016. This was one of my earlier works that inspired me to take my art more seriously.
  2. *Glow*: Each canvas 24" H x 18" W, acrylic, ink, and gold leaf foil on canvas (dip-tych), 2018.
  3. *Strike the Root*: 18" W x 24" H, acrylic, ink, and gold leaf foil on paper, 2018.

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

**GT:** The most time-consuming and challenging project was the second commission that I ever did. The work is titled *Keep Going*, and it is 60" W x 48" H. It was challenging because it was the largest canvas I had worked with at the time, and I was working in a very small space. It was hard to move around and be as expressive as I wanted, simply because of the size. It was also challenging because I blended my white and black paint to display more grey hues instead of my usual bold black and white combo. I doubted myself so many times during this process, which caused me to push back the completion date, but the client was understanding. I’m usually confident in everything that I do, so it was a humbling experience. But the work turned out great, and the client was happy in the end.

**NHN: What are some of your dream projects?**

**GT:** I have so many dream projects. I would love to paint a mural using my signature style that I use with my lettering work. I’d also like to develop a creative retreat with friends, host creative workshops, and work with textiles.



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

**GT:** I’m inspired by everything around me. Something as simple as the texture on the wall or the way light hits an object inspires me. People inspire me. Music inspires me. I listen to music to set the mood when I paint, and my paintings reflect how I feel when the music flows through me. If a song brings back a memory that transports me to another time and place, that emotion inevitably appears in my work.

**NHN: What are your future goals and plans?**

**GT:** I will turn my dream projects into goals that will be accomplished with passion. Also, I just want to do more of what I am doing now – more art, more travel, and more collaborations with people that I love and respect.

**On the Cover:** Gina Tyquengco’s “Her”

**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).



# Better Call Saul: Stronger Than Hate

ARTICLE BY SAUL MARKOWITZ  
PHOTOS BY MARKOWITZ  
COMMUNICATIONS



community and the world.  
I spend quite a bit of time flying back and forth from Orlando to Pittsburgh. As I stated in past columns, Markowitz Communications has been in business in Pittsburgh for the past 21+ years. We've been



Raise your hand if you're a fan of "writer's block"! (I was kidding – put your hand down. That's right – I'm talking to you!) Sometimes in life, you just feel like writing or saying something profound and witty. You know exactly how it's going to look in print and then – it's gone.  
Then a miracle happens (cue the choir). "I've got it!" I can't wait to call my friends, family and staff and tell them about this amazing story idea. It's Pulitzer time in the city! (Is that enough sarcasm for you? If not, I can keep going.)

As a communications professional, it's imperative that you're able to use your voice and writing abilities to tell the story. That's right – PR people are "storytellers." We try to find the best ways and angles possible to craft and pitch your story. It's not just about the press release. It's also through picking up the phone and personally speaking to media representatives, crafting the perfect social media post and so much more. Be creative.

There are so many incredible human-interest stories all around us. Yes – even in this world of sad and tragic events. You can always find a positive and uplifting story if you look hard enough. Those are some of my favorite stories to pitch to my friends in the media, the stories about someone who has done something amazing for their



so fortunate to have worked on some major high-visibility accounts throughout the years from the national PR for the entire PetSmart chain to promoting the grand openings of an array of restaurants and retail establishments.

But nothing compares to what occurred during the early morning of Saturday, Oct. 27, 2018.

It all began around 10:38 a.m. on that fateful day. Tragedy came calling to another American city. A lone gunman entered the Tree of Life Synagogue and slaughtered (no other way of saying it) 11 innocent people (most over the age of 70) – may they rest in peace – while they were innocently engaged in prayer during an early morning Sabbath service. The community and the world were shocked and saddened by this hideous mass murder. In Squirrel Hill? A synagogue? Really? Has the "hate speech" gone too far?

My wife grew up in Squirrel Hill. She was the main Kindergarten teacher at the Jewish Community Center in Squirrel Hill. Her parents were born and lived in Squirrel Hill for many years. Our first house was in Squirrel Hill. We felt as though we needed to do something to help the community. But how?

One of my first telephone calls that morning was to our contact at the Jewish Federation of Greater Pittsburgh. This incredible organization has been a client for the past few years. On that call, I volunteered our crisis PR services to handle all media calls coming into their offices. It's the least we could have done. We've handled local, regional and national media requests for many years for so many clients – but nothing as intense as this. So sad. So tragic. So overwhelming. Nothing of this magnitude.

So many phone calls – so little time. It was imperative that we try our best to handle each and every media request. From media outlets throughout Israel to every major media outlet throughout the United States and the world (CNN, MSNBC, FOX, ABC, NBC, CBS, Associated Press, etc.), we assisted each and every producer, assignment editor, and reporter with their requests for information, interviews and more.

So many heroes. From the "first responders" who risked their lives that morning to Rabbi Hazzan Dr. Jeffrey Myers of Tree of



Life, whose leadership throughout this situation has been astounding.

As events have unfolded, it's been so heartwarming to see members of different faiths coming together to offer assistance and support to the Jewish community. Thousands of letters and well wishes continue to pour in from all across the country and around the world. Neighbors helping neighbors – that's a story worth telling. And we did.

It's of utmost importance to post and share these clips and stories about the tragedy in Squirrel Hill and use them to help change the world for the better.



Love is truly stronger than hate.

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



# Tough Things To Talk About: Natural And Human Disasters

BY VANESSA POULSON

The California wildfire season of 2018 will go down in history as the worst year for wildfires on record to date, with a total of 8,434 fires burning an area of 1,890,438 acres. This is the largest amount of burned acreage recorded in a fire season, according to the California Department of Forestry and Fire Protection as of Dec. 6.

Most of these fires spurred from California’s consistent lack of rain, as well as compounding atmospheric conditions linked to global warming. Recent research on wildfires in California, published in August 2018, predicted an increase in the

number of wildfires as a consequence of climate change. These unheard-of conditions helped to craft a new batch of wildfires that included the Woolsey Fire and the Camp Fire, the latter of which killed at least 85 people.

It’s not only California that is feeling the heat from a severe wildfire season. And climate change and a dry forest aren’t the only things to blame. A wildfire in Arizona back in April 2018 enveloped 45,000 acres of land and resulted in more than \$8 million in damages, the United States attorney’s office for Arizona said. This fire, however, was the result of a “gender reveal party” gone wrong, with Dennis Dickey, a United States border patrol agent from Arizona, firing at a target filled with colorful powder that would reveal his next child’s gender that instead engulfed the Arizona land in flames.

Bringing up natural disasters like this, among climate change and other things, isn’t exactly the easiest subject to discuss, likely because humans are perhaps the main contributor to the problem in the first place. The human impact on the land and planet that we call home generally is not an easy thing to converse about. As a people, we have a hard time admit-



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difficult when the consequences present themselves as things such as mass wildfires, reduced air quality, and even species extinction.

As a people, we’ve become somewhat of a natural disaster within ourselves. Our dangerous actions spur from simple things like trying to get “likes” on an Instagram photo or a YouTube video to prove that your gender reveal party and the corresponding video is the best one yet. Like dry land and a lack of water, little actions can serve as a catalyst for something much more dangerous and dark than what was originally intended.

Even if more rain falls in California or people, in general, begin to take more responsibility for their actions, not everything is going to change overnight. Climate change and the human impact behind things like the California wildfires is not something that can easily be undone. However, reparations and a push for a healthier planet are possible, at least for a little bit longer, as long as we don’t let our planet turn into one big “gender reveal party” gone wrong.

We have to start practicing kindness and authenticity in every aspect of our lives and that includes what we do to take care of the planet that we have because, as far as we know, it is the only one that we have. The first step is taking responsibility for our choices and remembering the consequences for the choices that we do make. There has to be a shift in the consumerist culture. We are given the choice each and every day to make things better with the people around us and on the land in which we live. We just have to start by taking care of it first instead of as an afterthought.



# Orlando International Airport Wins Global Airport Of the Year Award

BY VANESSA POULSON  
PHOTO PROVIDED BY GREATER ORLANDO AVIATION AUTHORITY

It’s a common sound in the Nonahood: the rushing of wind soaring overhead as airplanes come racing in and out from Orlando International Airport (MCO) over Lake Nona. Orlando continues to be one of the top tourist destinations for both domestic and international travelers, meaning that MCO receives a lot of foot traffic on an annual basis.

Though this noise and all the hustle and bustle that comes with living next to one of the busiest airports in the United States is a commonality, what is much lesser known is Orlando International Airport’s recent naming as “Large Airport of the Year” by CAPA Centre for Aviation. Chief Executive Officer Phil Brown accepted this gracious

award at the CAPA’s Aviation Awards for Excellence ceremony in Berlin.

“This award reflects the value of customer service excellence that is achieved through strategic planning, innovative use of technology, and strong relationships with our airline partners and community,” said Frank Kruppenbacher, Greater Orlando Aviation Authority chairman. “We thank the community for helping us achieve this recognition.”

The “Large Airport of the Year” award is a distinction that recognizes an airport that serves more than 30 million annual passengers and stands out against the competition for their use of increased technology, exceptional service, and innovative development.

MCO was this year’s standout in all categories, due in part to the immense number of passengers serviced, 46 million, along with an increase in various international routes from MCO, including 14 destinations in Europe, 31 in Latin America/Caribbean, 15 in Canada and one in the Middle East. MCO also claimed the title this year because of their recent implementation of Customs and Border Protection’s biometric entry and exit program for arrival and departure of all international travelers. Last, but certainly not least, the continued development of the brand new South Terminal Complex, set to open in 2021, made Orlando International Airport a standout contender.

This is also the second year in a row that



MCO has been named by J.D. Power “Highest in Customer Satisfaction for Mega Airports.” This honor comes from recognition in terminal facilities, airport accessibility, security check, baggage claim, check-in/baggage check, food and beverage, and retail. Orlando International Airport remains the 11th busiest airport in the United States and serves as Florida’s main gateway for millions of the region’s 72 million annual visitors and business travelers.

“As the premier global gateway into the

nation’s most-visited destination, Orlando International Airport is proud that our more than 46 million annual passengers think so highly of us,” stated the airport’s executive director, Phil Brown. “We strive to value and delight our customers, and we appreciate their recognition of our service.”







# Lake Nona

REGIONAL CHAMBER OF COMMERCE

## CHAMBER PAGE



# Lake Nona

REGIONAL CHAMBER OF COMMERCE

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# A NOTE FROM THE CEO

BY DON LONG



## Happy New Year!!!!

I want to take this opportunity to thank all our partners, members, volunteers, board of directors, and my loyal staff for the outstanding support you brought during 2018. As I reach my one-year anniversary as the President/CEO, I am grateful and honored for the opportunity to work and grow in this fast-moving and friendly community.

## 2018 in Review

- **Membership** – On Jan. 1, 2018, our chamber had approximately 160 active members. As of Jan. 1 of this new year, we now have more than 300 active members. Over the past calendar year, more than 200 new businesses joined our rolls, bringing our sphere of influence to its highest level. We predict and are budgeting for a minimum growth of 100 more members during 2019.
- **Partnerships** – In 2018, our partnership levels of enhanced participation grew from zero to 10 with our highest level of partnership at \$20,000 and our least expensive level of \$1,500. These partners enjoy discounted rates or no added costs for increased benefits, including more categories in the directory, event sponsorships, event attendance, multiple other marketing tools along with recognition at all chamber events and on marketing materials. The left sidebar of this page holds a list of your 2018 Chamber partners.
- **Staff Support** – Over the past year as our membership grew, we also made efforts to meet increasing demands by adding experienced and motivated staff members. After I joined in December 2017 to help Administrative Coordinator Elaine Vail, in January we added Business Development Manager Madelyn Long, with more than 17 years' experience as a chamber professional. This brought our staff level to three. When Elaine left to work for *Nonahood News*, we added in July Communications and Marketing Manager Bethany Osborne, bringing her experience from the Panama City Beaches Chamber. We expect the necessity of continued staff growth as our membership continues its upward swing.
- **Office Space** – With an increased need for working and meeting space and the help of a partnership with GuideWell Innovation, we were able to increase our physical footprint by moving to the GuideWell Innovation Center in January 2018. Negotiations are in progress for more space and a more accessible location at GuideWell that we hope to occupy in February. We will let you know more as the situation develops.
- **Board of Directors** – The board took part in its first retreat and strategic planning meeting in January 2018. Much of the strategic plan is complete with the rest on hold until the next retreat this month. The board also formally organized supporting committees. These are Economic Development, Events, Finance, IT, Legal, Marketing, Membership, Programming, and Public Relations. A director appointed by the board chair heads each committee. The board also installed six new directors in December, bringing the total number of serving directors to 19.
- **Bylaws** – The board approved new bylaws prepared by the Legal Committee headed by Gary Salzman, Director and Legal Counsel. These bylaws are available for reference to any member who requests them.
- **2018 Events**
  - Monthly Events – During the year, we expanded our venues for our monthly events that include our Breakfast Connections, Business Luncheon, and First Tuesdays. Each of these events has grown on its merits as they continue to provide valuable information, training and networking opportunities. Highlight events in 2018 include appearances by Orlando Mayor Buddy Dyer, Orlando District Commissioner Jim Gray, Orange County Property Appraiser Rick Singh along with presentations from the Orlando Municipal Airport Authority and the Central Florida Expressway Authority.
  - Contagious Connections – These quarterly seminars bring the techniques of effective networking to our breakfast crowd. All four were well attended in 2018, and this series will continue in 2019.
  - Nona Chamber Spring Festival – Held in March 2018 at Valencia Campus in Lake Nona, more than 1,200 persons attended this second annual Signature Event. Here, 60 of our members displayed their wares and services as the attendees enjoyed entertainment from the local schools and community associations.
  - Taste of Nona – This sixth annual Signature Event was a red-carpet theme where more than 25 of our local restaurants and culinary providers supplied tasty food and drink. The Lake Nona Marriott & Residence Inn hosted this year's event. More than 400 area residents and guests attended.
  - Holiday Party and Membership Banquet – On Dec. 4, we enjoyed our first holiday party and banquet. About 120 members and guests enjoyed the outstanding hospitality of The Florida Hotel & Conference Center, where they consumed delicious banquet appetizers and drinks while also receiving a coupon book for discount shopping at Florida Mall. The short program recognized major contributors to this year's success and introduced the new directors.

## 2019 Plans

- **Events** – Look for more information as we complete planning and development for our 2019 Spring Festival and Taste of Nona. We also will continue to strive to bring you exciting and informative speakers and guests at our monthly events. As always, the Chamber website ([www.lakenonacc.org](http://www.lakenonacc.org)) has an up-to-date calendar of our events.
- **Ambassador Program** – We will complete the organization and procedures for an ambassador program that will ensure new members feel welcome and existing members receive contact to encourage comments and suggestions that can come before the board or staff members.
- **Time With the CEO** – I plan to create a regularly scheduled monthly time when members can make appointments to sit down with me and/or directors to ask questions, make suggestions, or discuss chamber functions and plans.
- **Office Space** – We will complete arrangements for larger and more accessible office spaces for staff and members.
- **Membership** – We will continue the support and enthusiasm to grow membership to 400 by the end of 2019.



# EVENT GALLERY



**Nov. 27 Contagious Connecting: 3 Steps to Building a MASSIVE Personal Network**  
Keynote speakers Sam Eckerson (left) of Heritage Park Realty and current President of BNI (Business Network International, Lake Nona Chapter) and Dr. Linda Travelute (right) of Travelute Leadership & People Development join President/CEO Don Long (center) during their seminar on *3 Steps to Building a MASSIVE Personal Network* at the Ronald McDonald House in Orlando/Lake Nona. (Photo by Bethany Osborne)



**Dec. 4 Holiday Party and Member Banquet at The Florida Hotel & Conference Center**  
Chamber members and guests enjoyed an evening among their local community for the 2018 holiday season. (Photo by Bethany Osborne)



**Nov. 28 Ribbon Cutting and Grand Opening for Venice Nails & Spa**  
Business Owner Young Nguyen (center left) and Partner Andy Nguyen (center right) join President/CEO Don Long (right) and Director of Membership Arbra Calvert (left), as they cut the ribbon at 9971 Tagore Place, Suite #5, on Narcoossee Road. (Photo by Bethany Osborne)



**Dec. 5 Launch and Ribbon Cutting for Nonahood Latino**  
The Lake Nona Regional Chamber of Commerce joined the Hispanic Chamber of Commerce of Metro Orlando to celebrate this commemorative event in Orlando/Lake Nona. *Nonahood Latino*, an all-Spanish news website and sister company of *Nonahood News*, was launched by NONA.MEDIA. (Photo by Bethany Osborne)



**Dec. 13 Breakfast Connections with My Stylist Personal Shopper Christina Marsico**  
Christina Marsico (center) joins President/CEO Don Long (left) and Programming Director Kris Conner (right) after presenting *Latest Trends for the Holiday Season with Great Gift Ideas* at Eagle Creek Belfry Restaurant. (Photo by Bethany Osborne)



**Nov. 30 Check Presentation for 2018 Charity: Friends of Fisher House Orlando**  
The Lake Nona Regional Chamber of Commerce congratulates our members and community for this year's Taste of Nona Silent Auction proceeds raised for our 2018 Charity, Friends of Fisher House Orlando. President/CEO Don Long (center) presented the \$4,100 donation to Board Chairman Tweet Coleman (center left), Fisher House Manager Teresa Turner (center right) and Spokesperson for the Friends of Fisher House Advisory Board Bob McDonald (right) on Friday, Nov. 30, at the Fisher House in Orlando/Lake Nona.

**The Lake Nona Regional Chamber of Commerce**

Don't Miss "**First Tuesdays**" on Thursday!  
**Business After-Hours & Ribbon Cutting**

**Castle Church Brewing Community**  
6820 Hoffner Ave.  
Orlando, FL 32822

**Thursday, January 3, 2019**  
5:30 PM - 7:30 PM

**Ribbon Cutting**  
6:00 PM

Provided Appetizer/Beer Pairings...  
Happy Hour Pricing on Craft Beer, Wine & Cider!

Our monthly "**First Tuesdays**" Business After-Hours is a networking event series for Chamber members and guests. The series is designed to showcase restaurants who are members of the Chamber and offer a relaxed, after-hours, professional-networking opportunity.

For registration information, please visit  
[www.lakenonacc.org](http://www.lakenonacc.org)

## MEMBERSHIP RENEWALS

November 14 - December 13, 2018

- Andy Sellers Real Estate - RE/MAX Bluewater
- Capital Land Settlements
- Kingdom Encounters International
- Pollo Tropical
- Travelute Leadership & People Development

## NEW MEMBERS

November 14 - December 13, 2018

- 3rdArm, Inc.
- AideCare at Home
- Allied Pro Insurance, LLC
- CPA Orlando
- Focal Point Business Coaching
- Insight Credit Union
- Juice Plus
- LAMM Company Partners
- Nona Merchant Marketing
- Nona Oils
- Orlando DJs and Events, LLC
- Two Spurs, LLC dba Smashburger
- Visium Resources, Inc.
- World Financial Group

## Upcoming Events

**Jan. 3: First Tuesdays on Thursday! Business After-Hours and Ribbon Cutting at Castle Church Brewing Community**  
**Provided Appetizer/Beer Pairings - Happy Hour Pricing on Craft Beer, Wine and Cider**  
**Time:** 5:30-7:30 p.m.  
**Ribbon Cutting at 6 p.m.**  
**Location:** 6820 Hoffner Ave., Orlando, 32822  
Registration is free for Chamber members. Reserve your spot!  
Please contact [administration@lakenonacc.org](mailto:administration@lakenonacc.org) if you would like to bring a first-time guest to this networking event.

**Jan. 10: Breakfast Connections**  
Details TBD

**Jan. 25: Business Luncheon with Sam Choi, Manager for Emerging Technologies and Renewables for OUC – The Reliable One**  
**Keynote Topic:** The Future of Energy  
**Time:** 11:30 a.m.-1 p.m.  
**Location:** The Belfry Restaurant at Eagle Creek Golf Club  
10350 Emerson Lake Blvd., Orlando, 32832

**Feb. 5: First Tuesdays Business After-Hours at Chroma Modern Bar + Kitchen**  
**Time:** 5:30-7:30 p.m.  
**Location:** 6967 Lake Nona Blvd., Orlando, 32827  
Registration is free for Chamber members. Reserve your spot!  
Please contact [administration@lakenonacc.org](mailto:administration@lakenonacc.org) if you would like to bring a first-time guest to this networking event.

**Feb. 14: Breakfast Connections with Wendy Brandon, FACHE, CEO of UCF Lake Nona Medical Center**  
**Time:** 8-9:30 a.m.  
**Location:** TBD

**Feb. 22: Business Luncheon with CEO Keith Padgett of Big Brothers Big Sisters of Central Florida**  
**Time:** 11:30 a.m.-1 p.m.  
**Location:** TBD



# Rising Above: Having Trouble Sticking to Your New Year's Resolutions? Try These Apps.

BY SAMIA SOLH

We heard it, read about it, and experienced it a million times. By now, we know that New Year's resolutions are hard to keep. The numbers speak for themselves – a staggering 92% of people who set resolutions for the New Year fail to commit to them. I'm definitely one of those people. I have had "read more" on my resolution list for years, right next to the pile of books collecting dust on my bookshelves.

This year, I decided to take matters seriously since years are passing, I'm getting older, and I'm not getting closer to the version of myself I aim to be. I did some research to find out what I can do to increase my chances of sticking to these resolutions. What is stopping me is probably the same thing that's stopping everyone else: lack of time, energy and motivation. This time, I am entering 2019 with tools to battle bad habits, procrastination and laziness. Adderall, Redbull and 5-hour Energy shots have crossed my mind, but I'm a health nut and prefer to do things "au natural."

It turns out that you can't achieve results without changing your habits. Our daily habits govern our lives and the results. Most habits we have are so ingrained in our subconscious that we don't even notice we are doing them. So, the first step is to be conscious of your behavior to notice these actions and then take your life back by altering them. It's easier said than done, otherwise there wouldn't be such a low success rate for changing habits. Luckily, you don't have to do this on your own. There are many habit-tracking apps avail-



able, specially designed to help you set goals, kick bad habits, and replace them with better ones.

**Top 5 Habit Trackers:**

- 1. Momentum Habit Tracker** (iOS only)  
This app has great features that help you keep track of your habits and daily routine. You can start by setting small, weekly targets and add notes while monitoring your progress.
- 2. StickK** (iOS & Android)  
StickK was developed by behavioral economists at Yale University. It helps you end procrastination by leveraging the power of incentives. One great feature in this app is that when you first sign up, you create a commitment contract with yourself and even bet money on your success.

- 3. Productive Habit Tracker** (iOS only)  
Productive's simple, but effective, interface allows you to start planning in seconds. This free tool helps you build a routine of life-changing habits and keep track of your successes. It is also the most downloaded habit tracking and goals setting app.
- 4. Streaks** (iOS only)  
This Apple design award winner allows you to create to-do lists and helps you create good habits. The goal in this app is to build a 12-day consecutive streak. The interface is customizable and can be easily integrated with the Apple Health app, one of the most popular apps on the iOS.
- 5. Evernote** (Web, Android, iOS, Windows, Mac)  
Evernote is not exactly a habit tracker,

but it certainly helps you develop a productivity system. You can create to-do lists and save items in an organized way so they can be accessed easier, saving you time and making you more productive.

Even though, statistically, the numbers are stacked against you, don't allow yourself to be so discouraged that you avoid setting goals altogether for the new year because studies have also shown that people who participate in this age-old tradition are 10 times more likely to change their behavior than those who don't. So, if you don't participate at all, your chances of success go from 8% to zero! Although, with these great habit tracker apps, you should see an increase in your chances of succeeding.



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# USTA: A Premier Sports Destination in Lake Nona

ARTICLE BY DANIEL PYSER  
PHOTOS COURTESY OF USTA  
NATIONAL CAMPUS

The USTA National Campus celebrates two years of tennis in Lake Nona at the start of 2019, and with more than 200 events and thousands of visitors, the campus has cemented itself as a premier sports destination.

The year starts off strong with two top-tier events taking place the very first week of 2019. First, the National Winter Championships, which start in late December and conclude on Friday, Jan. 4, will feature some of the top junior players in the country. The National Winter Championships is one of five Level 1 junior tournaments

champion at the University of Virginia who utilized a 2017 US Open qualifying wildcard to reach his first career Grand Slam main draw, and Mitchell

Krueger, who made his Grand Slam debut at the 2018 US Open and is an Orlando resident who trains at the USTA National Campus. Additional Americans can gain entry into the tournament either via wildcard or through a four-person qualifying draw.

Beyond those two tournaments, tennis fans can gear up for another exciting college tennis season at the USTA National Campus. On top of another impressive slate of College MatchDay showdowns, the Collegiate Series brings even more elite college tennis programs to the courts in Lake Nona. Those matches begin in January and continue throughout the spring with College MatchDay kicking off in February with the annual Florida vs. Florida State rivalry match.



2018 US Open - Main Draw Mitchell Krueger



2018 US Open - Qualifying JC Aragone

held during the year, where players battle for the coveted USTA golden balls. The USTA National Campus will host both the boys' and girls' 16-and-under and 18-and-under divisions.

Also kicking off the 2019 event calendar is the Orlando Open, a USTA Pro Circuit ATP Challenger event, which will be held at the USTA National Campus from Dec. 31-Jan. 6. The Orlando Open is the first USTA Pro Circuit ATP Challenger of the season and will feature the highest level of tennis on display to date at the USTA National Campus, with a prize-money pool of more than \$54,000. The campus has previously hosted a number of \$15,000- and \$25,000-level USTA Pro Circuit events. The Orlando Open, a hard-court tournament, will be played at the campus' 12-court Collegiate Center.

The event will include at least six American players who received direct entry into the 48-person main draw. Those players include JC Aragone, a three-time national

The USTA National Campus will also once again play host to all UCF men's and women's home tennis matches. The college tennis season concludes in May with the NCAA Division I Men's and Women's Tennis Championships coming to the USTA National Campus for the first time. For more information on USTA National Campus events, please visit [ustanationalcampus.com](http://ustanationalcampus.com).

January also begins the new year of programming for both kids and adults at the USTA National Campus. The new session officially begins on Jan. 2, and drop-in classes are always available.

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



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DATE	SCHOOLS	TIME (EST)
Saturday, Feb. 2	Florida vs. Florida State (M)	6:00 PM
Saturday, Feb. 9	Duke vs. Tennessee (M)	6:00 PM
Saturday, Feb. 16	Air Force vs. Army (M&W)	4:30 PM
Sunday, Feb. 24	Florida vs. UCF (W)	5:30 PM
Sunday, March 3	Miami vs. UCF (M)	5:00 PM

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FOR MORE INFORMATION VISIT [USTANATIONALCAMPUS.COM](http://USTANATIONALCAMPUS.COM)



# Namaste With Natalia: Warrior 1

## Virabhadrasana I

### Your Monthly Yoga Pose

BY NATALIA FOOTE  
PHOTO BY BREE PARRISH

Warrior 1 is an essential yoga pose. It is part of Surya Namaskara B, or Sun Salutation B, which is a warmup linking breath and movement in Ashtanga, vinyasa, or power yoga. While there are three different “warrior” poses, warrior 1 brings a sense of power and strength to get your year off to a great start.

1. From a standing position, bring the left leg back about three feet and keep the left foot on the mat or ground at a 45 degree angle.
2. Bend the front right leg, keeping the knee pointed toward the middle toe and making sure the knee avoids caving in toward the big toe.
3. Inhale and lift both arms up over head, relaxing the shoulders, and bringing the navel toward the spine.
4. To go deeper, bring the palms together, gaze up, and bend the knee so that the leg is parallel with the mat.
5. Ground down with both feet on the mat, while lifting with the torso and arms.
6. Stay for five breaths and repeat on the opposite side.



Warrior 1 is a great way to build static strength in the leg and to experience a full breath. According to B.K.S. Iyengar, warrior 1 relieves stiffness in the shoulders and back, tones up the ankles and knees, and cures stiffness of the neck. May this pose bring you strength in your New Year’s resolutions.

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.



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# Shoulder Pain: Staying Strong As You Age

BY CHARLES GIANGARRA, MD



Dr. Giangarra

You don't have to be an athlete to suffer from a shoulder problem. In fact, shoulder injuries are very common in older, less active adults.

Common shoulder injuries in older patients include rotator cuff tendinitis, rotator cuff tears and arthritis. These are usually a result of overuse of the shoulder muscles or a direct fall onto the shoulder, but they can appear gradually over time due to wear and tear.

### Symptoms of Common Shoulder Issues

The most common symptoms of shoulder injuries include muscle weakness, loss of muscle mass, joint stiffness, tenderness of the shoulder, and pain when moving the shoulder. Some patients may also experience a snapping or cracking sensation when moving the joint. A loss of motion is often the first sign a person with a shoulder problem becomes aware of.

If you are experiencing any, or a combination, of these symptoms, you should visit a sports medicine specialist to determine the next steps.

### Causes of Common Shoulder Problems

As we age, the cartilage lining the bones of the shoulder joint can thin due to wear and tear. As it thins, it loses its smooth surface leading to arthritis. Although less common than in the knee or hip, if it involves the dominant arm, it can be quite debilitating. Seeking help early can limit the potential disability.

Treatment with NSAIDs (anti-inflammatory medications), physical therapy, and corticosteroid injections can slow the progression of the arthritis. If these methods fail to im-

prove the quality of life, total shoulder replacement can be an option.

Rotator cuff injuries are common in the over-60 age group. They are often associated with a previous shoulder problem such as an accident or sports injury. Often, a person will have been experiencing intermittent pain for years before an isolated event magnifies the pain due to the tearing of the tendons.

In addition, falling directly on the shoulder can lead to breaks and fractures that can leave you vulnerable to more issues down the line, such as arthritis. Repetitive, strenuous motions like lifting, throwing or bailing hay can also lead to wear and tear of the shoulder and issues like rotator tendinitis. Although overuse injuries are very common, there are ways to prevent these issues as you age. It's all about keeping your muscles strong.

### Prevention of Wear and Tear Issues

Common shoulder injuries can usually be prevented by keeping the muscles strong and the joint flexible. Working with a physical therapist to strengthen the muscles of the shoulder can help you dodge rotator cuff tears and other shoulder injuries in the future.

A physical therapist or sports medicine specialist can also coach you on how to properly move the shoulder to avoid injury.

If you play a sport or work in a field that requires a lot of strenuous shoulder motion, such as a construction worker, you should be engaging in strength exercises to keep the shoulder muscles strong.

### Treating Common Shoulder Injuries

If you are already suffering from shoulder pain, it's important to seek help from a sports medicine specialist or orthopedist and appropriately diagnose the problem and begin treating the shoulder. Initial treatment usually includes a period of rest from the aggravating activity, anti-inflammatory medications, rehabilitation, and, in some cases, corticosteroid injections.

Some patients rely on conservative methods for treatment, but others may need either an arthroscopic or open surgery to address the problem. Your doctor will be able to analyze your injury and create a treatment plan that works best for you.

*Dr. Charles Giangarra is a board-certified orthopedic surgeon at UCF Health. He is committed to keeping people active through both surgical and non-surgical treatments. Learn more at [ucfhealth.com](http://ucfhealth.com).*



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# Nona Smiles Has a New Home!

Before you read more about the exciting news, let me take you back on this incredible journey...

Nona Smiles’ owners, Dr. Melendez and Dr. Ramirez, first met in dental school. Soon after graduating in 2000, they began their residency at a New York hospital. Trying to escape from the cold weather, they both returned to Puerto Rico, where they opened their first dental office. Not only did they have a new dental practice, but their first child, Kamila, was also born.



Nona Smiles Family Group Shot at Ground Breaking 11-29-2018

Driven by their desire to provide the best for their new child as well as to give back to those in need with the latest technology, Dr. Melendez and Dr. Ramirez made the decision to move to Orlando.

Moving to the United States implicated many struggles: They were here with no family members and now they had to start all over from scratch. They both worked as associate dentists at different practices, but their dream of having their own practice again where their vision could be developed and realized was always present. This is when they made the difficult, but yet inspiring, decision to open their own dental practice. Not only was opening a new office a nerve-wracking experience for them, but they also decided to open a dental office at a location that was just starting to develop. With all of these mixed emotions of fear and excitement, Nona Smiles first opened their doors to the Lake

Nona community in February 2009, years before it became the bustling community it is today.

Not only has the office grown since they opened, but so has their family! Soon after opening Nona Smiles, Dr. Melendez and Dr. Ramirez welcomed their second child, Gustavo.

Driven by the desire to care for his family and the community, Dr. Melendez continually attends seminars in search of the latest technology and in efforts to improve his already amazing dental skills. He strives to be the best at his work, and it shows! His talents are not only recog-



Nona Smiles Building Rendering

nized by many patients but also by other peers and people from the dental industry! Dr. Melendez has been selected to test new technology and/or materials before being marketed and has been chosen to train other dentists, both local and abroad, in the field with the Cerec technology. But training does not stop with the doctors. Their staff members are continually trained with the new technology and customer service skills as well.

Having evolved within the practice and the continual desire to provide quality care for more people in the community, Dr. Melendez and Dr. Ramirez announced the new home for Nona Smiles! This exciting new building is a state-of-the-art facility located in Lake Nona Landings shopping center. It’s a 9,400-square-foot, mid-century, modern design building where every

single detail has been thought of and carefully designed in order to provide a great patient experience. The new home will provide general dentistry and dental specialist care all under one roof.

The new office is expected to open their doors to the Lake Nona community in summer of 2019. Not only are the doctors very excited, but they are also proud of their hard work and dedication. Looking back to 2009, we can say that their goal to provide quality dental care with patient comfort has paid off, and it certainly continues to grow in the Lake Nona community.



# Business Spotlight: The Mind, Body, and Soul of Body Energetics Wellness

BY VANESSA POULSON AND NICOLE LABOSCO



With the start of the new year, so many of us are putting our health and wellness at the top of our list of New Year’s resolutions. With so many options to choose from, often the process can be overwhelming when it comes to figuring out what kinds of new healthy habits should be added to one’s routine. Many Americans are beginning to seek out more natural methods of treatment, including practices like acupuncture and cupping to meet their needs, and for those in the Lake Nona area, Body Energetics Wellness (BEW) might just be the place to visit in this new year.

Recently, we were able to talk to Meltem Turan, owner of BEW. Body Energetics Wellness specializes in using a variety of different natural health methods in order to promote wellness of the mind, body and soul. These practices include everything from laser acupuncture, auricular (ear) acupuncture, electro-acupuncture, as well as other traditional Chinese medicine modalities such as herbal medicine, cupping and tuina (Chinese massage). Body Ener-

getics Wellness also offers bio-energetic medicine (also known as biofeedback therapy) by using the latest German technology. Other treatments include homeopathy, tissue-mineral salts, vitamin injections, homeopathic injections, and ozone injections. New treatments and services are also set to be added soon, all with the health and wellbeing of BEW’s patients in mind.

“Our mission is to respect the wisdom of the body,” said Turan. “We look at the person as a whole and focus on emotional, physical and nutritional healing as well as prevention rather than only treating your symptoms. We work to identify everything that is interfering with the optimal functional integrity of the body, mind and spirit, providing the body with the building blocks and corrective bio-information it needs in order to heal.”

BEW was incepted when Turan was practicing as an acupuncture physician in Winter Park. She was looking for new ways to incorporate natural health modalities into her practice and was inspired by the people around her that she had witnessed moving

through their struggles toward a healthier lifestyle. Turan has now been able to help hundreds of patients since 2011 and credits the transformation of the client from sick, run down and struggling to being healthy, confident and pursuing new passions as the most rewarding part of the job. She wants to continue to educate people on the power of taking care of your body through individualized methods of treatment and moving away from the “quick fixes” and fads that are so present in today’s culture.

“My goal has always been to educate people about how to be healthy and stay healthy,” said Turan. “At Body Energetics, it is important for us to understand where you are coming from and where you want to go. To get you there, we offer unlimited support, value every question, and we are here to help you along your journey.

“I know from personal experience that it’s never too soon – or too late – to start taking better care of yourself, start treating yourself with kindness, and start loving yourself.”

Being located in Medical City, Turan hopes that BEW can not only provide comprehensive and specialized care and attention for each individual client but also serve to represent a “balance that complements traditional medicine with holistic healing.”

Having had the opportunity to step into the oasis of Body Energetics Wellness, we learned just how much health and wellness truly means to Turan. As the tour progressed and each process of prevention and treatment was described, Turan was clear to state that she would not recommend any method that she wouldn’t do herself. She declared that if she wouldn’t perform a method or ingest a form of medicine, she wouldn’t expect her clients to do so.

We were given the opportunity to experience the biofeedback therapy and see just what Body Energetics Wellness could do for us and our health. We simply placed our hand on the machine as it scanned our biosphere, and after about five seconds the process was done. Fun fact: This machine can also scan animals and objects because everything has a biosphere! The system then scans through its directory of diseases and complications and culminates a list of health issues that you might have dealt with as a child, are currently experiencing, or what could appear in the future. Note: This is not meant to diagnose but rather to prevent.

From there, Turan guides you in the process of identifying your current daily health issues and how to address them and find the underlying cause of your pain and/or inconvenience. Out of the machine’s generated list, Turan will choose some of the most prominent ones that seem to affect you currently and places those “patterns” on a card or into a water-like liquid. For either method, you continue the “prevention” process for two weeks, by either holding the card close to your body or dropping the liquid into water. Caffeine must be avoided for the process to work completely, but the card allows patients to have caffeine as long as it’s before noon.

Once the two weeks are up, you’ll throw out the card or discard the liquid (if any is left) and go one day without any prevention. The following day, you’d return to visit Turan and she would rescan you to see what complications would pop up and



as time goes on, you would gradually eliminate items on your list until you discover the root of your problems or prevent them from taking place.

Turan also understands that these methods aren’t for everyone. She fully acknowledged that some of her patients prefer the “old-school method” of taking the prescribed medication because it can be a bit difficult to comprehend what you can’t see or, in this case, take. She also offers herbal teas and pills for those who prefer such methods.

Body Energetics Wellness accepts most major insurances. An acupuncture session for a new patient lasts about an hour and includes about 15-20 minutes of filling out forms and identifying the root of the pain. The last 30 minutes consist of the actual acupuncture session. This costs \$95, and any further sessions will cost \$75 for about 45 minutes.

*Body Energetics Wellness is located at 6917 Narcoossee Rd., suite 734, in the plaza directly behind CVS. Visit their website for more information:*  
**[www.BEnergetics.com](http://www.BEnergetics.com)**







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## Whole New Year, Whole New You: Make 2019 Your Healthiest Year Yet

BY ADVENTHEALTH MEDICAL GROUP  
(FORMERLY FLORIDA HOSPITAL  
MEDICAL GROUP)



Dr. Ledy Rojas

The New Year is a time for change. Like most of us, you may feel there's some room for improvement in your life – in your physical fitness, your relationships, or your work-life balance. If there's a piece of your puzzle missing, what simple changes might help bring the picture into focus? What can you do to make 2019 the year you really feel *whole*? Dr. Ledy Rojas, a primary care doctor in Lake Nona, suggests starting with these four steps.

### 1. See Your Primary Care Provider.

Make an appointment and instigate an open and honest conversation about your real health goals and what you and your care team can do to achieve them. "Tell your doctor: 'I'm ready to change, to maximize my health, and I need your help,'" says Dr. Rojas. Your doctor will likely

start with a physical to get baseline numbers for blood pressure, blood sugar, cholesterol and other important measurements.

### 2. Get a Move On.

In other words, exercise at a quick enough pace that you can't hold a conversation or update your social media status. Do it every day for 30 minutes. You won't believe how much better you'll feel meeting this easy goal. "Getting started is as simple as walking in one direction for 15 minutes and walking back," says Dr. Rojas.

### 3. Rest.

You *need* seven to eight hours of sleep per night, and if you're not getting it, your doctor needs to know. "If you do feel like you're sleeping but are still tired, that's a problem," says Dr. Rojas. "People think significant fatigue is a natural part of aging, but it isn't. If you're waking up tired, you may have a treatable sleep disorder."

### 4. Eat, Drink, But Be Healthy.

Dietary recommendations vary widely by individual health, disease, allergies and preferences. Get your doctor's recommendations based on the findings of your physical. If you need to lose weight, prepare healthy meals in advance so that you're not tempted to eat out or grab quick, processed food. Drink water – a lot of it. "Hardly anyone drinks enough water," says Dr. Rojas. "Challenge yourself to drink 64 ounces a day for a week and see how you feel."

### About Dr. Rojas

*Ledy Rojas, MD, is a board-certified family medicine physician. Dr. Rojas provides primary care services to men, women and children (age five and older), with a special focus on women's care and obesity prevention. She is fluent in English and Spanish.*

*To learn more and to make an appointment, visit [AdventHealthMedicalGroup.com](http://AdventHealthMedicalGroup.com) for a customized search by zip code or call 407-930-7801. All of our physicians are part of the AdventHealth Care Network.*



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SCHOOL UPDATES

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K-Kids

K-Kids is a school-sponsored club that teaches students the value of helping others by developing community service projects. This program provides numerous opportunities to develop self-esteem, leadership skills, morals, standards, and respect for others. Our K-Kids club broke last year's CAN DRIVE record by collecting more than 700 pounds of non-perishable food for the Second Harvest Community Food Bank. Thank you, Mr. Banes, for your leadership and heart for our community.

Book Fair

Our Book Fair was a huge success. Our Media Center was transformed into the most beautiful Enchanted Forest by some of the most amazing volunteers. It was a joy to see the students' faces when they walked in for the first time ... they absolutely loved it! We want to thank the many people who volunteered during the Book Fair week. The money that our school makes during the book fair goes toward the purchase of new library books, as our students love to read!



K-Kids

Monday, Dec. 10. We cannot thank our special area teachers enough for equipping and encouraging our students by planning such a wonderful evening for our families. Thank you, Ms. Lapuz, Ms. Towle, Ms. Lentz, Ms. Russell, Ms. Martz, Ms. Stroshane, Mr. Alvarez, and Mr. Nieves.

participated in the Jingle Bell 5K on Saturday, Dec. 8, at Lake Baldwin and did an outstanding job! Thank you, Mr. Alvarez and Mr. Nieves, for leading this program and the great role models you are for our boys.

Girls on the Run

Our Girls on the Run program participated in the 5K at the Valencia College West Campus on Saturday, Dec. 8. We are so very proud of all the girls who were a part of this program and of their hard work and time spent training. We want to thank Ms. Carra, Ms. Angelakos, and Ms. Provenzano for coaching our girls. Their time, investment and encouragement help our girls reach their goal!



Girls on the Run



Book Fair Decoration Team

Kindergarten and First Grade Performance

Our Kindergarten and first-grade students performed Winter Wonderland at the Lake Nona High School Performing Arts Center on

Boys on the Right Track

We are so proud of our Boys on the Right Track program at Sun Blaze. This is the first program of its kind in Florida for boys, and Sun Blaze considers it an honor to lead the way. Our boys



Boys on the Right Track



Kindergarten and First-Grade performance



# SCHOOL UPDATES

## EAGLE CREEK ELEMENTARY SCHOOL

Hello, Panther Community!

BY JESSICA SCULLY

December is one of our favorite times of year at Eagle Creek! Our days are filled with so much learning and fun. This month, we have celebrated many things around our school, including the holidays and the immense learning taking place each day. Panthers embarked on field trips, performed in grade level and choral concerts, mastered iReady and AR goals, and so much more!

### SGA



Our SGA students raised \$200 to help our ECE Giving Tree during their morning sales as they continue their motto for this year of “Kindness Inspires Kindness.” We are so proud of the kindness our students are spreading and thankful to have the opportunity to help those in need.

### ECE National Honor Society



This year, we established an Elementary National Honor Society here at Eagle Creek. Our induction ceremony will be forthcoming. We recently selected our officers:

President: Grace DeSario, Grade 5

Vice President: Manuela Rubio, Grade 4

Secretary: Victoria Barboza, Grade 5

Treasurer: Manuel Garcia Fajardo, Grade 5

Members of Parliament: Shaurya Tandon, Grade 5; Alana Rodante, Grade 5; Eaden Pullen, Grade 4; Natalja Rawls, Grade 4

### Girls Who Code

BY ILLIE JOVE



Girls Who Code is a nationwide program designed for students with a wide range of computer science experience. We have activities for girls with zero computer science experience all the way up to activities that introduce college-level concepts. The broad set of soft and hard skills we teach are teamwork, confidence, time management, communication, functions, variables, conditionals, and loops. For more information about the Girls Who Code program, please visit: <https://girlswhocode.com/>.

Why Girls Who Code? The problem: Computing is where the jobs are – and where they will be in the future – but our girls are being left behind. Girls Who Code was founded with a single mission: to close the gender gap in technology.

### SWAT Team

BY HEATHER DENCKER



SWAT stands for Students Working to Advance Technology, and our mission is to bring a variety of technology-related activities to second- through fifth-grade students at ECE. Over the course of this semester, students have been exposed to introductory coding, understanding binary code, building STEM projects, interactive PowerPoints, “unplugged” coding, and sharpening computer skills through Nearpod.

In the month of November, our team participated in the Bebras Computing Challenge. This online competition is hosted in more than 30 countries and is designed to get students excited about computing by answering questions that are focused on computational and logical thinking. A big congratulations goes out to Youssef Aly for earning the top score in our school.

In early December, we also participated in the Hour of Code, which is a worldwide initiative to get everyone to practice coding for at least one hour. SWAT students were on hand to help non-members with activities on Code.org. We are looking forward to an equally fun and engaging second semester!



### ECE Panther Chorus

BY DARLENE GRANDE



The ECE Panther chorus, under the direction of Darlene Grande, performed at the WFTV Santa Saturday on Dec. 8. The chorus collaborated with Eagle Creek SGA and Eagle Creek PTA in order to collect more than 100 toys to donate to Toys for Tots. The chorus also performed at the “Santa Workshop” at Lake Nona High School to help raise money for the Ronald McDonald Charities of Central Florida.

### Second Grade Holiday Show



On Wednesday, Dec. 12, our second graders performed their annual Holidays Around the World concert under the direction of music teacher, Darlene Grande.



# SCHOOL UPDATES

## NORTHLAKE PARK ELEMENTARY SCHOOL

BY SALLY SHUMAN, CRT, TESTING COORDINATOR, LEAD MENTOR

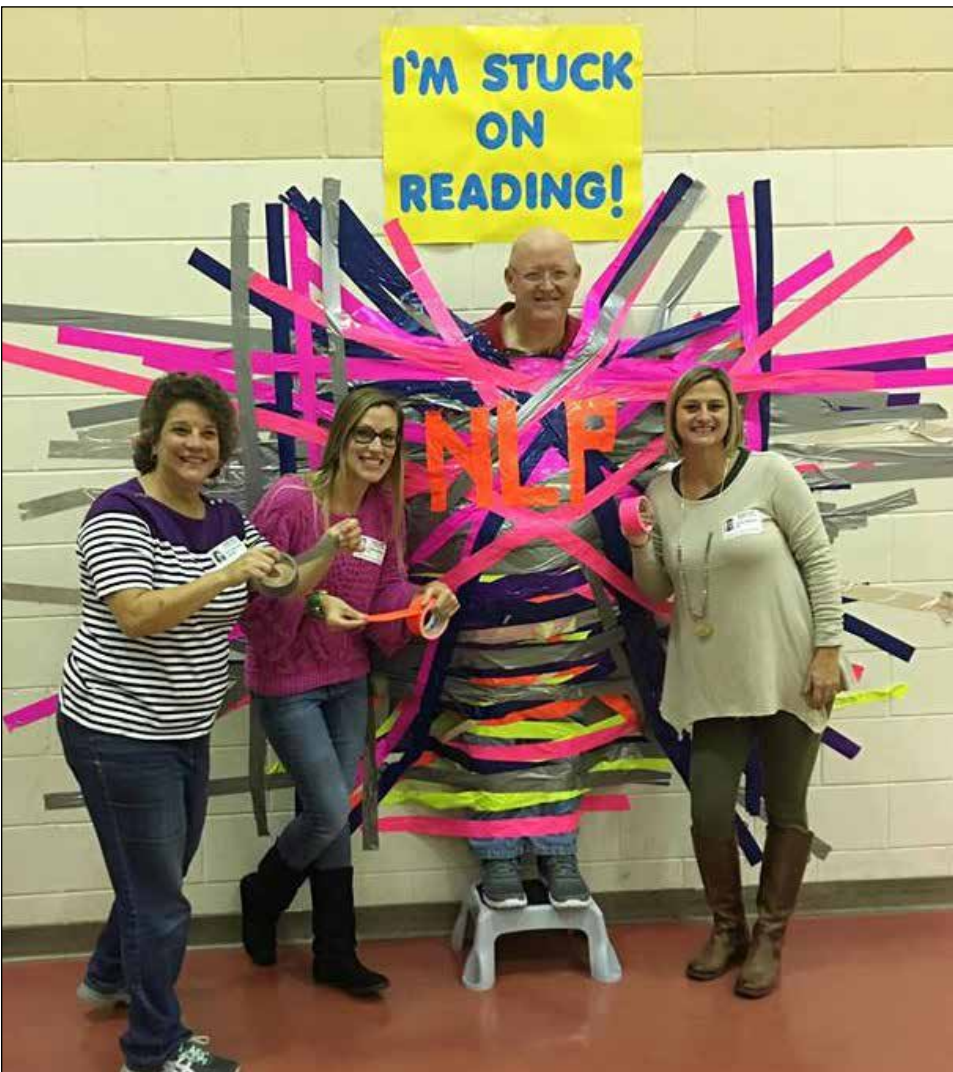
This year, NorthLake Park participated in the Read-A-Thon fundraiser. This is a fundraiser that was sponsored by PTA and students focused on reading. Students commit to completing 10 reading sessions, ranging from 10-30 minutes a day for 10 days. They can choose any book they want to read. Family and friends were asked to support their reader by making a one-time online donation. School-wide goals were established, and NLP surpassed the original fundraising goal! Principal Lee Parker made good on the agreement for the school-wide goal being met.

The top fundraisers for the Read-a-Thon got the opportunity to duct tape Mr. Parker to the wall for reaching the goal that was set with the "Stuck on Reading" challenge. Students had a partner, and the two stu-



dents then took a long piece of duct tape and helped tape Mr. Parker to the wall in the gym. Do you think the goal of taping Mr. Parker to the wall worked? When the stool was removed from under his feet, he DID stick to the wall!

"Reading on the Roof" was the final reward for all students for reaching the school-wide goal. NLP students sat in the bus loop as Mr. Parker overcame his fear of heights and completed the challenge. He read a story through a megaphone to each grade level from the school's rooftop. The students loved this challenge and thoroughly enjoyed sitting outside on a beautiful day listening to a story coming from their principal on the roof of the school!



## INNOVATION MIDDLE SCHOOL

Flying Into 2019 at Innovation Middle School

BY CHRIS CLARK, PTSA



Reflection entry Peacock

After a busy finale to 2018, The Innovation Middle Phoenix are ready to fly into 2019!

The Phoenix closed out 2018 with many fun activities. On Dec. 10, the Boys Choir performed at the Orlando Magic basketball game. PTSA hosted the second dance of the year on Dec. 14. IMS students picked the theme of Winter/Summer. Even though the weather forced the dance to be held inside, everyone had a blast!

PTSA hosted a holiday mixer on Dec. 18 to thank volunteers who support PTSA with their time and resources. Thanks to our neighbors at Beazer Homes for providing a fun and festive location.

PTSA awarded Fall Grants in December. Money was awarded to a variety of departments including an anti-bullying presentation for all students, technical support for ESOL staff, supplies for chess and art clubs, the school store and seed money to start an

aquaponics system within our school! Thanks, everyone, for all you do to support PTSA and, in turn, IMS!

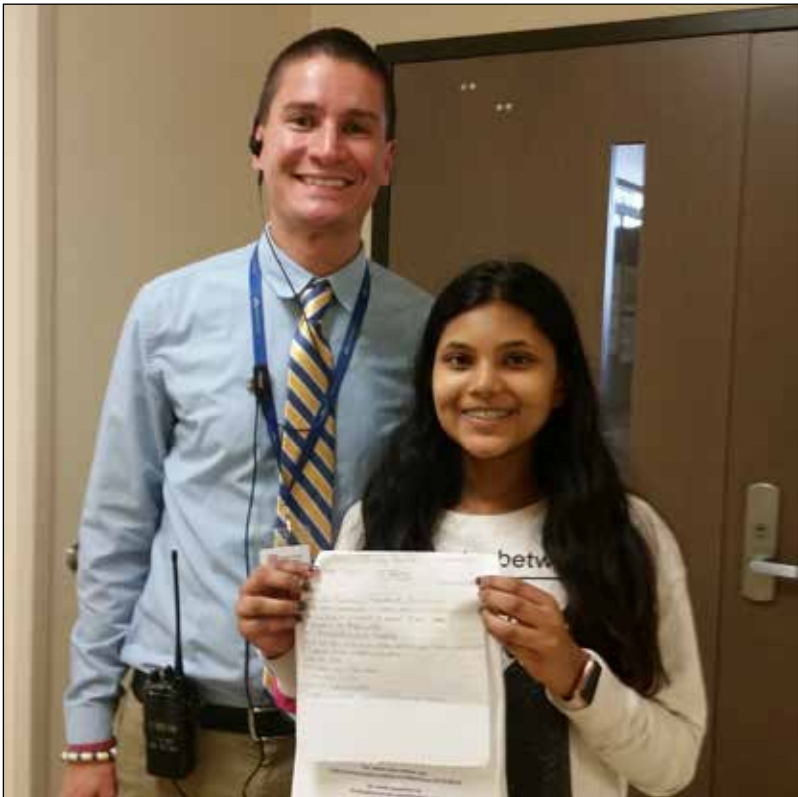
A special congratulations to Jr. Thespian Troupe #89478. They did so well at the regional competition in December with their original one-act play, *Zombie Apocalypse*, that they were selected to move on to the state competition in late January. We hope you all "break a leg" at the state competition!

The National PTA is in the process of selecting their regional representatives in the National Reflection Arts Contest. Thanks and good luck to Madeline Peacock, Emily Ali and Sabrina Vellacolt for submitting original pieces. All of IMS is rooting for you!

With the new calendar year, it will soon be time to start making decisions about electives for the next school year. IMS will host the second annual electives showcase on Jan. 24. This event is for IMS students so they can explore the wide variety of electives, sports and clubs available at our school. Vendor tables are available. Send a note to [firstvp@innovationmiddlePTSA.org](mailto:firstvp@innovationmiddlePTSA.org) if you are interested. Special consideration will be given to educational vendors.



Reflection entry Vellacolt



Reflections entry Ali



# SCHOOL UPDATES

## LAUREATE PARK ELEMENTARY SCHOOL

BY SUZANNE WORKUM,  
PRINCIPAL, LAUREATE PARK  
ELEMENTARY

The Laureate Park Elementary Longhorns have been busy, rounding out 2018 with lots of great activities! Last month, we continued our very successful Einstein Hours where parents are invited into the classrooms to engage the students with STEAM projects.

Mrs. Guess, LPE music teacher, and the LPE Longhorn Chorus have been busy this season singing at the Holiday Tree Lighting Event at Nemours and Santa's Workshop at Lake Nona High School.

To kick off the Thanksgiving holidays, the Kindergarten students participated in the 2nd annual Turkey Parade. This year, they used the parade to celebrate a fun academic milestone: learning their letters and letter sounds.

We are so proud of all our Longhorns and are looking forward to an exciting 2019!



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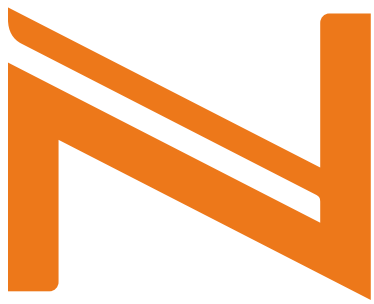
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JANUARY 2019 Volume 4 | Issue 1

entertainment

NONAVENTURES EPIC AXE THROWING

DETAILS ON PAGE 14





# Family Fridays: Starting New Healthy Family Habits

BY VANESSA POULSON

Welcome to Family Fridays, where we'll 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'll look at new and exciting activities that you can do with your family to re-engage and reconnect!

Happy New Year, Nonahood! The new year is upon us, and with the changing of the calendar year comes the opportunity to change out unhealthy habits for new behaviors. As the holiday season starts to wind down and we transition into 2019, now more than ever is the perfect time to help to formulate and instill some healthy habits for you and your family. And lucky for you, we have gathered some of the best suggestions for you below. Let us know if you give any of these a try by sending a note to our editor at editor@nonahood-news.com.

- 1. Have one meal together each day as a family and spend time planning it and cooking together.** Though this can seem like quite the goal, family dinners can provide a time where each member of the family is able to download and discuss their day with the rest of the family. This is a great time to catch up after not seeing each other for the majority of the day.
- 2. Talk about your body the way you want your children to view their own.** This one is much more critical than you might originally think. Even if you don't notice it, it's likely that the children and teenagers in your home are listening to what you have to say. This means that all the negative body and self-image talk that happens around the start of the new year is not only impacting your self-esteem but also that of your children. If you're always making negative comments about your body when you're having dinner, talking to your significant other, or while looking in the mirror, it's likely that your children and teens will begin to think that this is normal and it will make it harder for them to develop a positive body image or think and speak positively about their own bodies. Be kind to yourself and your children will follow suit.
- 3. Include at least one fruit or vegetable with every meal or snack.** This kind of meal and snack planning helps provide your kids with the option to start actively choosing fruits

and veggies over other less healthy options. Remember, though, everything is good in moderation, so don't be too restrictive or this could form counter-intuitive or other unhealthy and restrictive habits later on.

- 4. Slow down!** So often, we are ready to race through meal time to clean up the table and the kitchen when often this takes away from valuable time to truly enjoy our company and the meal that we have prepared.
- 5. Turn off those electronics.** We've all gotten those work messages or emails while we've been trying to spend time with our families. The best thing to do to avoid the anxiety that comes from the constant vibrating or ringing of a smartphone throughout dinner is to put it in "Do Not Disturb" mode or shut it off altogether. Work can wait – I promise you that it is less important than what is happening right in front of you at the moment. The same goes for teens on Snapchat, Instagram, Twitter, or any other social network.



- 6. Get outside.** Living in the Sunshine State, we are often blessed with some of the best weather in the United States. However, it can also be incredibly hot (even in the winter), often keeping families inside most of the time. Start making the commitment to dedicate at least one morning or evening (when the weather is cooler) to go for a walk as a family, even if it's short. Scientists have linked increased outdoor activity with a lowered risk of all kinds of physical and psychological disorders, so there's no better time to start.

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



# Rosen Hotels & Resorts Holiday Night of Light Media Night

ARTICLE AND PHOTOS BY KYLE HAMM

Nona.Media was cordially invited to experience the Rosen Hotels' massive, multi-million dollar Christmas displays as well as each hotel's merry entertainment that certainly makes the spirits jolly this season. We joined with a private, selected group of media outlets local to Orlando to embark on a tour through seven of the Rosen Hotels. On Friday, Nov. 30, via complimentary transportation with the City Sightseeing Orlando tour bus, we all joined together on the voyage for the Holiday Night of Lights tour.

Our first stop was the Clarion Inn Lake Buena Vista. At first step off the bus, we were greeted with decorative holiday treats from a jolly peppermint elf. As we toured the beautiful venue, we enjoyed delicious Maryland crab cakes and festive cocktails. I want to say that the most memorable part of this visit was the decorating



station where treats were made available with many options to decorate, including a wall of donuts! Through the month of December, Clarion LBV and all of the hotels had many different holiday events, such as letter writing to Santa, Sparkle the Elf, face painting and balloon artists, as well as a special Santa appearance.

Our next visit was to the Rosen Inn, closest to Universal Studios. We joined the Shogun Chefs at their restaurant for a great show on the Hibachi grills, amazing sushi, and warm sake to feel merry and cheerful! The Rosen Inn was also serving a Christmas dinner buffet at their Plaza Garden Restaurant that was open to the public. All of their events were also complimentary, excluding the food and beverages.

Then we were off to Rosen Inn International, where we enjoyed the immaculately manicured courtyard with the biggest and brightest tree that they could come up with. We also met Santa here at this hotel and listened in on great stories of the owner, Mr. Rosen. Fun fact: Rosen Inn International was the first hotel of Mr. Rosen's, and he lived

there for 16 years while building his legacy of eight other hotels.

The next location was Rosen Inn Pointe Orlando, where we learned about the hotel's many family-friendly events that were for the young and the young-at-heart. As we exited the bus, we were all so excited at the sight of snow (a snow-machine, of course) and a festive greeting from a very cheerful elf! There's no doubt about it, Mr. Rosen and his associates cut no corners when it comes to the Christmas season. The décor of each hotel was absolutely stunning, and the best part was that they all welcomed the public to come and tour their hotels to enjoy all of the decorations just as we did.

As we arrived at the Rosen Plaza, the holiday cheer and decorations did not cease to amaze me. In the lobby, they had an elegant, gigantic tree that illuminated through the front doors. As we went on to join the event outside by the pool, we stopped in to see the nightlife entertainment of Rosen Plaza at their very own 3-NINE, a great venue of dancing, dining and poolside entertainment. On our way out to the pool, I was stunned by the magnificent ice sculptures that were on display. One of their chefs even participated in carving his reindeer ice sculpture. It was an amazing experience to see such great talent. Another one of their ice sculptures functioned as an ice-siphon to chill your beverages as they poured the mixtures into the top of the ice, and out of the bottom came the festive margaritas in your glass! We also enjoyed delicious hors d'oeuvres such as fig & manchego lollipops, lobster corndogs and baby lamb chops with Executive Chef Michael and Frosty the Snowman.

Upon arrival at the Rosen Centre, we were greeted with holly and jolly carolers, singing all of the classics. Harry's Poolside Bar & Grill treated us to very cute and festive mini-patron margaritas, accompanied by their delicious Ropa Vieja Empanadas and an amazing tartlet of Portobello mushrooms and Boursin cheese ragout. It seemed the décor was only getting bigger and better at each visit. The grand lobby here showcased their magnificent Christmas tree, a gigantic gingerbread house, and spectacular decorations at every turn.

Our final destination was the Rosen Shin-

gle Creek. I can truly say that, at this 4-star hotel, they went above and beyond with their holiday decorations. As we strolled through their lobby, I was amazed by all of



the décor everywhere that I looked, including the biggest gingerbread house that I have ever seen! Our final event of the night was to join the hotel's charity friends at the Gatlin Ballroom, where they hosted an annual nonprofit tree event and reception. There were a total of 24 nonprofit charities that participated in this Christmas tree decorating event, and I can tell you that some of these decorators really set the bar high! All of the decorated trees were being showcased in the lobby of Rosen Shingle Creek, where you could acknowledge and learn about the mission of each of these charities. I was also excited to see their Winter Wonderland event that began Dec. 8, where locals and guests were invited to take a ride on the "Shingle Creek Express" to visit with elves, face painters, holiday karaoke, a festive photo booth, plus Santa and Mrs. Claus had a very special appearance at this event.

As our night came to an end, I was very grateful to be in attendance for this festive tour of Rosen Hotels. I absolutely recommend, as a local to Orlando, if you are looking to explore festive holiday lights and décor, these hotels that gladly welcome the public to share their holiday experiences with them.

You can learn more by visiting the Rosen Hotels & Resorts page with all their holiday events:

[www.rosenhoteles.com/holidays/](http://www.rosenhoteles.com/holidays/).





Kyle’s Culinary Column:  
Mushrooms  
– The Fungus  
Among Us

BY KYLE HAMM



Also known as toadstools, this spore-bearing non-vegetable is usually produced on soil, or atop its food source (such as non-living organic matter like dead trees). Mushrooms are reflected to be in a family of

their own and are not considered to be vegetables or plants because they acquire their nutrition through metabolizing the organic matter around them, and they do not hold any chlorophyll like most plants.

There are currently over 10,000 different species of mushrooms around the world, with hundreds of varied uses. Edible mushrooms are used for cooking soups, sauces, and my favorite – gravy. Medicinal mushrooms have many healing effects that are used in teas and antibiotics, such as penicillin. Some species of mushrooms even glow in that dark! I would not recommend eating these. Did you know that mushrooms’ DNA is very similar to that of a ... human? I could go on for a whole day

discussing all types of crazy facts regarding these fungi.

But let’s get down to what is important: the mushrooms that we eat! The most common being Button, Portobello, and White mushrooms, all of which are actually in the same family, just at a different stage of maturity. The Shiitake, Maitake, and Cremini mushrooms are known for being very tasty and having extraordinary medicinal values. Then we have our very rare, exotic fungi such as Morels, Truffles, and the Black Trumpets being the rarest and, in my opinion, the best tasting.

With literally countless recipes to use with this ingredient, I cannot stress enough how important it is to thoroughly clean your mushrooms before using in any way. Easily pop off the stalk of the mushroom, and then you can simply soak in cold water and rinse with a soft scrub. Be sure to rinse underneath the “cap” of the mushrooms to get a good wash of the “gills” (the ribs that are underneath the cap). For sauces and gravies, I recommend peeling off the skin around the cap of the mushroom. This can certainly be done by hand, or my preferred method would be to use a paring knife. Then, just finish with a quick rinse with cold water.

With endless recipes and countless methods of cooking for mushrooms, I still get the feeling that these tasty toadstools are at the bottom of most foodies list of favorites to eat. Well, there’s a lot more to the edible mushrooms than meets the eye. The medicinal values that range from



managing stress to treatments for cancer, and the nutritional facts, such as a single Portabella mushroom holds more potassium than a banana! Adding other ingredients that contain amino acid profiles will produce a more complete protein source and improve the quality of some limiting diets. This ingredient is truly known as the “meat” of the vegetarian cuisine.

If you have any questions or would like to discuss new ingredients, you can always feel free to chat with me! I love to work with any ingredients that I can get my hands on and have explored many traditional and innovative alternative methods of cooking. So even if there’s something new that you would like to explore, we can go on that culinary adventure together! You can reach me at [kyle@nona.media](mailto:kyle@nona.media).

*Kyle is a graduate of the culinary arts from Le Cordon Bleu. With almost 10 years of experience in the culinary industry, Kyle has trained in almost every technique of cooking from Classic to Modern. Fresh ingredients will always be found exciting, no matter how mundane they are. Kyle’s goal is to spread awareness and knowledge of all the possibilities that pertain to the culinary world.*



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# Say Cheese!

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!*

So, this month I lucked out and received



Courtesy of sartoricheese.com

a shipment of five different cheeses from Cheeselandia. I know what you're thinking ... this is Nicole's heaven – and you're totally right. It all came to be when Facebook tailored its ads to my cheese-filled obsession and very creepily read my thoughts. An ad popped up on my newsfeed to apply to be a host of a cheese party, and I used this infamous column to help my application move along.

I'd be lying if I said I remained calm when I found out I was selected to be a host for my favorite kind of party. I'm pretty sure I screamed with joy when the email came through. Now, I had to find anywhere between seven to 10 people to enjoy the cheese Cheeselandia would send me. I selected my party date and quickly realized that none of my friends could match their schedules with mine, so next thing I knew, I was supplying cheese to the staff at *Nonahood News*, whether they liked it or not. [Editor's note: We loved it, Nicole!!] My cheese obsession is extremely well-known in the office, usually resulting in some sort of \*cheesy\* joke or a, "Hey Nicole, look! They have a cheese board!" kind of thing, but they couldn't escape this party ... I wouldn't allow it.

And when I say Cheeselandia pulled out all of the stops for this cheese party, I feel like it's an understatement. I was sent a GIANT box containing a beautiful wood cheese board, crackers, cheese paper, and napkins to help set up for my sponsored party. A few days before the day of the party arrived, my shipment of cheese came in and I was blown away.

I had no idea I'd be receiving five BLOCKS of cheese! My heaven was beginning to look better and better. Read about the five different types of cheese below.

**Uplands Cheese Pleasant Ridge Reserve:** Out of the five cheeses, this was my least favorite. I'm a tad bit upset to say I think I've finally discovered a cheese I did not like. My streak is over ... this cheese is described to have a rich and fruity finish. It pairs well with Chardonnay, Belgian Ales, pickled fruits, caramelized and roasted onions, a bit of honey, and veggies. "Pleasant Ridge is the most-awarded cheese in American history, having won Best of Show in the American Cheese Society annual competition three times (2001, 2005 and 2010), and having also won the U.S. Cheese Championships in 2003," according to the Uplands Cheese website (uplandscheese.com).

**Marieke Gouda Foenegreek:** This gouda was delicious! With the nutty and slightly sweet flavors, it reminded me of maple syrup. It's a bit difficult to rank the cheeses because I LOVED four out of five



Courtesy of deandeluca.com

of them, but I'd say this was a second or third place cheese at the party. It pairs well with an Old Fashioned, toasted almonds, and a dark rum or amber beer, as well as milk or dark chocolate. Marieke Gouda is also an award-winning cheese, including winning the 2012 and 2015 American Cheese Society, the 2007 and 2013 U.S. Cheese Championship, among a handful of others. Since it's on the sweeter side, you can classify eating this gouda as satisfying your sweet tooth (to an extent)!

**Widmer's Four Year Aged Cheddar:** This cheddar was a crowd pleaser with its crystalized salt throughout, taking the flavor that much further. The rich and nutty flavor in this sharp cheddar pairs well with brown ales, Cabernet, Pinot Noir, candied orange peels and fruit pastes (like cherry, pear or plum). This cheddar was a blue-ribbon winner at the American Cheese Society Awards.

**Sartori Black Pepper BellaVitano:** This cheese was BY FAR the crowd favorite and my favorite, too! This BellaVitano was creamy, but also rich and nutty, and the touch of pepper added some spunk to what some might categorize as a plain cheese. This cheese pairs well with dried nuts, roast beef, and artisan bread. For drinks, pair with a Chianti or Chardonnay, or if beer is more your style, a Pale Ale. This is also an award-winning cheese, with too many to list, but here are only a few: Gold Medal at the 2009, 2016, 2017, and 2018 World Cheese Awards, second place at the 2018 World Championship Cheese Contest, the Grand Champion at the 2017 World Dairy Expo and also at the 2017 U.S. Championship Cheese Contest.

**Roth Buttermilk Blue:** This blue cheese is crafted with raw milk from Holstein and Jersey cows. To achieve the creamiest taste and texture as possible, it's cellared for two-plus months. The flavor is tangy but mellow, bold, yet restrained, and pairs well with figs, pears, dates and dark chocolate. As most blues, drizzling honey on it will be an explosion of flavor for your



Courtesy of rothcheese.com



Courtesy of uplandscheese.com



Courtesy of mariekegouda.com

taste buds. This cheese also pairs well with dark beer, Riesling and gin. This, too, is an award-winning cheese: second place at the U.S. Championship Cheese Contest in both 2013 and 2017, Bronze in the 2016 World Cheese Awards, Best of Class in 2014's World Championship Cheese Contest, and second place at the 2013 Wisconsin State Fair. If you're a fan of blue cheese, this is a must!

All in all, I'm still craving more cheese and I can't wait to host another cheese party, hopefully with wine this time! If anyone

has plans to host a cheese party of their own anytime soon, feel free to invite your favorite "amateur" cheese connoisseur. Here's to 2019 and all of the varieties of cheese to try!  
New year, new cheese (aka new and happier me)!

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



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# Katie’s Cucina: 30-Minute Chicken Tortilla Soup

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

Happy New Year! If you’re like most of the world, you’re vowing to eat healthier this year. Healthy doesn’t always have to be boring and bland. I love to make a big pot of soup on Sundays that I eat throughout the week for lunch. I’ll have a small bowl of soup with a salad during the weekdays. It saves money, it’s easy to plan, and it doesn’t take long to prepare!

I’ve frequently made this chicken tortilla soup in the slow cooker; however, when I forget to start it in the morning I have to resort to plan “B.” To make this quick-cooking soup, I poach chicken breasts in chicken broth. By poaching the boneless skinless chicken breast on high, the chicken is fully cooked in just 20 minutes! Then I add the remaining ingredients. Within 30 minutes, the soup is ready! I put a five-minute prep time in the recipe because it takes me about five minutes just to dig spices out of my cabinet and gather all my ingredients. If you keep a rather well-stocked pantry (like me), then it will take you five minutes to find your ingredients for this soup. Don’t worry – you can search for the remaining ingredients while the chicken is poaching.

I recommend using cooked rice for this soup. You can grab one of those minute pouches you find at the grocery store, or if you have leftover or even frozen cooked rice, that will work, too. If you are looking to make this lower calorie, you can use quinoa or even a riced cauliflower.

To add an additional layer to the Chicken Tortilla Soup, I like to add freshly diced avocado and a hand-

ful of shredded Mexican blend cheese. Of course, a good sharp cheddar would work, too! If you have fresh cilantro on hand, you can dice that up as well, and if you really want to get crazy you could add in a dollop of Greek yogurt or sour cream. Don’t forget the tortilla chips, either!

If you’re craving soup this January, reach into your pantry, gather the spices, the black beans, corn, and get to poaching your chicken breast. You’ll have soup in no time. Both your body and soul will be warmed on these chilly winter days all week long.

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



## 30-MINUTE CHICKEN TORTILLA SOUP RECIPE

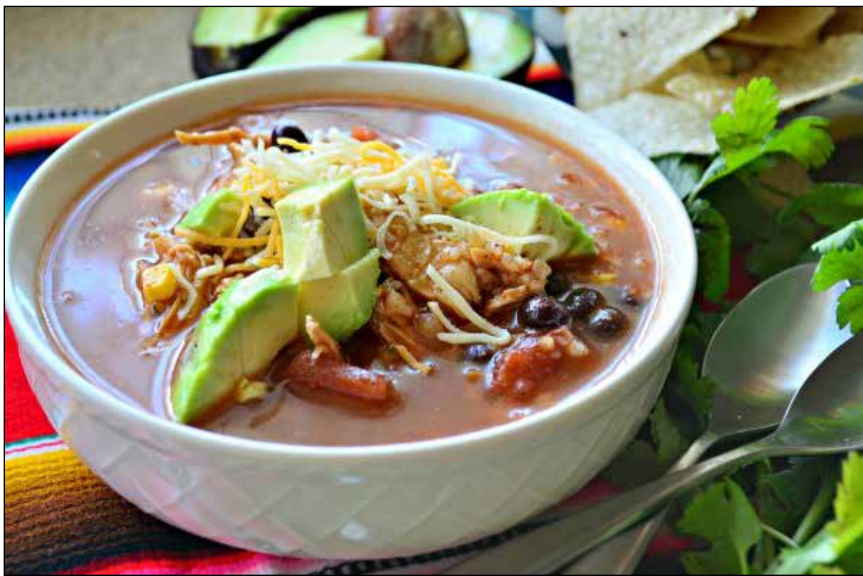
Yield: **6-8** | Prep time: **5 min.**  
Cook time: **30 minutes** | Total time: **35 minutes**

### Ingredients:

- 2 32oz. low-sodium chicken broth
- 2 boneless, skinless chicken breasts
- 1 tablespoon dried onion flakes
- 1 tablespoon chili powder
- 1 tablespoon dried cilantro
- 1/4 teaspoon cumin
- 1/4 teaspoon paprika
- 1/8 teaspoon black pepper
- 1 tablespoon taco seasoning
- 1 tablespoon lime juice
- 1 15.5 oz. can black beans, drained and rinsed
- 1 15oz. can corn, drained and rinsed
- 1 cup cooked white or brown rice
- Shredded cheddar cheese, avocado, and tortilla chips for serving

### Directions:

1. Pour the chicken broth in a large stock pot, then place the boneless chicken breast in the pot. Cook on high until boiling, then reduce to medium-high and cook with the lid on for 20 minutes.
2. While the chicken cooks, drain and rinse the black beans and corn and set to the side. Once the chicken is cooked, add in the dried onion flakes, chili powder, dried cilantro, cumin, paprika, black pepper, taco seasoning, lime juice, black beans, corn, and cooked rice. Mix well and simmer on medium-low for 10 minutes.
3. Ladle soup into bowls, top with shredded cheddar cheese and fresh avocado slices. Enjoy with tortilla chips!



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# Business Spotlight: Café Madrid Deli & Bakery

Celebrating Community and New Goals, Nona.Media's Team Joins Café Madrid Deli & Bakery for Their Annual Holiday Get-Together

ARTICLE BY MARIANNIE SEGARRA  
PHOTOS BY ELAINE VAIL

a restaurant but can also serve as a venue for small events for networking, corporate meetings, and family get-togethers. They graciously rearranged tables to accommodate our large group for lunch, and they were great hosts!

"We are offering catering for any special event, including office parties, meetings, birthdays, anniversary celebrations, weddings, and more. We can customize any order for your event, but some of our specialties include trays of Cuban sandwiches, bundles of bakery items, and coffee for large numbers of people," says Mimi. The launch of their catering services started on Thanksgiving, which was a great success with hundreds of families satisfied with the services, portion, flavors and price.

Café Madrid offers special menus during key holidays throughout the year. Plus, ordering dinner is a daily option. The team offers catering to the entire Lake Nona area. Delivery is always an option.

At our annual company lunch meeting, Café Madrid served our team amazing Caribbean dishes like Arroz con Gandules,



Nona.Media (pronounced nona dot media, the parent company of *Nonahood News*) has grown substantially this year and has created a strong, loyal team that feels like family! This year, we chose Café Madrid Deli & Bakery for our venue to celebrate our year's accomplishments, our friendships, the holidays, and what's to come.

The Café Madrid Team is growing their corporate lunch division and catering, so it was a great opportunity for us to take a 20-minute ride out to support a neighbor. The owners, Glorimar "Mimi" Chirino and Edgar Ramirez, are both Lake Nona residents. The recently reopened Café Madrid has presented an amazing menu serving homestyle Puerto Rican and Cuban fusion dishes.

Their new space is very inviting and is a great place to come by and have a café con leche with a quesito, created right there at the bakery. They bake fresh bread every day as well. While working on your laptop, you can have lunch meetings and enjoy a delicious Cuban sandwich, or even amazingly paired wines and tapas as a relaxed date night option.

The moment we walked in, we were greeted by the owner, Mimi Chirino, and we were able to learn more about their business, why they decided to open it, and what inspired their menu and the direction they are going. We wanted to understand the menu more and how this venue is not only



pernil, and an amazing salad. We enjoyed freshly-squeezed orange juice, Spanish wines, and Medalla, the Puerto Rican beer. We ended lunch with mini quesitos, a very traditional dessert in the Spanish community! After this very delightful tour through Caribbean holiday cuisine, we concluded with a specialty coffee crafted by one of their baristas.

Some highlights of the menu were the chinchoreo platter, a combination of fried chicken, pork, tostones, croquetas and sorullitos (fried corn sticks) that go great with a homemade sauce. Halfway through our meal, Rhys Lynn (*Nonahood News* publisher and founder of Nona.Media and *Nonahood Latino*) stood up and congratulated the team on a great new year, one of massive growth and evolution.

Thank you, Café Madrid Deli & Bakery, for a memorable holiday event! We left the venue feeling uplifted, well fed, and excited to see our new projects come to fruition.

Speaking of new projects ... we sure hope to see you all at the Vispera de Reyes (Three Kings Day) event hosted by Nona.Media, *Nonahood Latino*, and Boxi Park on Jan. 5 at our Lake Nona Town Center!





## Nona Heroes: Corporal Billy Ogilvie, Marine Corps

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF BILLY  
OGILVIE

*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.*

Our hero of the month was born and raised in Maryland but moved to the area after getting out of the military. He has lived in the Lake Nona area for about two years and served four years active duty in the



Marine Corps. After speaking with Billy Ogilvie and hearing his deployment story, you can tell just how proud he is about serving our country.

"I chose to serve with the Marines based on our reputation. We are the world's most elite fighting force, and being a part of something with that much history and the constant strive to be better was always something I admired," Ogilvie continued. "I joined the military because it became a desire of mine. Seeing the recruiters in uniform while I was in high school and being a part of something that meant a lot to our country. I had family who had also served. My grandfather served in the Army in Korea and an uncle also served as a Marine. I had signed my contract at 17 years old and was shipped off to boot camp four weeks after I turned 18."

In his four years of active duty, Ogilvie started off at boot camp on MCRD Parris Island, S.C., and then found himself at Combat Training at Camp Geiger,



N.C. Next thing he knew, he was at MOS school (job school) at Fort Leonard Wood, Mo., as a 3531 Motor Transport Operator, and was stationed in the fleet at Camp Lejeune, N.C. "I served with 3rd battalion 2nd marines and 2ND MARDIV as a Motor Transport Instructor."

He begins to reminisce on some of his favorite memories from serving in the Marine Corps and found himself describing an experience that sounded like it came straight out of a *Fast and Furious* movie.

"All-time favorite memory from me serving was while deployed with the 26th MEU (marine expeditionary unit). We were in Jordan for two weeks doing a training exercise. Being a truck driver, my friend Evan and I were coming back from dropping off fresh water to one of the companies who were training. On the way back driving through the desert in a seven-ton, as we called them (it was a long bed 6x6 truck). On the way back, I managed to jump this huge truck and get it airborne for about 10 feet. Very exciting," Ogilvie describes a bit mischievously. "Second would have to be

actually graduating boot camp. Having accomplished something that was the most



challenging I've ever had to do in my life even today and seeing how proud my family was meant a lot. My mother, father, two of my

aunts, my grandfather and great grandmother all showed up to see the day I had 'officially' become a Marine was one of the proudest moments of my family's and my life."

At the time of Ogilvie's discharge, he was an E-4 Corporal. He described that it took him four years to get to that rank. He spent six months as a Private and Private First Class, a year as a Lance Corporal, and then he achieved his final ranking of Corporal.

Outside of his time spent serving in the Marines, Ogilvie is also a father of three, two girls and one boy. He's a laborer with Momentum and sets up booths and events

at convention centers, event centers, and hotels. He's also a member of the IATSE union 835 and has a huge passion for hunting and fishing and can be found at lakes and ponds all throughout Orlando.

*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](https://nonahood.to/nonaheroes).*



## 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: Tatiana Torres

BY VANESSA POULSON

Tatiana Torres is a creative tool in the shed for increasing *Nonahood News*’ and Nona.Media’s connection with the Latino community in Lake Nona and beyond. She’s new to the team but already proving to be an incredible asset as she was an integral part of launching our sister online publication, *Nonahood Latino*. Check out our conversation with her below.

- Extrovert or Introvert? Extrovert
- Indoors or Outdoors? Love views and outdoor activities
- Sun or Snow? LOVEEEEEEE SUN!!!!
- Dogs or Cats? Never owned a pet but will go with DOG
- Coffee or Tea? Coffee
- Adventurous or Laid Back? Adventurous
- Canon, Nikon or Sony? I love using [my] iPhone (I’m always on the go)
- Books or TV? Netflix!! I don’t remember last time I watched a TV show.

**NHN: What brought you to the Nonahood?**  
TT: I was looking for the right investment, and Lake Nona has become an amazing community.

**NHN: What do you like writing/reading about or taking pictures of?**  
TT: I love to follow new trends and fashion and find the perfect heels to close deals.

**NHN: What’s your favorite thing**



**about Nonahood News?**  
TT: I love that the team is very creative and they are driven by supporting local businesses and the union of a community. It’s a family-owned company, and I’m all about family.

**NHN: Where are you from originally?**  
TT: I am from a beautiful island in the Caribbean called “Puerto Rico.”

**NHN: What’s your favorite hobby?**  
TT: I’m a foodie person, I love to try and find new places for dinner, drinks and coffee.

**NHN: What’s your most embarrassing moment?**  
TT: When my accent gets so strong that I say the wrong things!!!

**NHN: What’s your biggest dream?**  
TT: My biggest dream is to grow my company by creating employment opportunities for young people like me and inspire others with my story.

**NHN: Where do you see yourself in 10 years?**  
TT: I honestly believe in God’s plans. I am working toward becoming a better person and being successful in my career. Life is imperceptible and I can have a plan, but everything always twists with what He has planned for us.

**NHN: What are you most excited about in Lake Nona?**  
TT: I am very excited about the Latin events happening in 2019! I miss a lot from my country, and I know many people that are originally from Latin America and other countries feel the same.

**NHN: Who’s your biggest inspiration?**  
TT: Someone I really admire professionally and personally is my business partner, which I consider my sister, Mariannie Segarra. She has been a mentor and role model to me since I was 6 years old. She is smart and a very goal-driven woman, and no matter what she’s going through in life, she is resilient. I feel there’s nothing better than to surround yourself with people that inspire you. I am glad she is part of my life!

**NHN: What’s your favorite book?**  
TT: I like reading short and sweet books. One of my favorites is *You Are a Badass* ... you’ll understand why you are how you are, how to love what you can’t change, how to change what you don’t love, and how to use “The Force to Personal Success.”

**NHN: What’s your favorite movie?**  
TT: I love chick-flicks – an-

anything romantic with a bit of humor makes my night.

**NHN: What show(s) have you binge-watched?**  
TT: *Modern Family* – I laugh with Sofia Vergara, and I can relate with her every day with my jokes and thick accent.

**NHN: If you could add one thing to the Nonahood, what would it be?**  
TT: I love creating memorable events that people can enjoy, and we already started with Nonahood Latino Fiestas!!! So, I guess we are complete!

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







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# DOG OF THE MONTH



**Frisco**  
Owner: Tanya Zeiher  
Breed: Havanese

Frisco has the spectacular ability to leap and run like a bunny rabbit! He bounces through the yard and in and out of the house making all of us laugh hysterically. It's truly adorable to watch and just one of the many reasons that we love him!

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: Josh Sullivan

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF JOSH  
SULLIVAN

*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:** 26  
**Year Graduated:** 2011  
**Occupation:** Program Assistant and Football Coach at Lake Nona High School  
**Current Location:** Orlando, FL

Josh Sullivan found himself calling the Lake Nona area home when his grandmother decided this was the place to be.

"My grandmother wanted to move to a different and a nicer area. She saw that Lake Nona was a great spot, so that is what she decided on. It ended up being me, my grandmother, my grandfather, and my aunt (who became my legal guardian). Me and my family moved to the Lake Nona area in 2004 and have been here ever since then."

While a student at Lake Nona High, Sullivan was also an athlete, playing basketball and running track, but his main goal was to graduate and his main sport was foot-

ball, playing as a wide receiver. Another goal of his was to be the best football player he could be, striving to earn a free college education through a scholarship and to be a Division 1 athlete.

"Every goal that I put for myself was achieved, and I felt blessed that I pushed myself to achieve my goals. Without any goals, I would [have] never been motivated to better myself. I would [have] been a high school kid with no ambition and without a dream to fulfill," Sullivan continued. "After high school, I earned a Division 1 scholarship to attend the University of Southern Illinois as a student athlete. From 2011 to 2015, I played four years of college football but also earned a degree in sports administration, and I am blessed to have earned a bachelor's that will follow me forever. [I then made] a decision after I graduated in 2016 to come back to Florida and to start my career as a football coach. It was only right to start my career at Lake Nona High School, and I thank them for allowing me to do so." From being a student athlete who looked to his coach to becoming that coach who has his team looking to him, Sullivan's story has come full circle.

In his spare time off the sidelines, he focuses on ways to help himself become a better coach and also a better person. "My current goals are just to be better than the year before." Plain and simple.

Sullivan states that in the next five years, he sees himself growing into his career and eventually becoming a college football coach. "As I look back at my life and then see what I am doing now, I can say that I am very proud of what I have accomplished but also staying humble. I have A LOT of life left and a lot to experience of what I want to do in life. I can't wait for what the future holds for me, and I'm willing to do anything possible to make that happen. [Being] able to experience college ball was the best thing I can say I [have]



ever done. The traveling of seeing different states that I didn't imagine seeing was an eye-opener to me. Playing on big stages also made [me] really realize that this is what I really love to do, and I wouldn't trade it for the world. Graduating college is a huge milestone, so I'm grateful for it."

*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)!*



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**DECORATING DEN  
INTERIORS**



# Nona Motors Ride of the Month: Rhys Lynn’s 1991 International Harvester Diesel Truck

ARTICLE BY BRITTANY BHULAI  
PHOTOS BY RHYS LYNN



I got distracted and missed the bid. I was about to go bid, and I saw that it had already expired. I was really mad about it. I was looking for six months for the perfect vehicle and I just lost it, it's gone forever, there's no way I'll ever get it now. I was really bummed out the next few days." Nonetheless, his son advised him to call the seller to

This month, the spotlight goes to one of our newest team members. Her name is Dot! Some of you might have already seen her around the neighborhood. Owner of Nona.Media and publisher of *Nonahood News*, Rhys Lynn, gives us a closer look at his baby.

**Make:** International Harvester  
**Model:** Diesel Truck  
**Year:** 1991  
**Mileage:** 280,000  
**Horsepower:** 160-210

Backstory:

According to Lynn, he'd been looking for a truck for about six months. Nona.Media picked up on their video production game and needed more space when transporting gear. Equipment would be crammed at the back of his Jeep, and it was becoming impractical. "I didn't want to go with just another boring box truck or cargo van. I wanted something that would really kind-of stand out and make a statement and kind-of give us some cool visibility," said Lynn.

He had been browsing the internet for months in search of a ride. He saw a ton of vehicles that would make a good fit, such

as old fire trucks and old military vehicles, but none of them really caught his eye. After months of searching, he had finally found the perfect ride. He found the truck on eBay, and it was being auctioned off. It wasn't a lot of money (relatively speaking), and it was already all black – that was a plus. It had tons of space inside. It also came with a bunch of features that would help during video shoots.

However, it wasn't all smooth sailing when he was in the process of trying to get his new ride. Explaining the scenario, he says, "I set an alarm for myself to go off right before the bidding ended so I could snatch it in the auction that last minute. I was in my office that day. The alarm went off. I had two different people walk into my office and phone calls going on at the same time.

"We pulled out a lot of the old equipment we didn't need: the intercom system, oxygen tubing, etc.," states Lynn.

Some might ask where her name came from. The answer to that is in the middle of the company name: "Nona.Media" (nona dot media). Not only was Dot a practical name, but it also gave the new ride her own character.

Not only is the inside spacious, but there are a lot of great storage compartments outside of the truck that can be used for storing gear. Inside comes with a work table that can be used for putting laptops on to do work. It has five seats altogether (two in front and three in the back). It also comes with air conditioning in the back. The truck also has features such as electricity, a loudspeaker, built-in air compressor, rear air suspension (handy for loading and unloading gear), and an air horn.

Mods:

- Replaced all lighting inside with LED lighting.
- Added a large LED light for the work area.
- 24-inch production monitor for use inside the truck.
- Full graphics package on the exterior.
- Anchor points to shoot video outside from back of the truck.
- Amber color lenses on the exterior (previously red and blue).

Future Mods:

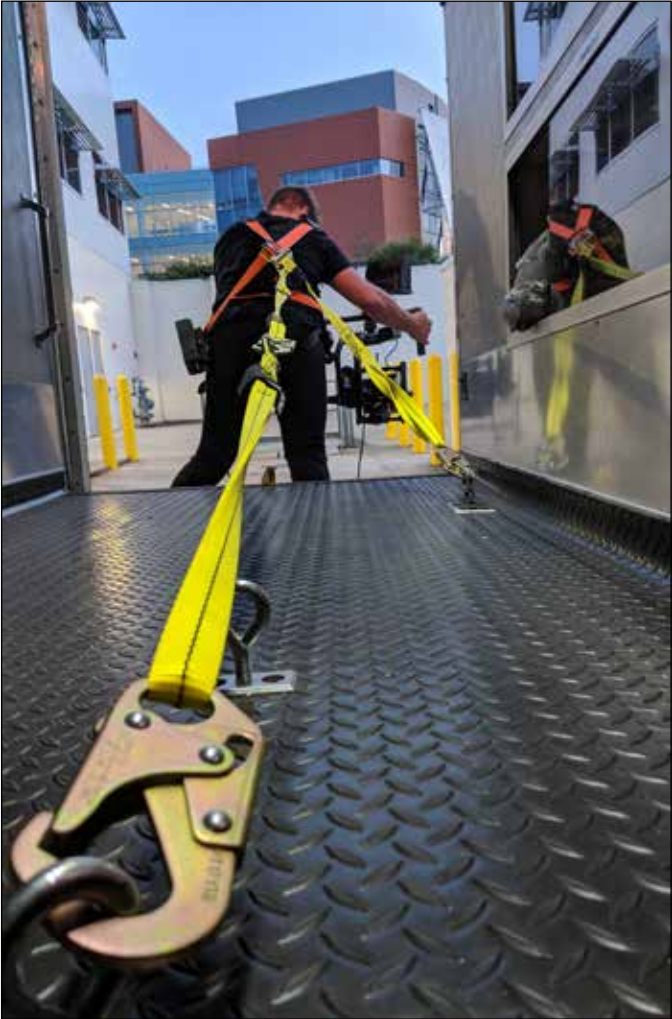
- Battery backup power supply.
- New stereo system.
- Potential built-in fridge.

Overall, Dot serves her purpose well as the media machine. She lends a comfortable place to sit and work on a hot day during a shoot, offers power out in the field in locations that might not otherwise have power available, and she gets the media gear and team from point A to B and back in a safe fashion.

One can find Dot at local events covered by Nona.Media. She also spends her idle time at GuideWell Innovation Core (Nona.Media headquarters) and at the Amazing Explorers parking area near Canvas Restaurant.



British James testing out the harness for shooting video from the back of Dot



If you don't already, be sure to follow Nona.Media on Instagram @nonadotmedia or on Facebook by searching "Nona.Media." One can also visit the website at [www.nona.media](http://www.nona.media).





# Nona Your Neighbor: Denise Cameron

ARTICLE BY VANESSA POULSON  
PHOTOS COURTESY OF DENISE CAMERON

Denise Cameron is the local Lake Nona business owner of Blush Hair Lounge. She loves working out, her job, and spending time with her grandbabies. Check out our conversation with her below!

**NHN: What is your full name, age, and job title?**

DC: Denise Cameron, 55, salon owner and stylist.

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

DC: 2010 (8 years ago), I followed a church that relocated here and I fell in love with the area and the people.

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

DC: I'm very busy with running my new business, Blush Hair Lounge. In addition to owning the salon, I am also a full-time stylist at Blush. I also go to the gym regularly. In my free time, I like to explore the new restaurants opening in the area. All of my family has also moved to Lake Nona, so I spend time with all my children and

grandbabies whenever I can.

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

DC: I truly love the small community feel that I get living here. Even though the area is growing at a fast pace, the feeling of community doesn't change. My family is all close by. The area is very safe and welcoming. There are really a lot of great people here. Many of my clients live in Lake Nona as well as many of my new



guests who are visiting Blush Hair Lounge for the first time. I love meeting everyone and hearing their stories and welcoming them to what I hope will become a true neighborhood salon.

**NHN: What are your hobbies?**

DC: I love working out at the gym. I also enjoy outdoor activities like camping. And, of course, I love shopping. I particularly enjoy interior design and decor.

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

DC: Well ... I would definitely have to say the most interesting, crazy and exciting thing that has ever happened to me was opening my salon, Blush Hair Lounge, here in the Lake Nona area. It was a huge undertaking, but I am so proud of the work we have done so far and the amazing team I was blessed with.

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

DC: Lake Nona is the most up-and-coming area in Orlando. Lake Nona is the future. This area is all about progressing while maintaining community. I love it.



Want to nominate YOUR neighbor (or yourself) to be featured?  
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# How We Got Here: The Grimms

BY VANESSA POULSON  
PHOTOS COURTESY OF DAVID GRIMM

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

The Grimm family, comprised of David, Kari, Emma (9) and Shelby (22, a recent Florida Atlantic University graduate), is a family that has been in the Lake Nona community since David's invitation to join the inaugural (2009-10) Lake Nona High School and Middle School faculty. Their love for the local community runs deep as they have watched the community flourish. Check out our interview with them below!

**Nonahood News: What drew you to Lake Nona?**

David Grimm: The main reason we came to Lake Nona was when I was asked to join the inaugural (2009-10) Lake Nona HS/MS faculty. We decided to LIVE in the Nonahood because we were excited about being a part of the birth of a new and growing community.

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

DG: I was born and raised in Orlando. My wife was born in Rock Island, Illinois, but grew up in Laurel, Maryland. Both of our

kids are Floridians.

**NHN: How did you meet your wife?**

DG: Kari and I met at Freedom High School [as teachers].

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

DG: We [David and Kari] are both teachers for Orange County Public Schools. (David is at Innovation Middle School, and Kari is at Lake Nona High School.)

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

DG: This is an easy answer. The heart of this community is amazing. We do not remember a time when a person, family, school or community has been in need when the Nonahood has come through. This community has an awesome giving spirit.

**NHN: How have you seen the giving spirit exemplified in Lake Nona?**

DG: Our family has been involved with many of the different events designed for our community to give. I was a part of the Lake Nona Run Club's Charity 5K to benefit the recovery of Puerto Rico. My wife has created "Kari's Klosest," which is located inside Lake Nona HS. This is a room where students who are in need can get dresses and accessories for prom, homecoming and quinceaneras. We have volunteered at the Pig Run, Relay for Life, the Central Florida Children's Home, and many other events.

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

DG: We love to spend our time outside as much as possible, enjoying the many



theme park/entertainment options in Central Florida. We also enjoy visiting the many old and new restaurants in the Nonahood. We love to spend time with our neighbors.

**NHN: What is your favorite theme park?**

DG: We definitely love the Disney parks, but all of the theme parks have different things that we love about them! We actually LOVE Gatorland.

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

DG: Our family just went through 13 months of a school board campaign. The sacrifices that were made by all of us were difficult at times. Busy days, long nights, food on the run, and limited family time definitely were hard. However, we wouldn't change anything as it gave us an

opportunity to meet many new neighbors and truly learn what residents wanted in our schools.

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

DG: Where will the Grimms be in 10 years? We hope to continue to be active members in our community who help to make an impact on the people that we meet.

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.





# Mama’s Turn: Life Lessons From a Crashed Laptop

BY SHARON FUENTES

Recently, I had one of my biggest nightmares happen ... my laptop crashed. Now to some, this might come across as melodramatic ... but to me, my laptop is much more than a mere portable computer. As a writer, my laptop is my lifeline – my emotional release, my therapy ... not to mention it is the mode on which I work! So, when my screen turned different shades of pink and a simple restart (or two, or three) did not fix it, I freaked.

So here I sit, penning this article (okay, I am not actually writing it on paper with pen but it certainly feels that way as I type on my ancient, old PC I haven’t logged onto in years), trying desperately to not dwell on the fact that I haven’t backed up all the files on my laptop and my writing fate rests in the hands of a computer-savvy teenager. This whole experience has taught me a lot, and not just to BACK UP MY FILES!

My adolescent computer superhero told me that there are many things you can do proactively to keep your computer from crashing. That is when it hit me: Computer problems resemble real-life problems. Maybe my computer isn’t the only thing that needs a reboot.

**1. Delete unnecessary files** – “If you want your computer to run quicker and

- more efficiently, delete unused and unnecessary files,” he told me. And while I know he was referring to my laptop, I couldn’t help but think about all the “unnecessary files” in my life that without a doubt are taking up way too much of my time and energy.
- 2. Keep your computer clean and dust-free** – I am much more productive and creative when I am working in a clean and tidy environment. A clean, dust-free computer works better ... so does Sharon!
- 3. Don’t run too many programs at the same time** – While I love to think I am the queen of multitasking, there comes a time when my systems get overloaded! If I want my computer to function properly, perhaps I need to start closing out some of the programs and concentrate on one file at a time.
- 4. Keep your virus protection software up-to-date** – I am great about making sure that everyone else in the family is up-to-date with all their health care needs, but there never seems to be the time for me. But, in order to ward off viruses and other potential threats, I need to make myself a priority, too.
- I would be lying if I said that my computer crashing ended up being a good thing. Rather, it was an eye-opening moment. In the fast-paced world we live

in, it is easy to get swept up in technology and forget what really matters. Every once in a while, perhaps we all need to back up our files, push control-alt-delete, and restart our systems BEFORE they crash.

*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).



# Ask Lady Nona: Stone Age Habits Die Hard



At the end of each year, more than 65% of Americans engage in the traditional act of setting New Year’s resolutions in hopes of leading better lives. We have all done it – we can’t resist the idea of turning over a new leaf and using the change of date to unleash a more productive, healthy, goal-achieving version of ourselves.

Setting New Year’s resolutions isn’t a new age practice. It has roots in every era and is celebrated differently in every group. It has been said that ancient Babylonians were the first people to make New Year’s resolutions about 4,000 years ago. Around mid-March (when their new year began), they would make promises to their gods to return borrowed objects and pay off their debts.

Janus (where the word January comes from) was a mythical god of early Rome. He was the god of beginnings, transitions, time, doorways, passages and endings. He was depicted with two faces: one looking forward and one facing backward. This symbolized looking backward into the old



Roman god, Janus: one face looks to the future, one face looks to the past

year and forward into the new year.

In 153 B.C., December 31 became a symbolic time for Romans to make resolutions to forgive enemies and enter the new year on a clean slate. Romans looked to Janus to forgive them for their transgressions in the past year and made promises and gave gifts in the hopes that he would forgive them and bless them in the upcoming year.

In the Medieval era, knights took a "peacock vow" after Christmas each year to once again confirm their commitment to chivalry.

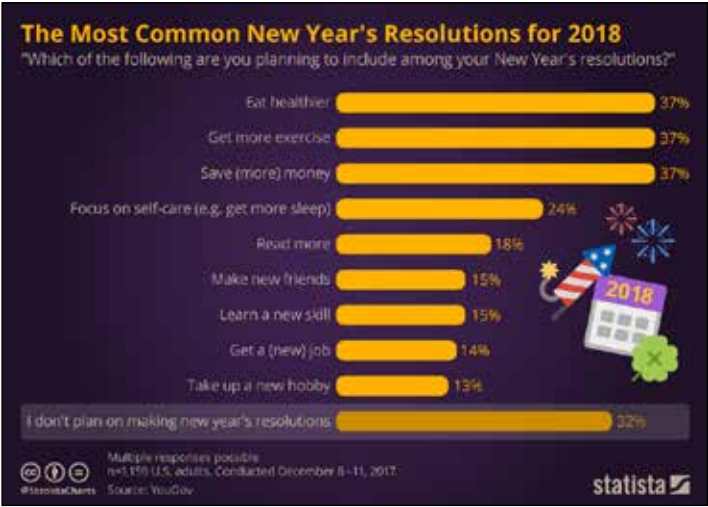
Although the desire to tie up loose ends and start the year with a more positive outlook that is infused with goals and plans goes back millennia, humans have yet to

find a way to succeed in keeping them.

According to US News, 80% of New Year’s resolutions fail by February. Here are some fun stats discovered in 2007 by Richard Wiseman from the University of Bristol involving 3,000 people:

- 88% of people who set New Year’s resolutions fail.
- 52% of people in that study (who failed) were at first confident that they would succeed.

Below is a more comprehensive look into the most common New Year’s resolutions in 2018 by YouGov.



- Men who set small, measurable goals were 22% more successful than women.
- As of yet, the low success rate has not stopped too many people from participating in this motivational tradition. People still persevere to set goals in hopes of self-improvement year after year.
- According to a press release issued by YouGov:
- 42% of women aim to save money or save more money compared to 31% of men.
  - 41% of women plan to eat healthier and get more exercise in 2018, compared to 33% of men.
  - 29% of women intend to focus on self-care (i.e., getting more sleep each night) while only 20% of men plan on doing that.

We would love to hear your funny or sad New Year’s resolutions stories. Submit your answers to this month’s question or share your own experiences, questions and thoughts to Lady Nona by filling out the online form here: [nonahood.to/askladynona](https://nonahood.to/askladynona). Your submissions will be anonymous.

**The Question of the Month:**  
How can people achieve long-lasting change in their lives?



# In the Garden: Let Your Food Heal You

ARTICLE AND PHOTOS BY AMBER  
HARMON

The healing properties of foods have existed since the beginning of time, so how much do people really know about the nutritional value of the foods eaten every day? The old adage, “You are what you eat,” turns out to be true. As a society, we have spent the last 60 years figuring out how to make food convenient rather than healthy. We package food to make it portable and last longer with chemicals and preservatives. Drive-through options are more convenient than taking the time to cook a meal. Each packaged food has a paragraph of unrecognizable ingredients that require a PhD to decipher. This is now considered normal for many families.

What has the fast-food revolution done to our society? It has increased obesity and disease while negatively affecting overall health. For generations, we have been

disconnected from our food source. When everything is given to you in a package, do you appreciate where it comes from? Did you know it takes up to four months to produce a head of broccoli? After growing your own head of broccoli, there’s an appreciation for the energy it takes to produce and a respect for ensuring it gets eaten while it’s fresh.



Timely-harvested vegetables are not only more nutritious, they also taste better. Taste is equivalent to nutritional value in many cases. A tomato fresh from the garden has a more robust flavor and is typically higher in nutrient density than one from the grocery store. Even an organic

grocery store tomato is typically picked green, has traveled a distance in a hot truck, and has sat on the grocery store shelf for some time. Each step of the journey reduces the nutrient density of tomatoes and other vegetables that are readily available to us.

Most fresh foods have medicinal qualities, but if the awareness isn’t there, then the food is not used to its fullest potential. For example, it’s possible to help a headache by drinking water and hydrating or eating a handful of raw walnuts. Is it better to give that a try, or reach for a pill?

The quick fix for weak nails is to get a vitamin supplement with calcium. The other option is to eat spinach, bok choy or other high-calcium greens. For centuries, herbs have had medicinal qualities, and many cultures cook with herbs by the handful where we might use ¼ teaspoon in a recipe.

We should look to the foods that are available in our own backyard to nourish our bodies in the specific ways that we need. This requires a greater understanding of the benefits of the foods available.

It can be overwhelming trying to find a place to start. The term “superfood” has been coined to identify foods that are nutrient-rich. Dark, leafy greens such as kale, spinach and arugula contain folate, zinc, calcium, iron and more! Consuming these nutrients regularly can help prevent chronic disease. Berries are antioxidants, anti-inflammatory, and contain fiber along with vitamins C and K, just to name a few of the beneficial nutrients. Berries can help reduce the risk of heart disease and cancer. Green tea, legumes, nuts and seeds are just a few more superfoods that are beneficial to eat regularly.

The next time something hurts or you don’t feel well, instead of searching the internet for a prescription, search for the natural remedy and give it a try. Since we’re entering Florida’s “brutal winter,” here are some common remedies to help



us through the cold and flu season. First, gargle with saltwater to clean out the viral fluids in the throat. Then, take a teaspoon of honey to soothe a cough. In addition, consume foods with vitamin C like oranges or green and red peppers that can give the immune system a boost when you need it the most.

Is it any wonder that the further away we get from these whole foods the more we struggle with our overall health? The most important thing to know is that the fresher food is, the better it is for you. If you can grow your own vegetables, they will have the highest nutrient value and the best taste you can get. It doesn’t get any fresher than from your own backyard!

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

“We make organic vegetable gardening easy!”



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

How To Make 2019 Your  
Best Year Ever

BY RODNEY GAGE, LEAD PASTOR



While in Dallas over Thanksgiving, my family got together at my sister-in-law’s house for dinner and an evening of fun. While we were all gathered together at her home, she introduced us to a very cool concept she had purchased from a website called [myintent.org](http://myintent.org). The challenge is to identify “one word” that best describes your intent to live out in your life. It could be a word that describes a virtue you want more of in your life. It could be a challenge you want to overcome. It could be what

you’re most passionate about or what you want to see happen in your life. Whatever your intent is, the goal is to capture it in one word and keep it visible to serve as a constant reminder of your intent.

As we embark upon the new calendar year, what word are you willing to claim or identify as your word for 2019? What is your intent for 2019? What do you want to see happen in your *life, career, marriage, family, health*, etc.? The bigger question is how are you going to achieve your goal or see your word become a reality in your life this year?

The key is not to work harder, but S.M.A.R.T.E.R. In his book called *Your Best Year Ever*, Michael Hyatt shares a 5-step framework for achieving your goals and realizing your dreams. Here is a summary of seven attributes below:

**S** - Specific

The benefit of identifying one word to represent your most intended desire or goal is that it forces you to be specific. Too often, our goals fail and our best intentions go unfulfilled simply because they are too vague. Don’t just say you want to lose weight in 2019, say you want to lose 20 pounds. Whatever your intent or goal is, be specific.

**M** - Measurable

Your goal or intentions must have certain criteria you use to measure yourself against. Let’s go back to the weight loss goal example. If your goal is to lose 20 pounds, perhaps you set a goal to lose 5 pounds by March 31. This is not only specific but measurable.

**A** - Actionable

What action are you going to take? Put a verb in front of it. Walk 30 minutes five times per week. Stop drinking soft drinks. Meet with a trainer three days a week.

**R** - Risky

We should always set goals or be intentional about achieving certain outcomes



that are realistic. However, we don’t want to set the bar too low. In order for our intentions to become a reality, we must be willing to step out of our comfort zone and push ourselves to go for it so that we have no regrets.

**T** - Time Keyed

Deadlines demand attention and spur action. Don’t make your goals too long-term because you’ll lose motivation. It’s good to make 7-10 measurable goals per year, but it’s best to accomplish two to three goals per quarter. However, you don’t want to make March 31 the same deadline for all of those two or three goals. Instead, spread them out in order to achieve momentum. Celebrate every time you achieve a goal.

**E** - Exciting

Your goals must inspire you. Your “what” needs a “why.” When you know your “why,” it serves as constant motivation to keep pursuing your dream, achieving your goals and to experience your “one word” for 2019.

**R** - Relevant (pertains to your season of life)

I’ve heard people say, “Life is like a marathon, you have to pace yourself.” I prefer to see it more like a series of short sprints. However, it’s also made up of seasons. We have to keep in perspective the season we’re in when it comes to achieving certain goals and aspirations. For example, if you’re a young mom with a newborn or toddlers, this might not be the season of setting a goal to read 10 books this year. As a college student, this might not be the season you set a goal to increase your income by 25% this year. You get the point.

Choose a word that best represents “your intent” and own it this year. Commit to working smarter on achieving your goals. Let’s commit to making 2019 our best year ever. It’s time to go for it!

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: Epic Axe Throwing

ARTICLE AND PHOTOS BY NICOLE  
LABOSCO

*Life is all about moments ... from the small instances that we don't think twice about or the larger occurrences where we are thrown outside of our norm; experiences that test us and push us over the edge. That edge is our comfort zone, and sometimes all we need is a little push. Swallow your fear, gather your courage (it's already there), and take that leap of faith. Ready or not, it's happening and the everyday adventure which we call life is upon us. This is NonaVentures, and this is living for every moment.*

This adventure began a little differently. Normally I'd consider myself to be on top of ALL things adventurous, but I discovered Epic Axe Throwing through a friend. He was telling me all about this new place that opened up back in November in downtown Orlando where you just unleash and you guessed it ... throw axes. I HAD to check this place out! And now, here I am!

Epic Axe Throwing is a bit hidden in the heart of downtown, but once you find it, you'll never forget its presence. You open the door to a warehouse-like vibe, and immediately your ears are filled with the sounds of metal slapping against wood. Wooden targets line the walls, and chain-link fences divide the areas. It was time to throw some axes.

Naturally, I had to ask my friend, Keanu, to tag along since he was the whole reason I even knew about this experience. We were shown to our zone and began our safety demonstration from our axe-throwing coach. I began to feel the nerves (but also excitement) overcome me. My mind began spiraling out of control with thoughts: *What if you hurt yourself? You're going to cut a braid off! Your ear! What about your ear!?* I tried to silence those thoughts, and



axe was evenly distributed. Next was the larger axe, with most of the weight in the actual blade. I liked this one. The first throw, I hit the bullseye, so naturally, my confidence skyrocketed. A few failed attempts later, and I became humble again. This axe does all of the work for you, essentially. The last axe, which was the crowd favorite because it's the lightest and probably the coolest, was the Tomahawk.

As time went on, we would alternate which axes to throw and be-

it from any further participation.

So, there you have it ... besides that one scare, I had way too much fun slinging axes like a barbarian. I managed to relieve some stress and discovered a new way to practice for an apocalypse! I also have some sick footage of axes spiraling through the air in slow motion. I definitely recommend Epic Axe Throwing to everyone, and if you ever need someone to go with, pick me! An hour-long session begins at \$25, and, depending on your group size, walk-ins are available.



the next thing I knew, it was time to throw.

The rules were simple – stay behind the line when others are throwing, make sure the area is clear before you go to retrieve your axe, and blow off some steam and have fun. Seriously, this is the experience for you if you have had nothing but anger and stress lately. Think of it as a destruction room, but instead of bashing objects, you're destroying a plank of wood and embracing your inner Neanderthal.

To ensure the correct form of the axe (you want it to spin one full rotation and hit the wood target straight on, with the blade hitting directly, piercing the target so it's perpendicular to the floor), you hold the axe with both hands out in front of you to line it up with the target. Then, you bring your arms back over your head so the blade is

facing the ceiling and your elbows form a 90-degree angle. Take a step back to build your momentum and then lunge forward, swinging your arms and releasing the axe. Now, although you may throw the axe correctly, that doesn't mean it will stay in the target.

When we began to throw, I kid you not ... it took me about 20 throws to finally hit the target. The sound it makes when the axe hits the wood and stays there is oh so satisfying! Keanu hit the target after his second or third throw, and I felt the pressure. The competition was on!

We had the option to throw three different types of axes: the one we started with was considered the "manual" axe; it helped you get the motion down and was compared to driving a manual car ... you have to do all of the work. The weight of this

gin to fall into the comfort zone. Finally getting the form down and hitting the target more often than when we (really, I should just say me) began. We were taught how to do a one-handed throw (which reignited my fear of cutting my hair or ear), but the reality was that the axe would go nowhere near the side of your head. You would still follow that 90-degree angle rule. I needed to use the Tomahawk for this method because of how irritated my wrists are, and I managed to hit the target successfully a handful of times.

At one point, I decided that I'd go back to throwing the first axe to see if I could hit the target just one more time with it. I ended up throwing it so hard that the form was off and the angle that the blade hit the wood chipped off some wood (about the size of my finger) and it came flying right at my face! By the time I even realized the wood chip was flying, I had a split second to take a step back and luckily, I did, because it ended up hitting my cheekbone. That could've been much worse! I put that axe down and decided to retire



*Have an experience that had adrenaline coursing through your soul? Challenge me to live YOUR moment at [nicole@nonahoodnews.com](mailto:nicole@nonahoodnews.com) or fill out our NonaVentures column form at [forms.nona.media/nhn-nonaventures](https://forms.nona.media/nhn-nonaventures).*





# Finding Now: Through The Eyes of Children

BY ODETTE VACCARO



Odette Vaccaro

Playtime with my three-year-old nephew is always a treat. With my kids being older, the opportunity to play with my nephew reminds me of simpler times my kids and I enjoyed together during their childhood. As I watched him play recently, I got

to view playtime with him in a new way. For hours, he was completely enthralled as he played with his train set, and I noticed how nothing else around him really mattered at the time. Nothing could draw him away from the experience he was having then and there.

My nephew's focus reminded me of the undivided attention I saw in my children when they first started to eat finger foods. I clearly remember their chubby, little fingers carefully picking up a single Cheerio at a time from their plate. After selecting it, they would look at it intently, observing every small detail, which I would have overlooked. They were never concerned with the other dozens of Cheerios on their tray. The one they were holding seemed to be the only piece of food in the world. When it finally went in their mouth, they savored every last morsel. My nephew and children were simply exercising their natural state of mindfulness.

Being mindful is just what comes naturally to children. They do not ruminate about what has already happened or stress

out about what they will do tomorrow. Children naturally savor each moment and allow themselves to be fully present. Each experience is new, fresh and exciting to them.

It made me realize that becoming mindful is not something we need to learn, it is more that we need to "unlearn" all of the unnecessary stress and expectations we add to our own lives. It almost seems like the older we get, the more detached we become from the present moment by constantly worrying about what has already happened or what is to come in the future. Little by little, this "new" way of viewing life becomes a habit and slowly blurs our ability to be present.

Recognizing how mindful children really are also helped me to see that this is why children so easily forgive. They are able to let go of what has already happened and more easily focus on today.

With this in mind, I've decided to try to see life more like a child, more like my nephew, or the way my kids did when they were little. Just think of how much more we could enjoy our experiences if we actually stopped worrying about the past or the future and enjoyed the moment instead.

As we begin this new year, take some time to observe the children in your life and notice their natural ability to be mindful. Watch how they can dance without a care to any song, how their eyes twinkle just watching a sparkler be lit, and how gift

wrapping or a box can keep them entertained for hours.

For this new year, I am committing to do my best to look at life with the eyes of a child. I am setting the intention to be inspired by each moment, to let go of the past, and to allow endless possibilities to unfold for the future without expectations. I am willing to give myself and my loved ones the gift of being present and savoring each precious instant of life. Are you willing to do the same?





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# Lake Nona Junior Lions Coach Shares Wrestling Passion With Young Athletes

BY VALERIE SISCO

Lake Nona Junior Lions coaches Brandon Marshall and Kendrick Ellison are gearing up to hit the mat for the spring season of wrestling. Part of Lake Nona Youth Sports, wrestling registration will open in January to young athletes ages 5-15, and practices will kick off in February.

“We’re hoping to expand on the fundamental skills we taught our young wrestlers last season to continue to develop skills around the framework of agility, strength and endurance,” Marshall says.

Kids who have never wrestled are invited to give it a try this spring, along with wrestlers at all levels, from beginner to advanced. Both Coach Marshall and Coach Ellison are experienced wrestlers, competing at state, national and international levels, in all styles of wrestling. They were high school state finalists in their home states of Michigan and Florida.

Brandon is a recent alumnus of the US Olympic Training Site at Northern Michigan University and currently attends the UCF College of Medicine in Lake Nona. “I started wrestling when I was in elemen-

tary school because it was a sport my father had been involved in and I wanted to try it,” he says. “Wrestling became such an important part of my life that I can’t imagine not doing the sport. Throughout the years, there have been times when it was extremely difficult to move forward with it, but I don’t think I would be the person I am without wrestling.”

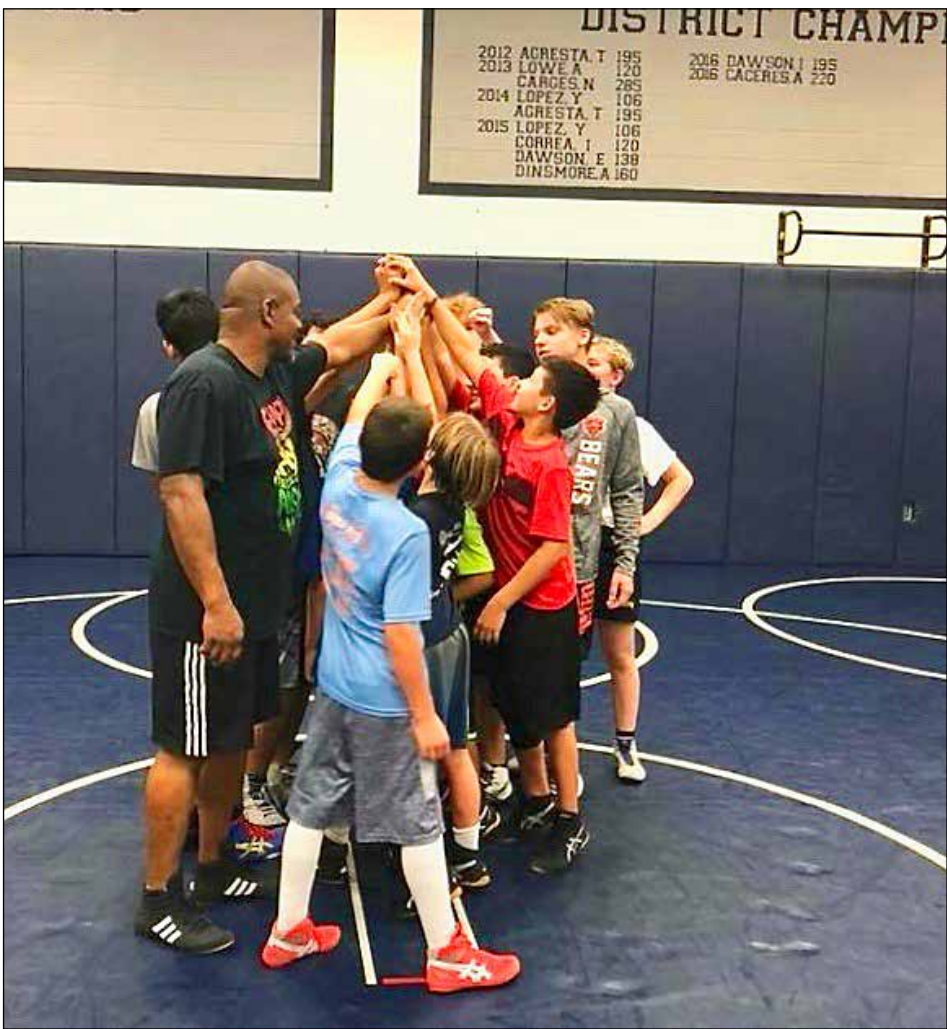
Because wrestling isn’t a sport where teammates share the responsibility for wins or losses, the individual effort, discipline and sense of accomplishment are significant and contribute to shaping character.

“That’s why I love the sport,” Brandon says. “Wrestling will teach you that even if you never win a state or national title, what you learn through the process is what’s so valuable, and much like life, there will be times when your effort may not be enough and you will have to reevaluate how you do things to find success.”

He wants to share his love of wrestling with the next generation of young athletes and hopes that while they’re on the mat, wrestling can help them become the best version of themselves.

“I always tell parents that wrestling will help teach their children how to work through adversity,” he says. “It’s a physically and mentally demanding sport but so rewarding because it shows you how much more you’re capable of than you may have previously thought.”

Lake Nona Youth Sports, supported by community volunteers, dedicated parents, dynamic coaches and local businesses, is committed to providing valuable life lessons through sports. Serving thousands of children in the Southeast Orlando community since 2004, Lake Nona Youth Sports has helped a number of Junior Lions succeed and move into the high school



levels of football, soccer, cross country and lacrosse.

Coach Brandon Marshall hopes to inspire his team of young wrestlers to achieve success, both in sports and in life. Contact the wrestling coaches at [jrlionswrestling@lakenonayouthsports.org](mailto:jrlionswrestling@lakenonayouthsports.org).

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.”

!!! HAPPY NEW YEAR, LAKE NONA !!!

Thank you parents, student athletes and volunteers for your support!

#### CURRENT EVENTS

- **Wrestling - New and Returning Athletes**  
- Registration opens Mid-January, see website for details
- **Boys Lacrosse - New and Returning Athletes**  
- Registration open now, see website for details
- **Cheer**  
- Off-season tumbling class meets weekly  
- Contact Brandy Sellers at: [JRLionsCheer@LakeNonaYouthSports.Org](mailto:JRLionsCheer@LakeNonaYouthSports.Org)
- **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.

Welcome Dan Riordan and BJ Jackson, our new Director and Co-Director of Football

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, Part Two: Cycling as Cross Training for Runners

BY LILIANA PICKENS, HEAD COACH OF LAKE NONA RUN CLUB

This is part two of a two-part cross training series. You can check out part one by Debra Lowe, Nona Cycle member, by going to this link: <http://nonahood.to/ncl>.

In our runner’s world, there are a few phrases we don’t like...

- “You’re injured.”
- “You have to rest.”
- “You need to cross train.”

These phrases can throw any runner on an emotional spin because we love running! All we want to do is run, and most of us are obsessed with getting faster and hitting personal records. We train for races and just focus on running! No time and no space for any other form of exercise. Running is life!

What runners fail to realize is that cross training is an integral part of any well-balanced training program. Running is very hard on their bodies. With every step runners take, they are putting up to six times their body weight on their joints with all the pounding. Running tends to be unkind to our bodies, hence we need to add cross training in our programs to avoid injury and be able to stay active for a longer period of time.

What is cross training? The true definition of cross training, according to RRCA (Road Runners Club of America), is doing another type of exercise that somewhat mimics running, without all the pounding on your joints. For example, walking, swimming and cycling are the most common. These are exercises that will develop your endurance levels but won’t hit your body as hard. Think of it as keeping your body moving in a gentler way. There is research that shows strength training as an integral part of any training schedule,

as well as yoga. But, that is a topic for another day.

Cycling is a great way to complement running. Cycling is a non-impact exercise, and it will help you strengthen your capillary network, your heart, and your lungs. What is your capillary network? Those are the “roads” that carry oxygen to your muscles. Exercise keeps your roads clear of debris! Legs are getting stronger and faster when you cycle. The cadence you keep on the bike will somewhat translate to your cadence in running, and your joints will thank you. You will also build endurance when you cycle, which is key for a long-distance runner. Cycling will help develop your aerobic capacity as well as strengthen your muscles when you cycle uphill.

Athletes dread being injured. Runners are certainly no exception! In my experience with Lake Nona Run Club athletes, the ones that are doing some type of cross training tend to stay injury-free during training season. A runner doesn’t have to wait until he/she gets injured to get on a bike. GET ON A BIKE and prevent injury! Be proactive! Cycling brings balance to your training schedule. If you are putting in a long run on Saturday, it is a great idea to go cycling on Sunday to “flush the legs out.” That session can count as active recovery if you complete it at a low intensity.

You might ask yourself, “Can I substitute a run with cycling?” The answer is YES! You should always listen to your body and pay close attention to when it needs low-impact exercise. If you substitute a training run with a cycling session, just remember that 10-15 minutes on the bike will somewhat equal one mile of running to help build the same endurance you would build if you were running.

As we get older, we need to be kind to our bodies. Let’s face it, most of us are out there for fun – yes, we are competitive with ourselves and others, but we are not in it to win Olympic trials. Therefore, respect your body and give it the balance it deserves.

Our community is known for its love of health and wellness. We are lucky to have options like Lake Nona Run Club for running and Nona Cycle for cycling. Both groups have made it easy to create that cross-training environment. Lots of athletes who participate in both are reaping fantastic health and endurance benefits from it, besides all the wonderful friendships that have emerged. Let’s not forget

that cycling is an activity that can be done as a family! We have wonderful trails around the community where kids can cycle with parents. Fewer excuses for parents to get out and move, and what a way to lead by example and teach our kids the importance of a body in motion.



## Merrill Lynch is proud to support Lake Nona Youth Sports.

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# ARTS & CULTURE

## Book Review: The Martian

BY AARON VAIL

Author: Andy Weir  
Publisher: Self/Crown Publishing,  
2011/2014, 369 pages

There’s a chance you’ve seen the movie *The Martian* starring Matt Damon and might think, “Why would I read the book if I already saw the movie?” In most cases, you would read the book after the movie to get more information from the source because they always leave out details from the books for the movie adaptations. This is true for *The Martian* as the book covers all the science and engineering of what happens. But don’t let that dissuade you from reading this anyway.

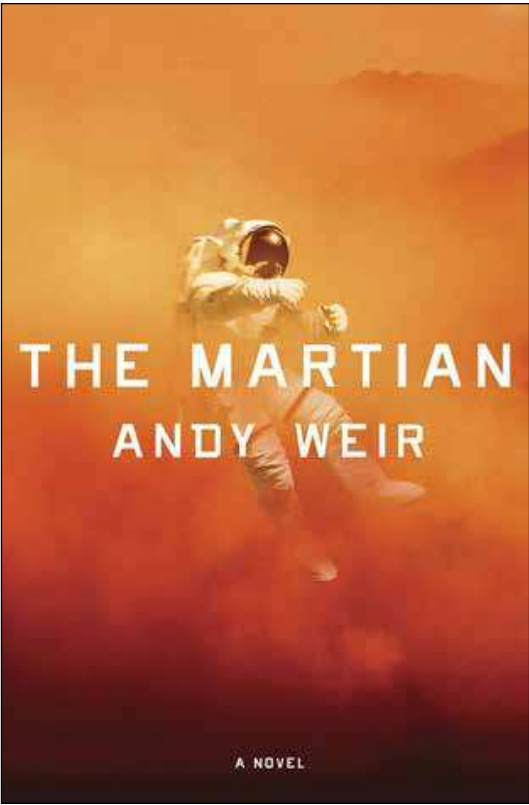
The book’s actual first sentence is “I’m pretty much f@!%ed.” That ought to grab your attention and let you know you’re in for an adventure.

Botanist and engineer Mark Watney is one of a crew of six sent to Mars in the not-too-

distant future on a series of missions of exploration for NASA. So far, everything has been going smoothly on their 30-day mission. They’ve gotten their living quarters built, set up all the solar panels and have power, and have many scientific tests well underway. That’s the fun part.

Just a few days into their mission, they get hit by a massive storm that forces them to abandon Mars. Watney is struck by debris and, thought dead, left behind on Mars. Watney awakens and is faced with the fact that he is the only person in existence on an entire planet not designed to be inhabited by human life. And he doesn’t have enough food supplies to live long enough for the next NASA mission that is four years away. To make matters worse, he’s living with technology not built to last more than 60 days. So, Watney needs to rely on his intelligence and training if he’s going to survive long enough for a rescue mission to reach him.

This story, at its core, is about how nasty Mars really is. It looks like a desert, which brings to your mind a wasteland of heat and hot, gusting winds. Mars is actually a mostly frozen desert with almost no atmosphere and a gravity of about 38% of that of Earth’s due to its mass density. Did I mention cold? Temperatures range from -226 to 95 degrees Fahrenheit. Did I men-



tion almost no atmosphere? Mars has an atmospheric pressure of .6% compared to Earth and is made 95% of carbon dioxide. It’s basically a freezing vacuum, so you have

to wear a pressure suit at all times. In addition to all of that, you need more solar cells because Mars’ distance to the sun is much greater, which makes its effect much less.

Did you enjoy that little bit of learning? If so, then you’re in for a real treat as Mark Watney embarks on a page-turning tale of scientific exposition rarely seen outside of a college astrophysics or engineering class. It’s not all bad. Author Andy Weir does such a good job of writing that you won’t realize you’ve learned until after the fact. All the detailed explanation is key to the story because science is both for and against Watney if he’s to survive.

There are times when I got tired of the explanation of how to break down the components of water (H2O) to separate the hydrogen and collect it into a container that is needed to create the fuel for the engines. But those moments are infrequent and don’t drag the story’s momentum down too much. There’s plenty of humor to keep it from getting too dull as well.

You’ll be rooting for Watney as he struggles to overcome every possible setback imaginable.





# At the Movies Fantastic Beasts: The Crimes of Grindelwald

A CONVERSATION WITH AARON  
AND ELAINE VAIL  
PHOTOS BY WARNER BROS.  
PICTURES

PG-13 | 2h 14min

Director: David Yates

Stars: Eddie Redmayne, Katherine Waterston, Johnny Depp

*The Crimes of Grindelwald* is the much-needed follow-up to the previous *Fantastic Beasts* and *Where to Find Them* from 2016. We were left with some questions about Grindelwald (pronounced grin-del-vauld). Who is he, really? Why is he the bad guy? There has to be more to him than



he wants.

Elaine: I felt the plot was overly-complicated without being all that interesting. It was just confusing for the sake of being complicated, but it lacked depth and character development. Just my opinion. However, I still found the film to be extremely entertaining ... the beasts, although not the main focus of the film, truly were fantastic! The special effects are just beautiful, and the 1920s setting is so much fun!

A: I really enjoyed this movie more than I thought I would. *Fantastic Beasts* I felt drawn out and focused more on the creatures than the characters. At least, that's how I see it. So I thought they would follow suit and make it about the creatures. Sure, there are new ones here, but they don't seem to overpower the plot. This movie really is more about the characters' development. Dumbledore's role and limited involvement are key even though he doesn't

actually do much. More so than the trailer made it look.

E: I had actually hoped to see more of the magical creatures. I think it's kind of weird that the series title is *Fantastic Beasts*, but the second installment really had nothing to do with the beasts. But, what there was of them was absolutely delightful. And I feel Newt's charm is almost exclusively based on his ability to work with and communicate with these misunderstood creatures. I hate to say it, but there is nothing else particularly fantastic about this main character besides his ability to reach these magical creatures in ways no one else in this wizarding world seems to be able to do.

A: The single issue I have with these movies after all the Harry Potter ones is that the characters in these movies aren't as familiar with their own spells as I am. It's insulting to have a character as skilled as an Auror not escape a situation almost instantly by disappearing (teleporting, for those not familiar with the Harry Potter world). Or having to chase something for 20 minutes when an *accio* spell (summon to me) would solve the issue instantly (and does later in the film). But then, they pull off these intricate spells to see where someone was two days prior in the spot they're standing in as easily as chewing gum.

E: Yes, the inconsistencies were really annoying to me. That's always been a struggle for me in this wizarding world ... "Why didn't they just use such-and-such spell?" It's particularly annoying when it's clearly ignored for no other reason than to add to the plot, which, in my mind, makes the plot pretty weak.

A: Visually, this is a gorgeous movie. They could have gone dark, but it didn't feel that way at all. Well, most of the time. There were a couple of moments I had difficulty seeing what was going on. I can't wait to see this at home on the 60-inch on Blu-ray.

E: Agreed. It was a stunning show to watch, and despite my disappointment with the plot, I know I will watch this many more times because I love the characters and I love the amazing magical creatures J.K. Rowling has created!

A: Overall, I was very entertained. All the action was in the right places sprinkled with character development and exposition just where it needed to be. Not a surprise because director David Yates also directed five other Harry Potter movies. Better get used to the *Fantastic Beasts* movies ... I see that films three, four and five have been announced. Take my money now!

E: Did I love it? Yes. Was it perfect? No. Will I buy it and watch it again and again? Yep! Looking forward to it!



just "he wants to rule the world."

The second film in the *Fantastic Beasts* series, but the 10th film in J.K. Rowling's Wizarding World franchise, these two films are prequels to the popular *Harry Potter* series and are set in the 1920s.

We follow the main character, Newt Scamander, on his assignment given to him by the young, but still powerful and influential, Albus Dumbledore. His quest is to find the obscurial Credence Barebone (the last remaining pure-blood wizard from his family line) before the evil Grindelwald locates him. It all boils down to the age-old divide regarding pureblood supremacy. We're taken on a wild ride and enjoy glimpses into not only the familiar British Ministry of Magic, but also the French Ministry of Magic and the Magical Congress of the United States of America (MACUSA).

Aaron: It's kind of tough to talk about this movie without giving away some of the spoilers from the first movie. Grindelwald is trying to recruit a specific person for a specific reason. HA HA. That's not helpful in a review. Basically, he's trying to create a divide in the magical world to get enough followers to rid the world of muggles who don't want the magical world to exist even though they don't know it exists. It's kind of confusing because he says he doesn't want a war, nor does he want to rule the world. But it feels like that's exactly what





# The Lake Nona Book Maven Review: Louise Penny Novels

Author: Louise Penny  
Genre: Fiction (detective, mystery, suspense)

For the last 10 years or so, I've been reading through the Louise Penny novels featuring her detective, Chief Inspector of Homicide Armand Gamache of the Sûreté du Québec in Canada. There are 14 novels in the group now, and I've fallen in love with the characters and watched them grow and change over the years. While each book covers a self-contained story of detective fiction, there is an overall progression in the books as a series more like the Harry Potter novels or your favorite weekly TV drama.

What's so special about these books? Let me count the ways. If you want to get away, what's farther from Central Florida



Mystery writer Louise Penny



than the little village of Three Pines, Quebec? Many of the stories take place in the winter, and the descriptions of snow and the cold are the perfect escape from July and August in Lake Nona. Almost all of the books are set in Three Pines, so we become familiar with the villagers: the retired psychologist Myrna Landers who runs a local used bookstore; the elderly and quirky poet laureate of Quebec, Ruth Zardo; Olivier Brulé and Garbi Dubau, who own and run the bistro; and Inspector Jean Guy Beauvoir, Gamache's second-in-command.

Penny plays with the ideas of light and dark in her titles, in the psychological underpinnings of her characters, and in the telling of the mysteries themselves. Light and dark are much more evident in a place as far north as Québec, where there are so many more hours of daylight in the summer and so many more hours of darkness in the winter.

Each of these novels centers around solving a murder. But sleuthing is only a tiny bit of what Gamache does. He is no ordinary detective and, indeed, not even a run-of-the-mill fictional detective. I have heard him referred to as more of a college-professor-type than a police detective. He is slow and sometimes frustrating in his deliberations and questioning letting some who appear to be suspects go free after questioning when others assume they would be arrested. He is even gracious and kindly. But he is most certainly no fool.

In addition to the individual murder mystery in each book, there is an overarching menace from inside the Sureté du Québec that weaves its way through all the books. So, while Gamache is fighting evil one book at a time, Louise Penny is giving us the opportunity to see evil being fought on a much larger scale. In the end, each murder is solved, but also, in the end, we are still concerned about Gamache and his larger ethical/moral struggle. So, good and evil play more than one role in this group of books.

The characters are wonderful, complex and real, the setting is certainly interesting and beautifully described, and the writing is great. Louise Penny has received various and numerous prestigious awards for these books, so it's not just me recommending them. And while I would suggest reading them in order, I'll be the first to say her initial book in the series, Still Life, is not among my favorites. But from then on, they are all good and some are absolute gems. And for those of you who have already read a Louise Penny novel, you're probably typing in [LouisePenny.com](http://LouisePenny.com) to see what her latest book is or just recalling the pleasant memories of the last story you read. But, if you haven't tried one of her books yet, I really suggest you give Louise Penny and Armand Gamache a try.



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# Short Stories: No Place Like Home

BY BRITTANY BHULAI

I had been so busy with work these past few weeks. It was lonely here in the big city. I had just recently moved here because of the promotion I got. I worked on Wall Street in one of those typical skyscrapers you think of when you think of New York City. I liked my job, it was everything a 32-year-old would want. It paid well, and I was happy with it.

The only downside of working in the Big Apple was being away from my family. My wife and two kids lived in Georgia. That's where I lived before the big promotion. It was a lot quieter, and life was a lot simpler. Our home was located in a small town called Helen where everyone knew each other. The homes were very small and quaint.

With the holidays around the corner, all I could think about was how warm and cozy Helen was during this time. Don't get me wrong, NYC was also a sight to see. The streets were always bustling with people, and holiday cheer was everywhere. The famous Macy's Thanksgiving Day Parade and iconic Rockefeller Center were a thrill. Yes, there were Christmas lights and decorations everywhere. However, it wasn't the same as Helen.

It was December 15, and I had just gotten out of the office. It was snowing like crazy. I waved my hand for a cab. Within a few seconds, one pulled up from the left of me. I got in and quickly shut the door. "Where to?" asked the driver. I gave him an address, and we were off.

About 15 minutes later, I was dropped off at the front of my apartment. I heard muffled voices coming from other rooms in my hallway. My keys rattled in my hand as I searched to find the right one that opened my door. Soon I got inside, turned the light on, and dropped my coat across the couch and sat down. I took a deep breath. I watched the snow pile up further at the corner of my window.

It was dark and cold.

I closed my eyes and imagined back home. Warm smiles and hugs from family and soaking in the smell of food. After a few minutes, I got up and poured myself a drink. I sat back down in the same spot and kept on reminiscing.

My apartment was great, don't get me wrong. It had an amazing view of the city skyline. I could see all of the taxis, bikes, buses, cars and people from here. They seemed so small and far removed from where I watched them. Buildings lit up across from where I was. It was a sight to see. However, it just wasn't home.

A week passed; it was December 22. I got word from the boss that I'd be getting time off for the holiday. I would have a week to myself.

I was filled with joy when I got the news. This meant I could go visit my family in Helen. I would surprise them. They hadn't seen me since September. It was a disappointment to

miss Thanksgiving with them.

I booked my flight to Georgia as soon as I could. I would be leaving on December 24 to get in during midday. I would get to spend Christmas Eve with my family!

Two days later, all of my bags were packed and I got on the plane. I watched the snow fall from the sky through the window. Luckily, the flight was not delayed.

As soon as I arrived in Georgia, I called for a cab to take me home. As the driver pulled up, a large smile came across my face. I was going home.

My cab took about 30 minutes to take me to Helen. When we arrived, I paid and tipped the driver. It was exactly how

I remembered it to be during December. White lights hung from all of the houses, and a tall Christmas tree sat in the middle of the town center.

The driver dropped me off in front of my house. It was cold as hell outside, yet I felt my heart melt. I was filled with joy to be home. I could hug my wife and kids and see the smiles on their faces. I walked up the driveway and thought to myself, there's no place like home.



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# Reading for Pleasure, Not Judgment

BY AARON VAIL

Pleasure reading, which I'll define as reading when not required to, seems to be a niche activity. Either people are doing it and not talking about it or not doing it at all. Or maybe my introvert circle is too small.

Within the pleasure reading community there are, apparently, as I've recently discovered, those who only read nonfiction books. I'm not here to tell people what to read, or that what they choose to read is not as important as what I choose. However, I've had two people in as many weeks state that they only read nonfiction books because there's too much to learn and why waste valuable free time in a fantasy world. That's fine. I'm not going to tell someone that their choice of reading material is wrong. You do you. But, as one who mostly only reads fiction, I was taken aback in both cases, but not for the reason you might think.

The frustrating part was their attitude, their implication that I'm an idiot for choosing fantasy/fiction/sci-fi. Like I'm some kind of a lesser person because I chose science fiction or fantasy over self-help or historical literature.

I'm an odd fellow. I enjoy alone time with myself or my family. I don't care much for the realities of life. I prefer not to hang out with other people because, frankly, I find you all strange and I tend to spend too much time trying to figure you out ... although passive people-watching at the mall or public gatherings is a favorite pastime of mine. I don't care for politics, taxes, bills, chores, sports, traffic, or many

of the other daily activities I'm forced to deal with or confront. There's only so much reality I can handle each day. So, when I have precious free time, I choose to not be "here," if you know what I mean.

I prefer to be on Mars, conjuring magic, trying to unravel a mystery, trading spice, or any number of things that are not real. It helps me escape – for a little while – the daily sludge of life that comes my way. Reading fiction helps me keep my wits. I'll take 10 pages of Harry Potter over 400 pages of how I can gain friends and influence people any day!

The human imagination is a most remarkable thing. So many people have amazing stories to tell and worlds to create. Could you imagine a world devoid of fiction? Almost all of media starts with imagination. Music, movies, television, theatre, art ... all from the imagination of remarkable people who dare to dream. Would you rather go to an art museum or a blueprint museum?

Reading fiction/fantasy/sci-fi doesn't mean I'm stupid or that I can't learn or that I'm not as smart as the non-fiction-only readers are. I still learn, just in different ways. I'll read a manual in a heartbeat if it means I can save money and fix something on my own. I read a lot of articles online if I'm interested in something like science, space, programming, auto repair, bookbinding, woodworking, etc. I



love watching documentaries. Just ask my wife. Did I mention I'm a programmer? I can write apps, custom software, websites, and more.

As for that "I'm better than you because I only read real world stuff" or "I don't have time for childish fantasy novels" mindset – I hope you're not pushing that attitude on your kids. They already have to suffer through whatever reading that is required in school. Let them unwind with something they might enjoy.

I'll end on a more positive note. Studies have shown that reading has powerful benefits such as mental stimulation, stress reduction, knowledge, vocabulary expansion, memory improvement, stronger

analytical thinking, improved focus and concentration, better writing skills, tranquility, and free entertainment. Books aren't always free, but I visit my local Goodwill every week and usually can find one book to bring home for a dollar. And there are hundreds of free ebooks available from Amazon Kindle and Nook in both fiction and nonfiction.

So, choose something you enjoy to read and let others do the same. Reading for 30 minutes daily will give us all a little boost, no matter what we pick to read. Don't judge fellow bookworms. Just read.







### Date & Time

Saturday, March 2, 2019

Race/Walk starts: 10K Starts at 8:00 AM 5k starts at 9:15 AM

### Event Location

Moss Park 12901 Moss Park Rd. Orlando, FL 32832

## Registration

Register online through February 28<sup>th</sup> online at:

[www.cfch.net/springfever/](http://www.cfch.net/springfever/)

Walk in or mail completed entry form to:

Central Florida Children's Home

12569 Narcoossee Road Orlando, FL 32832

[info@cfch.net](mailto:info@cfch.net)

407-277-7441

### Entry Fee

Entry fees are nonrefundable.

**5K Fees: 10K Fees: 5K&10K:**

- |                                   |      |      |      |
|-----------------------------------|------|------|------|
| • Now – February 28 <sup>th</sup> | \$35 | \$45 | \$55 |
| • Race Day                        | \$40 | \$50 | \$60 |

Credit card with additional \$3.00 Processing fee

**17 & under and 65 & over \$20 - Double \$35**

Registration is available only on race day for children under 10.

### Course Description

This unique off road course surrounds beautiful Moss Park.

### Packet Pick-Up

Morning of event, please be sure to arrive 30 minutes prior to race

### T-shirts

Early registrants guaranteed a T-shirt.

T-shirt sizes are not guaranteed on race day registration.

## PRIZES — Runners and Fundraisers

Prizes will be given to the top 3 fundraisers.

Medals will be given to the top 3 finishers by each age category.

Prize for top 5K runner in male and female category.

Prize for top 10K runner in male and female category.

## Beneficiary

Proceeds from the **10th Annual Spring Fever It's For the Kids 5K/10K Run/Walk** will benefit the **Central Florida Children's Home**.

The Central Florida Children's Home is a non-profit 501(c)3 Christian home providing food, shelter, clothing, education, spiritual guidance and athletic participation to children whose parents cannot or will not provide for their needs. The 'Home' currently cares for 14 such boys and girls ages 2-18, but would be capable of housing many more if funding were available.

## Restrictions

For safety reasons, baby joggers/strollers, bicycles, rollers skates, in-line skates, and dogs/pets will NOT be prohibited from the race course.







# events

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

- 3-6 Oh What Fun! Lake Nona Holiday Festival (3-9 p.m.)
- 3 LNRCC First Tuesdays on Thursday at Castle Church Brewing Company (5:30-7:30 p.m.)
- 5 Fiestas at BoxiPark: Three Kings Day at Lake Nona Town Center (11 a.m.-7 p.m.)
- 12 Don't Curb It ... S.W.A.P. It at PegHorn Nature Park in St. Cloud (9 a.m.-1 p.m.)
- 13 Yoga Class at Bolay (10-11 a.m.)
- 10 LNRCC Breakfast Connections (7:45-9:30 a.m.)
- 24 EOCC Coffee Club Nona at Sam's Club (8:30-9:30 a.m.)
- 25 LNRCC Business Luncheon (11:30 a.m.-1 p.m.)

SAVE THE DATE:

- Feb. 23, 2019 Ronald McDonald House Scavenger Hunt
- Mar. 2, 2019 Central Florida Children's Home Spring Fever Run & Walk 5K & 10K
- 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)

# APPETITE FOR THE ARCHES

Saturday, March 2, 2019  
6:00 P.M. - Early Entry  
7:00 P.M. - 10:00 P.M. - Event  
Rosen Shingle Creek Hotel  
9939 Universal Blvd  
Orlando, FL 32819



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For more information, visit: [rmhccf.org](http://rmhccf.org)

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Nursing Home Neglect  
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Medical Malpractice  
Wrongful Death  
Veterans' Benefits  
Insurance Disputes



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