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**MAY 2019**  
Volume 4 | Issue 5

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ON PAGE 19

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<b>IN THIS ISSUE</b> LOCAL LEADERS, 4 BUSINESS & REAL ESTATE, 7 FEATURES, 13 HEALTH & WELLNESS, 19 EDUCATION, 22 FOOD & DRINKS E2 LAKE NONA LIVING E5 LIFESTYLE E9 SPORTS & FITNESS E17 ARTS & CULTURE E22	AMPUTEE, PARALYMPICS CHAMPION INSPIRES CONFIDENCE 16	50,000 <sup>TH</sup> DEGREE THROUGH DIRECTCONNECT TO BE AWARDED AT UCF'S GRADUATION 22	ARTIST OF THE MONTH 13	SUMMER CAMP E-11-14

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- Listing Team in Laureate Park
- Unit Volume
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# EDITOR'S NOTE

## Life Is Hard

BY ELAINE VAIL,  
EDITOR-IN-CHIEF



This whole adulting thing has got me pretty bummed out lately. It's so hard! And according to my social media newsfeeds,

I'm not alone in this sentiment! We're all struggling in our own ways!

We've got bills to pay, unexpected illnesses, chronic illnesses, cars to keep running, children to take care of, college expenses to stress over, jobs to perform well at, schedules to keep, pets needing vets, allergies to avoid, laundry and dishes to wash, politics to sort out and try to make sense of, fears to overcome, conflicts to resolve, anxiety and depression to conquer, thieves to avoid, identities to protect, reputations to uphold, relationships to preserve, banana trees to trim, service to give, taxes to pay, emotions to process ... oh, my, does the list go on!

It can certainly be easy to drown in the madness and become overwhelmed and overcome by it all. Ever since I moved here from Indiana, it feels like it's been one knee-buckling trial after another. Sometimes I can't breathe. But, I believe we are meant to feel joy in this life. We have to be diligent in so many ways to thrive in this world that is constantly changing. We have to make deliberate decisions and be so careful to protect our overall well-being. There are some great reminders and tutorials in this month's edition that are helping me to wrap my head around the stress and how to get above it. I want to point out a few.

Nir Bashan teaches in *Creator Mindset* that we shouldn't take everything that happens in our lives so personally. He explains, "The tree limb that fell onto your car? It just happened – it didn't happen to you. The busi-

ness deal you lost? It just happened. It didn't happen specifically to you. There is nothing personal about it. It just is." That was an excellent reminder for me. Some things just are and I need to let them be, learn from it, and move on.

Tired all the time? Natalia Foote addresses four ways to rest and recover in her column, *Work Well*. I was thrilled to see science on my side regarding taking naps! Napping is my favorite. It's my "Did you try turning it off and back on again?" remedy. And I loved the advice at the end of her article about showing gratitude when you notice you're actually not tired. I never have that luxury, but the concept is true for anything ... there is opposition in all things, and if we learn to be grateful for the absence of the pain and suffering when it's there, we'll find more happiness. The pain is going to return in some way or another, so be grateful when you notice its absence.

In this month's *Tough Things to Talk About*, Kyle Hamm effectively called me to repentance by preaching about time management. He has some good advice for readers about ways to keep our goals prioritized and staying on track.

Need some comfort food or a good laugh? Check out *Katie's Cucina*, *Kyle's Culinary Column* and *Sunny Side Up*. I also got a big giggle from our *Dog of the Month* that I chose! I'm a firm believer that being silly is very therapeutic.

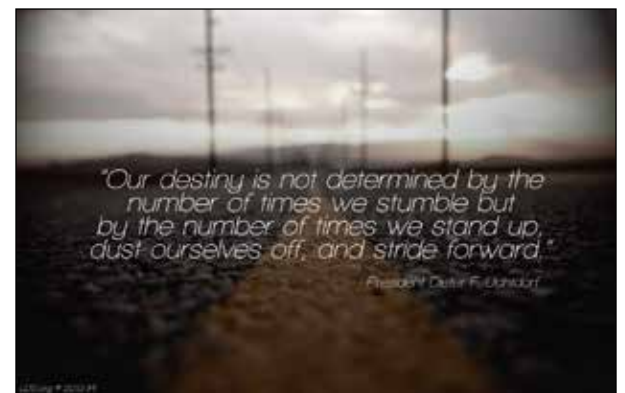
I unexpectedly found wisdom in this month's *NonaVentures*. Reading about Nicole LaBosco's journey to experience peace, something as fragile and elusive as a moonbeam sometimes, inspired me to be more deliberate about planning opportunities to have similar peaceful experiences. Maybe flying 2,000 feet above the Earth is not the route I will take,

but my resolve was rekindled when I read her line of realization, "I realized that's what the purpose of *NonaVentures* actually is – to discover (or rediscover) those first experiences and make those moments last a lifetime." I want to find peace that I can rely on for a lifetime. It's within my reach. I just need to make the effort.

Finally, Rodney Gage's advice on dealing with conflict ... ugh, conflict resolution has always been a weakness of mine! My fight-or-flight response is fierce. I will fight so hard for what I feel is right, but if I sense for even a moment that the fight is futile, my instinct to run away is nearly irresistible. There is no middle ground for me, and that's exhausting. Our resident family coach teaches how to H.A.N.D.L.E. conflict before it gets a handle on you. Read this month's *Family Shift* to learn more.

I wholeheartedly believe that we, each and every one of us, were sent to this Earth to succeed. A man I deeply admire, Jeffrey R. Holland, once said, "We are infinitely more than our limitations or our afflictions." I want to remember this – my failures and discouragement do not define me; I am so much more. So what if my knees are battered from repeatedly falling? It's time to get up, dust them off, and apply what I've learned in my reading this month.

You are infinitely more than your limitations and afflictions. I know it's hard. Get up. Let's go. We've got this.



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## For UCF Resident, Citizenship Equals Service

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



Dr. Deborah German

Dr. George Yazigi raised his right hand, took his oath of American citizenship, and then sped off to care for immigrant farmworkers in one of Central Florida's poorest communities. The UCF resident physician says his volunteerism after "the biggest honor of my life" was his way of "giving back to the community where I live."

The timing of his citizenship ceremony – on the same day he worked at UCF's Farmworker Association of Florida clinic – was a coincidence. Or maybe, he says, it was meant to be as a way to illustrate the importance of volunteering to help others. "As a doctor, I see the need," he said.



Dr. George Yazigi

"I have the chance and the ability to help those who need care."

Dr. Yazigi grew up and went to medical school in Syria. Two years ago, he was selected for UCF's Internal Medicine residency, a partnership with Osceola Regional and the Orlando VA medical centers. He is in his second year of a three-year residency and hopes to become an interventional cardiologist because "so many people have cardiovascular disease, I want to help be a part of the solution." He said he wanted to become an American citizen because "I love the principles this country stands for – freedom and the rule of law." But he believes citizenship comes with responsibilities: "You have to give back, serve and engage with others. That's your duty as a citizen."

He has witnessed around the world those in desperate need of healthcare. The Apopka clinic often sees about 100 patients in one night. They range in age from newborns to the elderly. Many work long hours in the fields or in greenhouses. Some are undocumented workers. No one has insurance. And they have little, if any, healthcare for chronic conditions like diabetes, heart disease, and high blood pressure. Many suffer the effects of pesticide and sun exposure.

Dr. Judy Simms-Cendan, UCF professor of obstetrics and gynecology and director of international experiences, helps run the Apopka clinic. She said residents like Dr. Yazigi are "wonderful role models and an incredible inspiration to our medical students. They reassure students that although residency is challenging, you can still have time to do meaningful service work and make a difference for the underserved in our community."

Dr. David Simmons, an Orlando internist and UCF volunteer faculty member who helps with UCF's global healthcare efforts, said the residents actually came to him asking to help in Apopka. "The residents truly inspire me with their enthusiasm," he said. Dr. Simmons also noted that the backgrounds of the young physicians are as diverse as the community they serve. "To date, we have had residents from Syria, Jordan, Turkey, Egypt, Iraq, Iran, Peru, Ecuador, Colombia, India, Pakistan, and Burma take part," he

said.

The UCF-HCA internal medicine residency at Osceola Regional holds resident wellness programs – in part to help prevent burnout for young physicians in training. Dr. Abdo Asmar, who leads the residency program, says volunteerism and giving back increase mental and physical wellness by helping residents focus on others.

Dr. Yazigi agrees. "At the end of a really long night of volunteering, you feel really good," he said. "You're energized, and you don't know why. But it's because you gave back. You served."

*Deborah German, M.D. is the Vice President for Health Affairs and Founding Dean of the UCF College of Medicine.*



From the Florida Farmworkers Association



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# Nona Heroes: Retired Lieutenant Colonel Mark Green

BY VISSHAAEL PATEL

*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.*



Mark Green with his dog Mohawk, the dog that keeps him in his fight.  
Photo Courtesy of Mark Green

“That’s not a dog!” Lieutenant Colonel Mark Green, retired, said.

While he was serving in Afghanistan in 2010, Green’s wife and son asked him about getting a family dog. After seeing a photo of the dog, Green shared his skepticism about getting the part Labrador retriever and part chihuahua. Agreeing to get him, Green and his family decided to name their dog Mohawk, after the small mohawk that sits in the middle of his head.

Green, who calls his Mohawk his “veteran-rescue dog,” finds that he and Mohawk go hand-in-hand. Green was rescued with the support of his family and friends after returning home, and Mohawk was a rescue dog taken in by the Green family.

“He’s the guy that keeps me in the fight,” Green mentioned.

Just as Mohawk helps Green with his fight, Green hopes he can do the same for others. He now serves as many other veterans as he can with their transition in life after their service by building their resilience. Much of that help comes from his own life experiences.

For 34 years, from 1982 to 2016, Green was in the service of the U.S. Army with



Mark Green speaking with a fellow Lake Nona Toastmaster Club member about overcoming the fear of public speaking.

24 of those years in active duty. As an inspector general, he was responsible for the southern half of Afghanistan during one stint. While part of the 82nd Airborne Division, he was part of the inaugural team that had taekwondo recognized as an official Army sport. He is now a fourth-degree black belt in taekwondo. Ultimately, his time in service prepared him for the transitional support he gives to others.

“I realized what the service did for me was so powerful because it gave me virtues and values, it gave me direction and something bigger than myself,” Green said.

However, it took Green’s struggles throughout his life for him to realize what he wanted to do after his service. Recounting some of his earliest adversities, Green mentioned he grew up in a mobile home with a family of six. His parents divorced when he was eight years old, a brother lost to murder and all with no discipline, guidance or structure in life.

Avoiding being another statistic helped Green realize that he wanted to do something that could give hope to others. He was able to find another purpose in his life.

“Your why comes out of your adversity, it doesn’t come from everything good in life,” Green said.

Today, Green has channeled his life lessons to run his company My Silver Boots LLC, a consulting company that helps military families with post-service transitions and resilience. As part of the help he gives, he wants veterans to know that “you deal with problems as lessons, not something to carry around as baggage in your life.”

In addition to his company, he has written and published two companion books with co-author Echo Garrett. The two books were a way for Green to share his experiences and advice on a one-to-many basis rather than a one-to-one basis.

His first book, *Step Out, Step Up: Lessons Learned from a Lifetime of Transitions and Military Service*, is a memoir to help others find connections from their own life. His second book, *Warrior’s Code 001: 7 Vital Steps to Resiliency*, is based off a life experience. Being a self-help book, the steps Green writes about can be adapted to the individual’s personal life and habits.

From consultation to books, Green mentions that he strives to show genuine care as, what some call him, the Mindset Vet. Green strived to show this care by making the books the right size to fit into a cargo pocket. By doing so, those in service could read the books at their own leisure while keeping the book handy.

In his most recent project, Green spends quite some time at Lake Nona’s Canvas

preparing for a 60-hour, pre-recorded online summit that will take place July 11. His priority with the free summit is to help veterans make connections and network with 60 professionals in fields like mindset, finance and business.

Reflecting on it all, just as he was skeptical of getting what he once didn’t consider to be a dog, he was also once skeptical about the decision to consult others while sharing his life stories. Green has undertaken many efforts to give back to other veterans, but he wasn’t always sure about the work he does today. He didn’t see himself as a public speaker initially. From his constant interactions with large audiences and his time spent at the Lake Nona Toastmasters Club, however, he mentioned

he was able to develop his speaking skills. Those very skills have helped him perform his self-defined purpose.

His main purpose and priority is to be of service to other veterans for the rest of his life. Along the way, Green realized that until he would do what he says he is going to do, he would not be of value to the community.

“The world needs courageous leaders who have walked the walk before they talk the talk,” Green said.

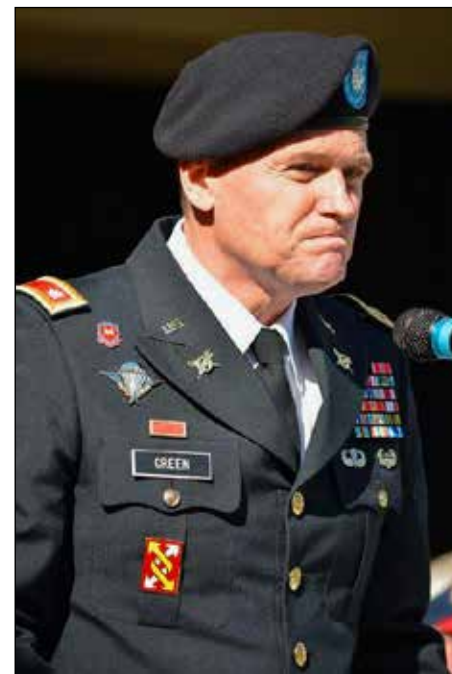


Photo Courtesy of Mark Green



Mark Green works on finalizing the list of speakers for his online summit at Lake Nona’s Canvas, an environment he refers to as relaxed.



Mark Green with his wife Denise. Photo Courtesy of Mark Green.

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\*A Fleet of Fishing Vessels at Anchor by Hendrik Willem Mesdag used with permission

## Neighborhood Watch: Little Free Library

BY ISHU MARTINEZ

*If you build it, they will come ... and read and exchange a book.*

A few weeks ago, I organized a community event to raise money to build a Little Free Library for my neighborhood. The kids in our community worked together to raise money and donated their proceeds toward the Little Free Library.

Some of the items that the kids made and sold were hair scrunchies, cookies, lemonade, lip balm, and bookmarks made out of origami. This event brought the whole community together, and it was wonderful to see our neighbors and friends come and support the kids and this wonderful cause. We had our local horticulturist and a master gardener to help with any gardening-related questions that people had. We even had a DJ and food trucks, which made the event more fun.

Having events like this definitely brings the whole community together. It is also an opportunity to meet new people, make new friends, and definitely helps in getting to know your neighbors better.

Does your neighborhood have a Little Free Library? If your answer is no, read on to see how you can get a Little Free Library. A Little Free Library is a "take a book, return a book" free book exchange. The Little Free Library comes in different shapes and sizes, but they are basically a small wooden box with books. Having a Little Free Library encourages reading, inspires others to exchange the books and the love of reading.

So, how do you get this Little Free Library? Here are some tips to help you:

- **Identify a Location:**

Find a place that you can install the library legally. You might have to get permission from your HOA (Homeowners Association) before installing the library. Find a place where it is visible and has a lot of foot traffic.

- **Gather Support:**

Little Free Libraries can be expensive to buy and build. Get your community, friends and neighbors to help raise funds for the library. Have a fundraising event within your community and get your neighbors and friends involved and raise money for the library. You can contact local businesses and ask them to help donate money or books for the Little Free Library.

- **Get a Library:**

You can either build a library or buy one through the Little Free Library website, [littlefreelibrary.org](http://littlefreelibrary.org). If you decide to

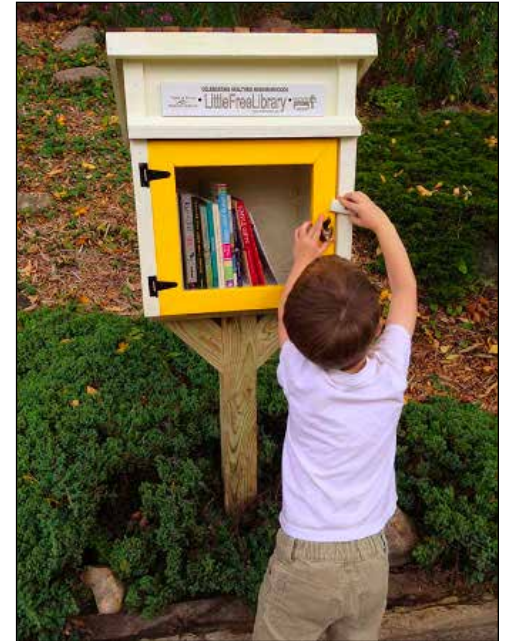


Photo Courtesy of [LittleFreeLibrary.org](http://LittleFreeLibrary.org)

build a library, there are blueprints and instructions on the website to help you build it. If you choose to purchase one through their online catalog (like I did), there are many different sizes and shapes to choose from.

- **Register Your Library:**

By registering your library, your library becomes an official Little Free Library. You can also add your library to the world map that people can use to find and visit your library.

- **Celebrate!**

Now that you have your library installed, have a grand opening ceremony! Invite friends, neighbors and people from your community. Have a ribbon-cutting ceremony, have some snacks, and have bookmarks for kids to make and color, which can be left inside the Little Free Library for others to use.

When I had my event to raise money for the Little Free Library, the children in my community worked hard creating their items to be sold at the event. They were excited because they not only made cookies, lemonade, bookmarks, scrunchies, and more, but they also made posters that advertised their products.

The children were also excited because they all worked together and donated all of their proceeds for a wonderful cause. They were excited to have a place where they could read in their neighborhood and exchange books with their friends and neighbors. Some of the kids also wanted to start a book club in the neighborhood.

By building a Little Free Library with your friends and neighbors, it will bring your community together. It is also a wonderful community project to work together, which will be appreciated by all.



Photo by Ishu Martinez



## Behind the Scene: Amazon Fulfillment Center

BY SOPHIA ROGERS

On Friday, April 12, local elected officials and community leaders were invited for a special grand opening ceremony and tour of the newest Amazon Robotics fulfillment center in Lake Nona. This event was the first time the community saw the inside of the new facility.

Since opening in August 2018, the over 850,000-square-foot fulfillment center in Orlando has hired more than 1,500 full-time, full-benefit employees who



Photo by Sophia Rogers

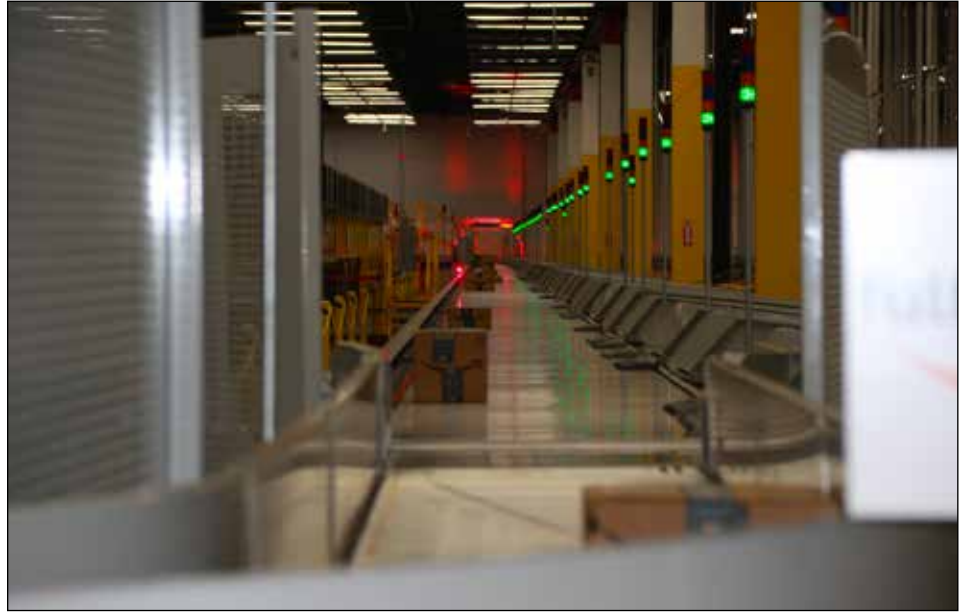


Photo by Nicole LaBosco



Photo by Nicole LaBosco

pick, pack and ship smaller customer items such as books, electronics and toys. General Manager Kirc Savage shares, "In addition to the more than 1,500 jobs in this fulfillment center, Amazon has created more than 10,000 full-time jobs for people with all types of experience, education and skill levels across Florida."

The facility features innovative technology that assists employees in fulfilling customer orders. Why robots? Savage shares with us the intent is not for robots to replace people. "Robots are to support our associates. We want to make sure that we're giving them the best work environment possible, and this is the safest, most efficient way for us to handle the volume that we do daily and still have an efficient operation." On an average week, millions of packages are sent, and during the holiday season, even more.

In 2018, Amazon provided more than \$300,000 to local schools around Florida, but the partnership highlighted at the ceremony was Tech Sassy Girlz, a local nonprofit supporting women in technology. The nonprofit's mission is to close the opportunity and earning gap through pursuing careers in STEM. Last year, \$15,000 was donated to Tech Sassy Girlz to create the first STEM lab serving greater Orange County elementary, middle and high schools.

"An Amazon presence in Orlando means more than just the jobs provided within these four walls. Providing young people with the opportunity to learn next-gen skills through hands-on activities is critical to developing the innovators of tomorrow. We are looking forward to working side-by-side with organizations like Tech Sassy Girlz to continue this mission."

Members of the Orlando community joined Tech Sassy Girlz in learning about the different steps Amazon employees take when picking, packing and shipping items for customer orders. The distribution process starts at the truck bays, where items are unloaded to the facility and loaded onto conveyor belts and sorted into cabinets. When an order is placed, a robot goes out, grabs a cabinet, and brings the cabinet to the associate. All the associate has to do

is take the item out and put it in a tray so that it can be packed.

Competitive wages start at \$15 an hour minimum, and full-time Amazon employees are eligible for comprehensive benefits starting on day one, including healthcare, 401(k) with 50% match, stock, bonuses and a network of support to help employees succeed. Amazon also offers regular full-time employees maternity and paternity leave benefits and access to innovative programs like Career Choice, where Amazon will pre-pay up to 95% of tuition for courses related to in-demand fields regardless of whether the skills are relevant to a career at Amazon.

*Sophia Rogers leads The Rogers Team at Premier Sotheby's International Realty. Family, relationships and real estate are her passions. She can be reached at [sophia@nonahoodnews.com](mailto:sophia@nonahoodnews.com).*



Photo by Nicole LaBosco



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Photo by Nicole LaBosco



# Creator Mindset: Mean Ol' Ms. Hermanson

BY NIR BASHAN



Last month, I wrote an article about everyone being a critic. And I have been overwhelmed by the response from you, the readers. From comments to emails, it appears that I might have struck a nerve as this mob mentality desire for “the review” has gotten out of hand.

Recently, I had visited a doctor in the area with my son for a checkup. I had ample opportunity to discuss anything I wanted with this particular pediatrician, who is wonderful by any and all “review” standards. He took the time to answer perhaps silly questions, without judgment. He made sure we knew about the upcoming schedule of immunizations. And, overall, hit it out of the park with support, care, knowledge and attention. A superstar.

But then I got an email from his health group asking me to review said doctor. Surely these reviews don't matter, right? I mean, what could I possibly write in a review that I didn't tell the doctor in person? Like the restaurant review from the last article – who was I to review this fantastic doctor? I didn't go to med school. I didn't do an internship. What do I know about this? In other words, my review would be just like the person who reviewed my favorite restaurant – just another uneducated opinion in a cesspool of mob mental-

ity. What's next? An online review of your spouse? All this got me to think about fifth grade an awful lot.

My fifth-grade teacher, Ms. Hermanson, was the worst. A devil in plain clothes. She was a terrible teacher. Terrible! And quite frankly, I thought she really was the devil. She had us doing work at a ninth-grade level. In fifth grade! Can you believe it?! We often had to stay after class if we didn't get our classwork done. And our homework was massive – two hours a night. The fifth grade here, people! She would not tolerate anything less than a full effort. She taught us vocabulary that most adults around me did not know (still don't know), and we were doing math at a ninth-grade level. I don't remember much about being 10 years old, but I sure do remember that mean ol' Ms. Hermanson.

The thing is, at the time, I hated this woman. I hated her with a passion ... I still do a little bit. But now I realize that she was one of the finest teachers I have ever had. Even though my class was overcrowded and conditions inside my Los Angeles public school were deteriorating, I learned. I learned a lot. I owe a great debt of gratitude to Ms. Hermanson for helping to shape me into the man I am today. She was far more than a teacher. She was an inspiration. And the whole time I was in her class, I was kicking and screaming at every lesson. At every opportunity. I fought her at every turn. But she knew what was good for her students, and I didn't know jack. It's that simple.

Why is that? Why is it that sometimes we can't see the forest for all the trees?

Because sometimes we have to let go of what we *think* we know and accept that someone just might know better than us. It happens. This is not true all the time – but it is true sometimes. And it is up to you and me and everyone we know to figure it out for ourselves. I am sure that you can think of many moments in your life where this held true. Perhaps it's when your parents told you not to take that job – and that turned out right – but you fought it. Perhaps it's advice a friend gave you to not move to that new city – but you disregarded the advice and it turned out to be a horrible place to live. We all have those moments in life where the teacher knows

better than a bunch of 10-year-olds what is good for them. And it is imperative for us to make our own distinction, and not with some anonymous online review.

The Creator Mindset offers some insight into this by reminding you that the journey is often a long and arduous one. As you learn how to think creatively, you will think of the world as events that just happen. You will not personalize events with the spin that they are happening to you.

Think about it. Imagine how liberating that can be. The tree limb that fell onto your car? It just happened – it didn't happen *to you*. The business deal you lost? It just happened. It didn't happen specifically to you. There is nothing personal about it. It just is.

That is why it is so important to not look at life in the annals of details all the time. That's exactly what I did with my fifth-grade teacher. And I was dead wrong about her. I thought I was trapped, but, in fact, I was being set free. She gave me a foundation for The Creator Mindset that I carry with me today. And these tools would later in life prove essential to my development.

Any snapshot of the stock market at any given time can only shed light on a particular moment. While that has some value, it's not the most important thing in the world. That particular snapshot is irrespective of the past and not reflective of the future. Yet, we live in a society that values instant feedback. Instant reviews about a restaurant or a doctor. Data now. Quantification. Things reflected in numbers so that we feel safe.

But data is just that. Data. If it's not made into information, real information, it's pretty useless. And the shame is that we react to these pulses of data – just like I did when I was in Ms. Hermanson's class – and make judgment calls on whether or not they are “good” or “bad.” It takes data



to be made into information to be useful. And in this case, a 2012 study in the Archives of Internal Medicine called *The Cost of Satisfaction: A National Study of Patient Satisfaction, Health Care Utilization, Expenditures, and Mortality* found that patients who reviewed doctors highly were often not the best cared for or the healthiest. In fact, they were the most likely to be in poor health and die in the ensuing years. So much for that “good” review, eh?

It turns out that we are not so good at taking a wide look around, a big picture view, and putting things into context. And sometimes we need others to help us see the big picture when we are down a rabbit hole. That is what any good doctor does. That is what any good teacher does. And this warrants no review.

*Nir Bashan is an executive creative director/managing director with over 19 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. McGraw/Hill is publishing a book on The Creator Mindset that will be released in 2020. [www.nirbashan.com](http://www.nirbashan.com)*



# Work Well: Four Ways to Rest And Recover Throughout Your Workday

BY NATALIA FOOTE

Rest, break, downtime. Do you get enough? Do you wish you had more of it? Rest or recovery is essential for our survival. You wake up, at some point in your day you'll feel tired (some might feel tired all day), you might get a break, you might power through, then you are hopefully able to fall asleep to then wake up and start the cycle again.

According to [Smithsonianmag.com](http://Smithsonianmag.com), nearly one-third of Americans sleep fewer than six hours per night, lower than the recommended amount of 7-9 hours by the National Sleep Foundation. Inability to concentrate, mood swings and issues with memory are the immediate symptoms of lack of sleep. In addition, prolonged sleep deprivation can lead to weight gain, a weakened immune system that could increase the risk of diabetes, certain heart conditions, and even dementia. Multiple studies show the importance of sleep and getting adequate rest day-to-day. However, assuming you get enough sleep, here are some tips to aid in the rest and recovery needed throughout your day.

## Rethink Naps

In the United States, our sleep trend is to have one long sleep, usually at night, for 7-9 hours. However, around the globe, sleeping during the day is commonly ac-

cepted. Many might be familiar with the “siesta” in Spain; Italy has “riposo” and Japan has “inemuri,” all socially accepted forms of daytime sleep, rest, or downtime. According to the study *The Restorative Effect of Naps on Perceptual Deterioration*, co-authored by Sara C. Mednick, a 20- to 60-minute nap may help with memorization and learning specific bits of information. For full recovery, a 90-minute nap was necessary in order to complete the sleep cycle.

## Close Your Eyes and Breathe

Perhaps you do not have 20 minutes to take a nap. To rest for a moment, close your eyes and breath in and out for one minute. Staring at a screen can cause eye fatigue; by mindfully closing your eyes, you can give them a quick rest. For an added boost, rub your palms together, then place the heel of your palm on the closed eyes. Gently press and feel the warmth of your hands over your eyes. Do this periodically throughout the day, especially if you are staring at a screen for work.

## Get Lost in Something That Isn't Work-related for 10 Minutes

*What Does Doodling Do*, a study published in the Applied Cognitive Psychology journal, found a 29% increase in retention for the doodling group as compared to the control group.

Doodle, draw, color, play a quick one-person game, or simply get lost day-dreaming for 10 minutes. Our brains have two different modes – the focused mode and the diffused mode. According to [themetalearners.com](http://themetalearners.com), the focused mode is the active mode of when you are learning or practicing. The diffused mode is a more relaxed state, and it is when we have the ability to understand new and abstract concepts. It's in the diffused mode that we experience those “aha” moments. Both modes are necessary for learning. Getting lost in something outside of work



helps to turn on the diffused mode.

## Show Gratitude When You Are Not Tired

As we move throughout our day, tiredness comes and goes. It is natural and like the sun setting, so does our energy. We all have different times of alertness, but it is always good to be grateful during the times we are aware of “not being tired.” The Buddhist monk, Thich Nhat Hanh, said, “When we have a toothache, we know that not having a toothache is happiness. But later, when we don't have a toothache, we don't treasure our non-toothache. Practicing mindfulness helps us learn to appreciate the well-being that is already there.” As you go on, notice the times that require rest, and notice the times when you feel alert. Work during these times, acknowledge the absence of tiredness, and rejoice as this is the time to get things done.

*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.*

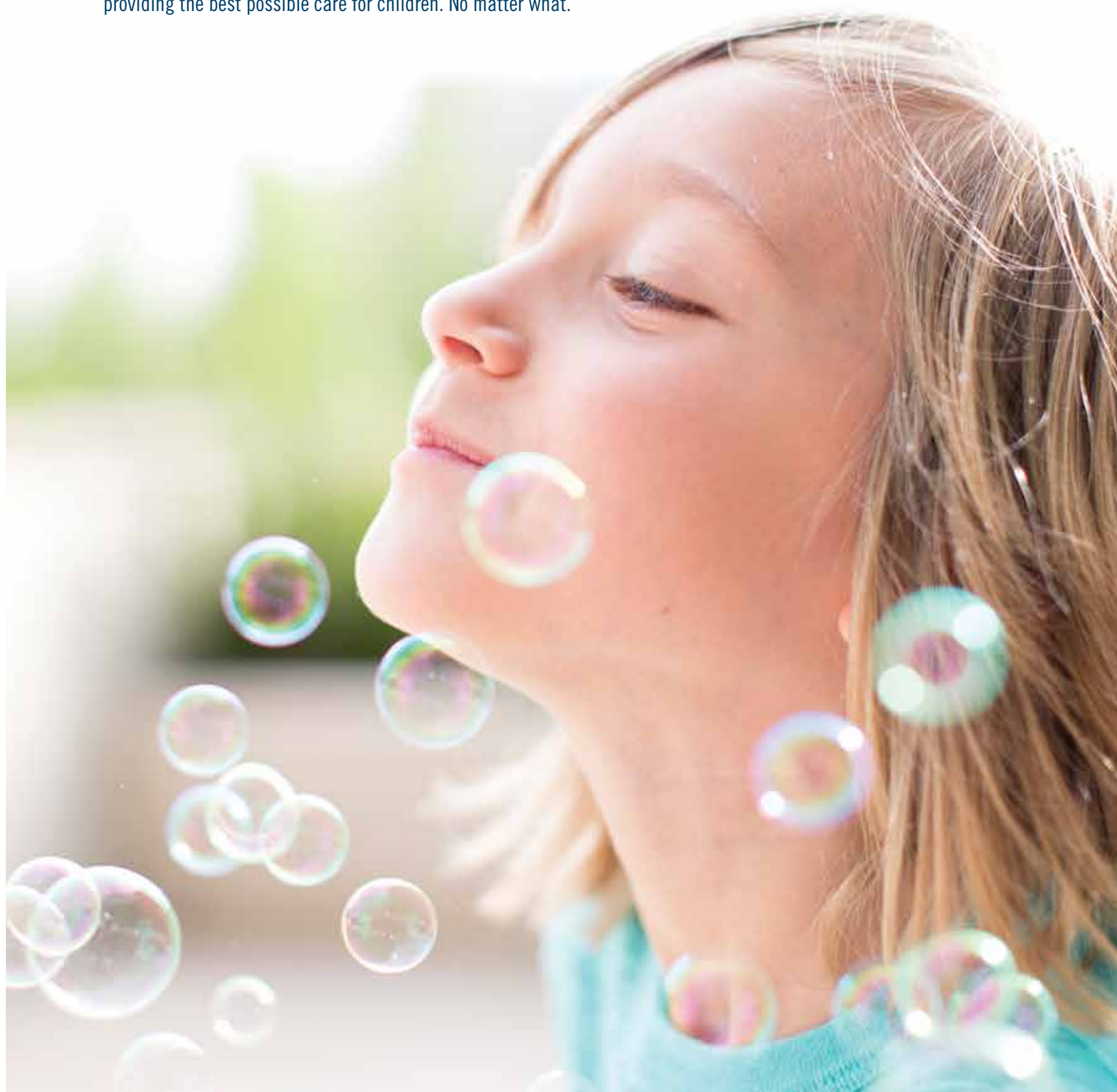




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Orlando, FL 32827  
(407) 567-4000







# Nona Growth: Behind the Scenes At KPMG Lakehouse

*Reshaping the landscape of Lake Nona, one learning experience at a time.*

BY SOPHIA ROGERS



Photo Courtesy of KPMG Lakehouse

Drive or fly anywhere near Lake Nona, and it's hard to miss the massive construction project underway on the south side of the Lake Nona Golf and Country Club.

An impressive structure is rising from the earth along Lake Nona Boulevard, dominating the landscape and drawing the attention of passersby in cars, on bicycles, and in running shoes along the main thoroughfare not far from the United States Tennis Association facility.

KPMG Lakehouse, the learning, development, and innovation facility of one of the world's leading professional services firms, is reshaping the landscape of Lake Nona one learning experience at a time.

By early 2020, KPMG Lakehouse will be fully operational as a wellspring of inspiration, professional growth and opportunity for the firm's U.S.-based professionals.

"We expect up to 800 KPMG partners and professionals will come to Lakehouse each week for hands-on, collaborative learning experiences," said Matthew Gomez, long-

time central Florida resident and KPMG spokesman. "We anticipate offering more than one million hours of in-person professional development in our first year of operation."

## What Is It, Really?

There's much more to this project than the heavy dirt-moving vehicles and army of more than 700 construction workers busily building KPMG's future from the ground up.

Since its groundbreaking in May 2017, this project has grown rapidly from a 55-acre expanse of dirt fronting Lake Nona and Red Lake. The 780,000-square-foot superstructure seems to grow in scope and stature each day, and it is visible from many portions of Lake Nona, which makes

it a point of curiosity for its neighbors.

"Lakehouse is a cornerstone of a strategic learning transformation at KPMG designed to ensure we will attract and retain the best talent, equip our professionals to help clients meet the challenges of a dynamic marketplace, and support innovation throughout the firm," said Gomez.

The \$450 million investment by KPMG in Lakehouse, he said, reflects the firm's commitment to its most valuable asset – its people.

"Lakehouse is a place to renew, reflect and reconnect as professionals," said Gomez. "It will be a catalyst for transformative growth and a place to inspire, spark curiosity and collaboration."

While Lakehouse is not a hotel, it will feature 800 single-occupancy guest rooms and multiple dining options exclusively for the firm's partners and professionals. The focus at KPMG Lakehouse will be on learning, innovation and professional development. It is privately owned by KPMG and is not open for public use.

"We aim to build a world-class center that inspires innovation, connects our people to KPMG's rich culture and heritage, and provides an immersive, fun and engaging learning and development environment," Gomez said.

## Professional Training and Economic Growth

The firm has committed to providing 75 KPMG positions on site in Lake Nona, and the selected operator will fill nearly 300 non-KPMG jobs as part of the operations staff, which should provide more fuel for a growing central Florida economy.

Having an impressive and comfortable physical space to call its own is of paramount interest to KPMG as it relates to the experiences of their professionals.

While many have participated in professional training sessions at hotels and conference centers, the experience will be different at KPMG Lakehouse, says Gomez. Every bit of the interior and exterior space at Lakehouse has been designed to

maximize learner development, collaboration and well-being.

"We surveyed our KPMG professionals and researched the marketplace to find out what would be most beneficial to the total learning experience at KPMG Lakehouse – including leading-edge technology," he said.

What if learners had a mobile app with way-finding technology on a smartphone to help navigate from class to class and among the many cuisines offered in a cashless dining environment? Imagine if they could use that app to meet up with colleagues, new associates and old friends, building solid relationships that might serve each professional well into the future with the firm and beyond?

What if the training center had a 15,000-square-foot fitness facility, hiking and biking trails, recreational playing fields, a wine bar, multiple dining options and coffee bars, and even a pub-like social venue?

"Professionals will be immersed in KPMG culture," said Gomez. "They will learn about the firm and its history. They will have the opportunity to interact with current and future leaders. We're focused on developing our people so they can grow their careers and better serve our clients."

## Why Lake Nona?

Site selection was very important as KPMG executives considered nearly 50 U.S. locations, said Gomez, and viewed the Lake



Photo Courtesy of KPMG Lakehouse

Nona community in Orlando as a thriving locale – an innovative, "smart city" with active and engaged residents and neighborhood business leaders. The Lake Nona community, conveniently located near Orlando International Airport, will allow the firm's nationwide professionals and partners to experience lifelong learning and innovation at Lakehouse with minimal disruption to their clients.

"We have an established KPMG office presence in downtown Orlando, and the innovation opportunities at Lakehouse will fit right into the fabric of the Lake Nona community," he said. "We know we will be an outstanding neighbor among the many already established neighbors and organizations here. We're excited and eager to get things started."

To get an inside view of the beautifully-designed Lakehouse, watch the Welcome to KPMG video by going to this link: <http://nonahood.to/kpmg>.



Photo by Nicole LaBosco

*Sophia Rogers leads The Rogers Team at Premier Sotheby's International Realty. She can be reached at [sophia@nonahoodnews.com](mailto:sophia@nonahoodnews.com).*



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Photo Courtesy of KPMG Lakehouse



# Orange County Utilities Answers Residents' Questions About Lake Nona Boulevard



## East Orange County Utility Improvements

**PROJECT DETAILS**

Orange County Utilities will be installing more than 6.5 miles each of 36-inch water main pipe and 24-inch reclaimed water main pipe in east Orange County. In addition, a potable water re-pump station will be constructed east of 2297 Victoria Falls Drive. These improvements will increase east Orange County service capacity and water pressure.

Work will begin with the installation of pipes under Lake Nona Boulevard. The potable water main and the reclaimed water main will be installed under the southbound lanes and in the western right-of-way of Lake Nona Boulevard from Lake Nona Gateway Road to Narcoossee Road.

Pipe installation will continue along county easements in undeveloped areas from Lake Nona Gateway Road through the J. Lawson Boulevard and Boggy Creek Road intersections. Pipes will also be installed along Moss Park Road from Narcoossee Road to Storey Park Blvd.

Lane closures and traffic shifts will be necessary. The northbound/eastbound lanes of Lake Nona Boulevard will be closed with all traffic shifted to the southbound/westbound lanes. Some entrances to residential communities will require a short-term detour. Work will be completed during the day with some night work possible. Electronic message boards and other signage will be used throughout the project to alert the traveling public.

**CONTACTS**

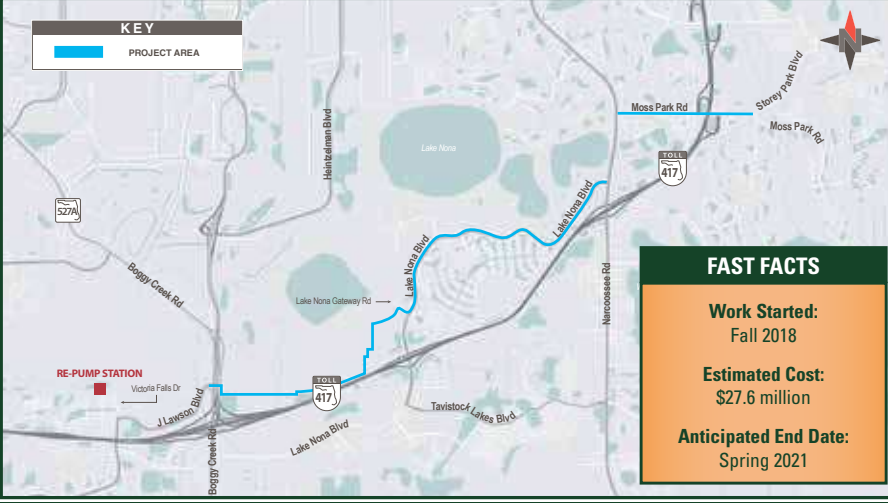
For questions, concerns or for email updates, please contact:

**Laurie Windham**  
Public Information Specialist  
407-709-9840  
laurie.windham@qcausa.com

OR

**Lisa Garramone Mark**  
Public Information Specialist  
321-917-1716  
lisa.mark@qcausa.com

**PROJECT LOCATION**




**FAST FACTS**

**Work Started:** Fall 2018

**Estimated Cost:** \$27.6 million

**Anticipated End Date:** Spring 2021



## East Orange County Utility Improvements Lake Nona Boulevard Segment

February 2019

### Frequently Asked Questions

**PROJECT BACKGROUND:**

These transportation questions address some specific items related to the Lake Nona Boulevard segment of the fact sheet previously provided for the East Orange County Utility Improvements that began in fall 2018.

**Why is this work necessary?**

This project completes the connection of transmission lines to be able to provide utility services to the growing area within Orange County.

**What is the timeframe for the Lake Nona Boulevard segment of this project?**

Traffic is expected to be shifted by the middle of February and the northbound/eastbound lanes will remain closed through early next year. The target project completion date for the Lake Nona Boulevard segment is late spring 2020. Weather or unforeseeable circumstances may impact the schedule.

**What section of Lake Nona Boulevard will be closing?**

A three-mile section of the northbound/eastbound lanes of Lake Nona Boulevard from Lake Nona Gateway Road to Narcoossee Road will be shifted to the southbound/westbound lanes with one-lane traffic each way.

**What will happen to the landscaping in the median of Lake Nona Boulevard?**

No work is scheduled in the median. Any damage will be repaired or replaced by the contractor at the end of the project.

**Will there be any barriers installed between the two-way traffic on the southbound/westbound lanes?**

A four-inch, asphalt barrier will be built in the center lane with plastic reflective poles installed on top.

**Who should I contact if I have questions about the project?**

Call the project Public Information Specialist Laurie Windham at 407-709-9840 or email [laurie.windham@qcausa.com](mailto:laurie.windham@qcausa.com)

**What about the bicycle lanes?**

In order to accommodate the traffic pattern shift, the northbound roadway bicycle lane will be unavailable during the construction period. Cyclists are encouraged to use the adjacent, 10-foot-wide walking/biking path on the north side of the road. If cyclists choose to use the road during construction, they will need to follow traffic safety laws.

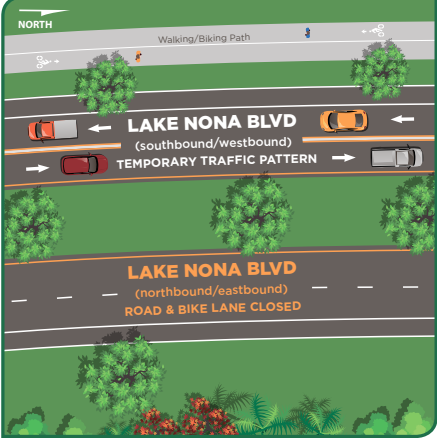
**Why aren't the pipes being routed under the grassy and field areas instead of the road to minimize disruption?**

Pipes are installed under the right-of-way or easement where the county has ownership and access. A field or other private property has limited access and may also have restrictions if it includes wetland properties or is near railroad tracks. Additionally, use of private property for these types of projects would impose limits on what could be built on that land in the future.

**When will work take place?**

Work is expected to take place daily, including weekends when there are no community events scheduled.

*Thank you for your patience as we complete this section of the project.*



Map not shown to scale.

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## The Artist: A Journey That Began With a Little Rock 'n' Roll

BY NICOLE LABOSCO

Matt Duarte is a professional musician and has been for 23 years. He's originally from Belo Horizonte, Brazil. His music is highly influenced by '70s rock, funk, and Brazilian Tropicalia music.



Photo by Matt Duarte

**Nonahood News: What drove you to become a musician? When did you realize creating music was your passion?**

Matt Duarte: My mom is a music lover since forever and has this amazing record collection that goes back to the late '60s. Even though we're from Brazil, besides a big number of Brazilian artists, I grew up listening to a variety of international music. But at age eight, my mom introduced me to Led Zeppelin, and I decided I would be a guitarist. Obviously, it took me years to develop the craft and really turn it into my passion. I'd say it happened after I started playing professionally, at the age [of] 17.

**NHN: How often do you find yourself making music/performing/playing instruments?**

MD: Pretty much every day. I perform live, on average, three days a week, but [I'm] always working on other music-related projects. I'm a music producer, so if I'm not writing a song, I'm probably working on someone else's music.

**NHN: How long did it take you to discover yourself as a musician?**

MD: Not long at all. By the age [of] nine, I knew that was what I wanted. I wasn't there yet, but I couldn't wait to grow up and learn enough to perform properly.



Photo by Bill Wright



Photo by Raphael Loquellano

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

MD:

• **My original music.**

I've been releasing original music quite consistently after moving to the U.S. and start[ed] writing songs in English. I've got one album and three singles already released, accompanied with some videos. I'm always working on new material and do everything myself at my home studio. You can find my music in all the available platforms.

• **Haze Over Hollywood.** I joined the band in 2015 as bass player. We've been performing and releasing original music since then. We play together almost weekly at Disney Springs and House of Blues, besides other venues and events.

• **Solo performances.** Around Lake Nona, you are most likely to find me performing solo. I'm a looper, which means I record a whole song live from scratch and sing, play the acoustic guitar and harmonica on top of it. The set is a variety of pop music from different generations.

**NHN: What about your favorite instrument to play? (If you play more than one.)**

MD: Electric guitar. But in some seasons, I fall in love with the bass.

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

MD: To make it into the music industry as a songwriter and spend more time dealing with original music.

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

MD: My wife, my daughter, and those magical moments that happen when I'm performing. There's always at least one special moment.

**NHN: Future goals/plans?**

MD: To put a band together and perform my original music live in certain specific occasions.

To check out Matt Duarte's music, you can visit his website at [mattduarte.com](http://mattduarte.com).



Photo by Sleepless Dylan

### 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 <http://nonahood.to/artist>.



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## A NOTE FROM THE CEO

### 2019 NONA CHAMBER FESTIVAL WAS A HIT!!!

BY DON LONG

I hope you were able to join us for the Nona Chamber Festival at Nona Adventure Park on April 13. It was a beautiful day at the exciting park with much of the area appearing just like an Easter Basket, our theme this year. **The Basket Case** booth won the best decorated booth competition.

We thank the owners and staff of the park, Tavistock Development, for assistance with additional parking requirements and, of course, our hard-working event committee. In addition, our volunteers came from local school organizations, membership of the chamber, and the local community. On behalf of the board of directors, we thank all the above. I also do not want to forget the directors of our board who were there throughout the day and previous day while we prepared for our guests.

The 2019 Nona Chamber Festival enjoyed broad sponsorship that included our Title Sponsor, **Shamrock Auto Body** of St. Cloud; Event Partner, **Nona.Media**; Platinum Event Sponsor, **Advent Health**; Event Partner, **GuideWell Innovation**; Climbing Tower Competition Sponsor, **Pediatric Dental Group**; Beer and Wine Tasting Caterer, **Chill Pop**; and our Beer and Wine Tasting Sponsors, **Northpoint Mortgage**, **Don Schmidt Roofing**, and **Distinctive Homes**. Many of the attendees also enjoyed outstanding rounds of tasting beer and wine from **Castle Church Brewing Community**, **Park Pizza & Brewing Co.**, **Orange County Brewers**, **Ivanhoe Park Brewing Co.**, **Breakthru Beverage Group**, **Cooper's Hawk Winery & Restaurants**, **City Beverages Orlando**, and **Chill Pop Lounge**.

We received additional support and contributions with garden furniture and umbrellas from **CoolThings Pool & Patio Furnishings** along with DJ entertainment from **Orlando DJs & Events**.

Most importantly, we appreciate the support and participation of our more than 70 exhibitors who displayed their products and services in interesting and professional displays demonstrating how great business in Lake Nona can be.

Do not forget to drop by Nona Adventure Park at your next opportunity to take advantage of their exciting attractions, great food and cool drinks.

See you next year at the 2020 Nona Chamber Festival.

## WHY YOU SHOULD JOIN THE LAKE NONA REGIONAL CHAMBER OF COMMERCE, PART 1

**CONNECTIONS** – Business owners and operators you meet through the Chamber can be your clients and open doors to other companies to help grow your business. Chambers have numerous committees in which serving on one of them provides numerous networking opportunities as well as professional leadership development. You can build your business while promoting developments of keen interest to local businesses and the community at large. Whether you are looking to keep an eye on the competition or find other businesses to market to, joining the Chamber will help.



## CHAMBER CHARITY OF CHOICE: NEMOURS CHILDREN'S HOSPITAL

Nemours Children's Hospital is our Chamber Charity of Choice for 2019. This year, we want to feature some brief Q&As about their efforts and needs.

**Q: What makes Nemours Children's Hospital different from other hospitals?**

**A:** Nemours Children's Hospital is the only stand-alone children's hospital in the Orlando area. In addition, our unique services include Rheumatology, Pediatric Pain Management, the only Muscular Dystrophy Clinic approved by the Muscular Dystrophy Association in Central Florida, and Interventional Radiology.

We have also partnered with the University of Central Florida to create PedAcademy at Nemours Children's Hospital – the world's *first* pediatric school program in a hospital. The robust curriculum (originally funded by NASA) is based on the research of how children with chronic and complex medical conditions learn STEM content and use robotics and programming to address learning needs and physiology. This program addresses a critical need and ensures hospitalized children stay on par with their classroom peers.



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UPCOMING CHAMBER EVENTS	
<b>May 7</b> First Tuesdays After-Hours 310 Nona, 5:30 - 7:30pm	<b>June 18</b> Contagious Connecting Ronald McDonald House 8:00 - 9:30am
<b>May 9</b> Breakfast Connections with Nir Bashan of Synectics Business Development and Client Care Eagle Creek Golf Club & The Seifry Restaurant 8:00 - 9:30am	<b>June 28</b> Business Luncheon with Commissioner Jim Gray and OPD Chief Orlando Rolón Orlando VA Medical Center Auditorium, 11:30am - 1:00pm
<b>June 4</b> First Tuesdays After-Hours Bosphorous Turkish Cuisine, 5:30 - 7:30pm	<b>July 11</b> Breakfast Connections with Regine Bonnaau Data and Cyber Security Location TBD, 8:00 - 9:30am
<b>June 13</b> Breakfast Connections with Lake Nona Information Center Team Lake House, Lake Nona, 8:00 - 9:30am	<b>July 26</b> Business Luncheon with Coach Lou Holtz GuideWell Innovation Theater 11:30am - 1:00pm

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## EVENT GALLERY



**March 22, Business Luncheon with Tweet Coleman and Rob Pennacchini at 310 Nona**  
Dale Carnegie instructor Rob Pennacchini provided an interactive training session to our members and guests to deliver insight into the esteemed Dale Carnegie course. Attendees enjoyed a wonderful lunch by 310 Nona. (Photos by Felicity Gomer)



**March 22, Nona Adventure Park Ribbon Cutting & Grand Opening**  
Nona Adventure Park Managing Partner Kai Fusser cuts the ribbon to commemorate the Park's opening and new Chamber membership. Guests gathered for appetizers and drinks, access to all activities, along with mingling on the sidelines. (Photo by Felicity Gomer)



**March 23, Culver's Ribbon Cutting & Grand Opening**  
Mario and Marcie Merlano of Culver's, Lake Nona, cut the ribbon with their family as a symbol of their grand opening while also joining our Chamber. Free custard samples, coupons, and good company made this a wonderful event for guests and fellow members. (Photo by Felicity Gomer)



**March 23, Culver's Ribbon Cutting & Grand Opening**  
(From left to right) Chamber Director of Membership Arbra Calvert, Mario and Marcie Merlano of Culver's, and Chamber CEO Don Long holding the newly-cut ribbon. (Photo by Felicity Gomer)



**March 28, Ribbon Cutting at Lake Nona Silkscreening**  
David Alcoer and Enrico Genovese of Lake Nona Silkscreening cut the ribbon as new members of the Chamber. Guests enjoyed free screen-printed T-shirts, appetizers, wine, and networking as David and Enrico showed them around their shop. (Photo by Felicity Gomer)



**March 28, Ribbon Cutting at Lake Nona Silkscreening**  
Nicole LaBosco of NONA.MEDIA and David Alcoer of Lake Nona Silkscreening printing a design onto complimentary T-shirts.



**April 2, First Tuesdays at Eagle Creek Golf Club**  
Guests attended the monthly, relaxed, after-hours event at the Eagle Creek Golf Club where they enjoyed appetizers, happy-hour beverages, and open networking. Attendees were given the opportunity to participate in a putting contest. (Photo by Felicity Gomer)



**April 2, First Tuesdays at Eagle Creek Golf Club**  
(From left to right) Ryan Thomas of Northpoint Mortgage, April Pranske of Signature Transportation Orlando, and Mikaela Walker of Dream Vacations enjoy networking.



**April 11, Breakfast Connections with Michael A. Schiffhauer at GuideWell Innovation Center**  
Enterprise Florida's Michael A. Schiffhauer, V.P. International Division and Field Operations, spoke to our members and visitors about essential information regarding "Going Global Like a Pro." Gourmet Gratis and Mission Coffee catered a hearty breakfast spread. (Photo by Felicity Gomer)



**April 13, Nona Chamber Festival at Nona Adventure Park**  
Title sponsor Shamrock Auto Body getting ready to give away their drawing prizes. (Photo by Nelson de Freitas)



**April 13, Nona Chamber Festival at Nona Adventure Park**  
Nona Adventure Park hosted an incredible festival that was fun for the whole family. Attendees learned about 70 local businesses, enjoyed free food samples, goodies, beer and wine tastings, food trucks, entertainment, Aqua Park and Climbing Tower competitions, including much more. (Photo by Felicity Gomer)



**April 13, Nona Chamber Festival Booth Decorating Competition**  
Volunteer judges recognized The Basket Case as the best-decorated booth of the day. (Photo by Nelson de Freitas)



**April 13, Nona Chamber Festival Charity Drawing**  
Juan Valencia of Alterra Home Loans won the charity drawing at our Nona Chamber Festival. Juan took home the basket of over \$700 in value with Marriott Staycation vouchers, tickets to Drive Shack and Nona Adventure Park, Wild Florida certificates, and other goodies.



# Tough Things To Talk About: Managing Your Time

BY KYLE HAMM

I'll be honest, it is my biggest pet peeve when I have to wait on someone who is running late. Don't get me wrong, I always put into account all of the variables that can happen to make someone late; it's the repetitiveness of being late, hearing the same excuses and the counter-productivity that get to me. Where I come from, being 15 minutes early means that you're on time.

I know there are countless unexpected factors in life. I have dealt with them first hand, but this is where managing your time can really save the day, if you do it right. We all share the same amount of time through the day, 24 hours. That's what we have to make the most of our day (if you don't like getting any sleep, like myself). Whether or not it is a work day or an off day, you want to best manage your time

so that it doesn't sneak away from you.

There are so many tips and strategies for managing your time. The goal is to make sure you're engaging in activities that support your goals. Plan ahead, prioritize by importance, eliminate any distractions, delegate some of your tasks if possible, and one of the hardest things to do – just say no. Those are just a few effective tips to help you with managing your time wisely.

Every morning as a banquet chef, I would be in the kitchen at 5 a.m. to prepare time management sheets for the meals to be prepared that day. This would consist of beginning and ending times for certain recipes and also included cooking, holding and serving times. I planned ahead, prioritized my recipes by importance of time and labor, delegated the workload between my cooks, and eliminated any distractions in the kitchen to make sure everything was done in time with great quality.

Planning ahead never seems to always work out in the best of ways, though, does it? Try to add extra time into your schedule just for those unexpected delays. I'll use the morning drop-off for my son as an example. ... Every morning, I know that there's going to be some type of drama, so in order to reduce any delay, we have everything ready to go the night before. Living in Orlando, we should all know that there's going to be some type of traffic at any given moment of the day, so always be prepared

to encounter traffic on your way to the office or your meetings.

Say you have a to-do list of 20 things to get done by this afternoon, and it's all just really overwhelming. Take two minutes to review your list and prioritize this list by importance. Gather this information by using different categories such as the length of time it will take to complete, the difficulty of the task, and if you're able to off-load some of the items on this to-do list. Which leads to my next tip, delegation. Delegating can be your best friend in a time crunch. Your to-do list, now sorted by level of importance, can be delegated to better manage your time and relieve stress. Don't try to overwork yourself by only counting on yourself to get things done – it's okay to ask for help.

Saying no is one of the hardest things to say to your boss, friends, significant other or the kids. I know – I've been there. With a workload a mile long, I will still gladly



take on any extra tasks to alleviate any stress from the boss or wife. That's just me, though; I have a hard time saying no. This can cause unwanted stress and anxiety by taking on new tasks and not being able to complete your other tasks by their deadline. So, when you have too much going on in workload, it's okay to say no. Keep your goals prioritized and don't get off track.



# Using Stories To Build Confidence in Vaccines

BY VISSHAAEL PATEL

It might be safe to say that we all fall into one of two groups when it comes to shots: We either want nothing to do with them, or they're a painless pinch we barely notice.

Regardless of our grouping, most people only think about shots on an as-they-are-needed basis, if that, 30-year-old Jamie Schanbaum said.

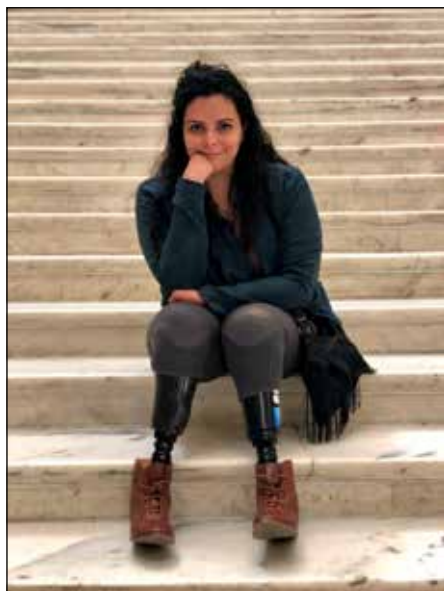


Photo Courtesy of Jamie Schanbaum

The flu comes and goes, and the symptoms become all too familiar. But, consider experiencing those symptoms one night and feeling as though "thousands of pounds of sand" are in your body. After eventually being unable to walk, you end up in the hospital. Then, in less than a day, you're diagnosed with meningococcal septicemia, a type of meningitis. Months later, while still in the hospital, your fingers and both of your legs are amputated.

That was the life-threatening experience Schanbaum went through at the age of 20. While attending the University of Texas at Austin, she was quickly rushed to the hospital on Nov. 13, 2008. She mentioned she had been through the flu before but never experienced something like what she did the night before going into the hospital.

"Not everyone feels the symptoms or gets the experience of it. But when it comes to any situation, you really just have to listen to your body," Schanbaum said.

Especially for the meningococcal disease, she wasn't fully aware of the importance of vaccinations beforehand. After her experience with the disease, Schanbaum now spends her time sharing her story in as many ways as she can.

Her aim is to raise awareness of the importance of vaccinations. With her non-profit, The JAMIE Group, and being a GSK spokesperson, she does her best to help educate and inform people of meningitis, Schanbaum said.

On Wednesday, April 10, Schanbaum met with medical professionals from around the Central Florida area at Nemours Children's Hospital in Lake Nona's Medical City. The event was organized by Robert E. Colon Jr. of the Florida Department of Health.

As part of the Immunization Section, Colon's goal was to show the importance of vaccinations while empowering professionals.

Through empowerment, the hope is to have a champion of vaccine education and information in clinics, offices and hospitals alike. Colon also mentioned that we have to think about the entire community. When we don't vaccinate, we're putting the lives of teachers, co-workers, or even our family at risk.

"The teenager over at University High School, or the little kids in Meadow Woods Elementary. All of those kids are our kids," Colon said.

The evening began with Schanbaum sharing her story. In answering questions afterward, she discussed with others how to best share information about vaccines. Participating in forums or visiting hospitals are ways for Jamie to help others cope with similar situations. She also shares her gratefulness to the medical professionals she meets.

"Sometimes it's a thankless job, especially for nurses. That can be emotionally frustrating, so I always take the time to thank them at the end," Schanbaum said.

Emphasizing the power of stories, Dr. Kenneth Alexander of Nemours men-



Jamie Schanbaum shares her story with medical professionals on the impact her experience has on her life.

tioned that those who are a part of the anti-vaccine movement can no longer be persuaded through data or statistics alone.

Just as Schanbaum shared her story, medical professionals must use stories as a means to help people realize the importance of all types of vaccinations. The effects of vaccinations are many, Alexander shared.

Part of Schanbaum's story that she shares also reflects Alexander's sentiments. She spends time to let people know that one choice or event has a lot of different effects. Whether something is fair or not is beside the point. You just have to learn how to roll with the punches. Your struggles are what make you unique, Schanbaum also mentioned.

Schanbaum would bike often at school before her experience in 2008. After that experience, she began to learn how to walk on prosthetic legs in 2009. By developing her core strength, she was able to get on her bicycle in 2010. One year later, she won a gold medal in the cycling games at the U.S. Paralympics. Just being able to get back on a bike alone was something she didn't expect.

"You realize a lot of things are possible. We all end up surprising ourselves," she said.

Her physical pains are plenty, she mentioned, but emotionally she still feels some impact. Having shared for one of the first times, she mentioned that six months ago she was having pain-related issues with



Jamie Schanbaum participating on the Hour of Power Rowing and Cycling Challenge hosted by GSK. The challenge took place on World Meningitis Day on April 24.



Dr. Debbie Andre, Vice President of Community Health Centers, discusses with Schanbaum on sharing her story of survival with others.



Dr. Kenneth Alexander presents on the power of stories in communicating with those of the anti-vaccination movement.

her prosthetics. She had to remove them in order for her to recover. The removal essentially kept her bed-bound for almost three months.

Feeling frustrated, she began to question how the rest of her life would look and if she needed surgery. The issue she was having was that her prosthetics weren't fitting her comfortably. But because of the emotional impact, she had trouble sharing her frustration and pain. It was a matter of finding a way to express her emotions, she shared.

"We just need to get creative. Mental health is so important, and our brains can really make us doubt so much. But if you can figure it out, then man, doors can open," she said.

In sharing her story, she feels humbled by the opportunity she's been given. She continues to inform others about the impact it had on her and her family and her emotional experience. To her, it's not just about knowing what vaccines are but understanding why they are a necessity to get.

"I feel really lucky. As I share my story more and more, I'm still in disbelief this is the successful outcome, and that's not always true for others," Schanbaum said.





# Spaying and Neutering: The Help Cats and Dogs All Need

BY VISSHAAEL PATEL

Kitten season is well underway, and while that might seem like a time filled with adorable palm-sized kittens, there are a lot of troubles that come with it.

Those troubles exist because there is a lack of spaying and neutering of cats, especially in stray and feral cats. The season usually starts around February and lasts up until June, sometimes even until late fall. It's during the season that many cats will go into heat, become pregnant and give birth to a litter of kittens, according to Jennifer Ross, a veterinarian technician at



June is the only surviving kitten from her litter. She lives with Feline AIDS, but is taken care of by a Lake Nona community member who takes great care of her. Photo Courtesy of Heidi Bedell.

## Spay N Save.

Just like many advocacy groups, animal clinics and pet rescue groups, Spay N Save strives to help provide affordable spaying and neutering services to cats and dogs alike. Those at Spay N Save see such services as essential. Not allowing a cat to be taken care of only contributes to the overall problem. Located in Longwood, Spay N Save aims to reduce the number of homeless pets, said Kendall Massimo, a receptionist at the clinic.



Bailey enjoys her nap time. She is patient and grateful for being rescued. Photo Courtesy of Heidi Bedell.

"The most frustrating part is when a healthy animal has to be put down simply because there is not enough room in shelters and clinics," Ross said.

She also added that if cats are left without being spayed or neutered, then this would allow them to mate. All cats, pets included, will find a way to mate when they are in heat; there's no controlling it. After each pregnancy, litter numbers grow. At as young as four months old, a kitten can begin reproducing and can do so up to three, sometimes four times in a year.

The growth of litters and amount of reproduction in a year adds to the number of unwanted pets in a household. Additionally, there can be serious health problems

for cats, said Yesined Ajete, a veterinarian technician at the Lake Nona Animal Clinic.

For both cats and dogs, an unspayed female can be at higher risk for mammary cancer and pyometra, a uterine infection that can cause a female to pass within just 24 to 48 hours. As for an unneutered male, they are at risk for prostate or testicular cancers. Dogs and cats age faster in respect to human years. That aging only speeds up the impact a health problem could have within those animals, Ajete said.

"Not only does it stop the overpopulation of animals on the street who end up starving or dying from disease, but it also helps save their lives," Ajete said while advocating spaying and neutering.

While the issue happens with dogs as well, it is more prominent among cats, especially with being put down, according to Ross. There are more groups to help dogs, and shelters are often filled with more cats than dogs, she mentioned.

Along with household cats, feral, or community, cats need our support, too. There are some with ringworm or mange that causes many to avoid taking care of them. However, with education on TNR (trap-neuter-return) and working with groups such as Orange County Animal Services, many of these cats can be taken care of, Heidi Bedell mentioned. Bedell, a member



Bailey, scared, hides behind the toilet. Photo Courtesy of Heidi Bedell.

of the Lake Nona community and local re-actor, has been actively involved in the rescue effort for over a year and helped more than 24 cats.

Many see these cats as a nuisance rather than a life. On the other hand, another reason for inaction is because of assumptions. One main assumption has been that the county services would put down the cats once trapped, Mary de Guzman said. Also a member of the Lake Nona community, de Guzman realized the extent of the issue when she began adopting from her local shelters.

Bedell and de Guzman clarified that with the TNR process, many cats would be returned back to their community or colony. With the issue being present in communities all around, they want to help others understand the extent of the problem but how easy it is to fix and help the cats.

"When you open your eyes and listen and look for it, then you realize, 'Wow!' this is a problem," Bedell said.

Considering that not everyone may be able to afford to take care of a cat or dog or feel comfortable doing so, there are plenty of other ways to help, Bedell mentioned. The first would be to ensure that your own pet is taken care of. If you want to breed, then do so, but take full responsibility from start to finish and consider what the responsibility will require of your own time.

Another way to help is to either call for



A raccoon trap that Heidi Bedell uses to safely trap any stray or feral cats. Photo Courtesy of Heidi Bedell.

help or trap the cat yourself to service it, according to Bedell. There are low-cost programs that can help with the service, including for your own cat, for about \$35, depending on the gender. In addition to being spayed or neutered, animals are also given other basic medical support such as rabies vaccinations. One of her primary clinics she goes to is Spay N Save. She also said that if you can't help directly with a cat, then donating your time or money to shelters is a helpful way to give support.

Fostering a cat, or even a dog, is a great way to help, de Guzman said. One cautionary piece of advice she shared, however, is to ensure that you have enough time for the animal, especially when they're younger. And if you're looking to adopt, then there are shelters that can help people do so at fair prices.

De Guzman also added that just spaying and neutering both cats and dogs alone is one of the primary or most proactive ways to reduce the ongoing problems of overcrowded shelters, homelessness, and unnecessary euthanization.

Ross of Spay N Save mentioned, if a cat is in your neighborhood and you're taking the time to feed it, then it's also part of your responsibility to look after the well-being of that cat. However, if you're unsure whether a cat has been spayed or neutered, then noting a tipped ear on a cat is a way to help identify this.



After a day, Bailey warmed up and is now a calm companion cat residing with a family in Waterford Lakes. Photo Courtesy of Heidi Bedell.

The help is out there. By taking a few minutes to get educated on the issue, speaking with your HOA or even with your county and district commissioners to help with funding, you can support the cause. If members of the community don't take action, then we're never going to get on top of the problem, Ross mentioned.

"Rescue groups are more than happy to give out information on low-cost spay, neuter and vaccines. There are resources out there, people just have to look for them," de Guzman said.

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# Florida House of Representatives Passes \$89.9 Billion Budget

BY VISSHAAEL PATEL

The Florida House of Representatives passed an \$89.9 billion budget on Thursday, April 4, that is scheduled to start in July. The budget would avoid raising taxes and is expected to reduce waste and cut spending. As such, Florida was able to maintain its ranking as No. 1 in the nation for fiscal health, according to a press release from House Majority Leader Dane Eagle.

Seven appropriation subcommittees were able to help pass the budget through their effort and discipline. The budget includes using taxpayer money with accountability while supporting concerns like education and natural resources, Appropriations Chair Travis Cummings mentioned in a statement after the House's budget approval.

The budget aims to spend with purpose on the most vulnerable such as those impacted by Hurricane Michael in the Panhandle. In attempting to aid those affected by the hurricane, \$50 million is put toward a grant recovery program, mentioned Cummings and Eagle.




With invasive algae blooms and red tide in the Everglades, \$660.2 million is earmarked to battle this issue, according to the press release from Eagle. The intent of the allocation is to support the restoration of the wetlands while also protecting Florida's water resources. An additional \$50 million has been given to support beach restoration projects.

In anticipation of any uncertainties, \$3.3 billion have been placed into reserves. The placement would allow the Florida government to also prioritize any of today's needs while preparing for the unknown of tomorrow, mentioned Eagle in the press release.

"We now look forward to working with the Senate on our budget differences and any unmet needs," Cummings said.



Photo Source: [MyFloridaHouse.gov](http://MyFloridaHouse.gov)



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## USTA: The Moment Has Arrived

BY DANIEL PYSER

Two national champions will be crowned on Sunday, starting with the men's team final at 3 p.m., followed by the women's team final.

The four days of the team event will be a true tennis festival. Fans can expect similar activities and promotions that they have come to know and love over the last three years of College MatchDay events.



Thursday, May 16th - Saturday, May 25th

May marks one of the most important months in the USTA National Campus' two-plus year history – a month that people have been looking forward to since April 2017, when it was announced that the campus would host the 2019 NCAA Division I Men's and Women's Tennis Championships.

That moment has finally arrived, as the campus prepares to host the marquee collegiate tennis event beginning on May 16. The 10-day celebration of college tennis begins with the team championship, followed by the individual championship.

This is the first time the USTA National Campus has hosted the event, and it is also the first time the NAAs have not been held on a college campus.

In a new format this year that mimics the College World Series, the top eight men's and women's teams that advance from their respective 64-team brackets will square off in Lake Nona.

The tournament kicks off at noon on Thursday, May 16, with the first of four men's quarterfinals. The next three matches will be held at 2 p.m., 5 p.m. and not before 7 p.m. All matches will be played at the Collegiate Center.

Friday, May 17, will see the four women's quarterfinals contested and will follow the same match schedule as Thursday.

All four national semifinals will be played on Saturday, May 18, starting with the men at noon and alternating between men and women at 2 p.m., 4 p.m. and not before 6 p.m., setting up two national championship matchups for Sunday, May 19.

A four-day pass for the team event will cost \$50, while a single session costs \$20. Tickets for children 12-and-under will cost \$5, as will special group-priced tickets. For those who want to take in all 10 days of tennis, the 10-day pass costs \$100, and single-session tickets for the individual event cost \$10. For additional ticket info, please visit [www.NCAA.com/tickets](http://www.NCAA.com/tickets).

The individual event begins on Monday, May 20, consisting of a 64-player singles bracket and a 32-team doubles bracket for both men and women.

Play begins at 11 a.m. on Monday and Tuesday, May 20 and 21, and at noon on Wednesday, May 22. Beginning Thursday, May 23, with the singles and doubles quarterfinals, matches begin at 4 p.m., followed by the singles and doubles semifinals on Friday, May 24.

Four national titles will be earned on Saturday, May 25, the last day of the tournament, as the men's and women's singles and doubles national championships will all be contested. Play begins at 4 p.m.

The 64-team brackets will be revealed on Thursday, April 29, on [NCAA.com](http://NCAA.com), and the individual brackets will be announced a day later. Play begins the following week with all roads leading to Lake Nona.

During the NCAA Championships, the campus will also host a USTA National Level 2 junior event with some of the top junior players from around the country, while the final two days of the NCAA individual tournament will overlap with a USTA Florida junior doubles event.



Photo Courtesy of USTA



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# Take Back Your Body

BY DR. ROXANNE SYLORA

I LOVE MY KIDS, but ... I don't recognize this body I am in anymore!

I don't get much sleep and have dark circles under my eyes.

I have a stretched-out belly and have put on 20 pounds.

I don't get time to exercise.

I don't eat as healthy because ... I am finishing their food, or I am on the run and get fast food.

I have floppy breasts after breastfeeding or being pregnant.

Do any of these sound familiar? If you have had children, you probably have some of these issues. You wish you had your pre-pregnancy body back or the body you had in your 20s. For me, I was at least 20 pounds lighter and two sizes smaller. Only recently have I accepted I might not get back down there, and the battle now is not to go up more.

As a plastic surgeon and a mom to three kids, I can readily relate to my patients who come in complaining about the body they no longer recognize. Our lower half tends to grow while our upper half has shrunk, and we don't find it flattering. What can we do?

For our breasts, many of us complain about sagging, low-hanging breasts that come after pregnancy, losing weight, or with time. This is related to skin that is no

longer as elastic and has stretched out too much, or the change in the composition of the breast itself.

When we are young, our breasts have a higher proportion of glandular tissue that provides structure and weight. As we age or as hormones alter our bodies, the proportion of glandular tissue to fat typically decreases. Much to our chagrin, the remaining fatty tissue has less structure and is softer, so the breasts become more "floppy."

For individuals needing more volume to add size, a breast implant can be a great solution. However, if you just want to lift them up, a lift (aka mastopexy) might be enough. Depending on the look you want to achieve, a combination of the two can be used.

For our bellies and hips, there are a variety of treatments that may help us get back to what we remember. This can include liposuction, with or without a tummy tuck (aka abdominoplasty).

Liposuction helps get rid of unwanted curves (love handles, too much lower belly fat) but does not effectively deal with excess skin. Hanging skin (aka "the belly pooch") is a result of being stretched out and the skin losing its elasticity. Although there are non-surgical treatments that can help tighten skin, they can rarely produce the results of a true abdominoplasty. During an abdominoplasty, surgeons can also repair the stretched muscle (diastasis) that often occurs as a result of pregnancy. This helps flatten the overstretched belly. Sometimes people need a combination of these procedures depending on where their fat accumulates the most and where their skin is stretched out or hanging.

There are many ways to try to restore a recognizable body after pregnancy or weight



loss. Will it be the same body you had before? That depends on whether you accumulated additional weight over the years. However, there are many procedures that can help you at least regain a body you are willing to claim as yours. And with additional good nutrition and exercise, sometimes it's an improved version than what we had in our youth.

Too many times, I see patients feeling guilty about spending money to get back a body that makes them feel confident. However, plastic surgery is about so much more than vanity. Feeling confident translates into a happier self and can improve relationships, benefiting those around you.

If you are considering a cosmetic procedure, I invite you to join IAS for a complimentary consultation to discuss your aesthetic goals and the options available. To learn more, call us at (407) 409-8000 or visit [iasurgery.net](http://iasurgery.net).

*Dr. Roxanne Sylora, MD is known for her expertise in breast enhancement, reduction, and body contouring. Before moving to Orlando, she spent several years in the Chicago area performing breast augmentation and body sculpting, including breast lifts, tummy tucks, breast reconstruction, and post-massive weight loss body contouring. Certified by the American Board of Plastic Surgery, Dr. Sylora has been recognized as a "Top Plastic Surgeon" by Consumers Checkbook and as one of "America's Top Plastic Surgeons" by Consumers Research Council of America.*

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## Endometriosis: Let's Talk About It

BY ADVENTHEALTH MEDICAL GROUP

While one in every 10 women between the ages of 15 and 44 experience endometriosis, most don't realize that severe pain during their periods isn't normal. For many women, the path to finding effective relief is met with great challenges. "But, there is hope," notes Steven McCarus, MD, a nationally renowned gynecological surgeon at AdventHealth for Women.

### Endometriosis Explained

Endometriosis is a condition that occurs when the lining of the uterus (called the

endometrium) grows outside of the uterus. Endometrial tissues might grow in the fallopian tubes, around the ovaries, or in other areas of the abdomen. Even though the endometrial tissue grows outside the uterus, it acts just like it would while in the uterus. During your menstrual cycle, the tissue gets thick, then sheds and bleeds. Since there is nowhere for the blood and lining to go, it stays in your body, irritating the cells around it. The irritated cells can form scar tissue and adhesions that cause your pelvic organs to stick together.

### You're Not Alone

"Endometriosis is a very common, yet completely misunderstood, disease," explains Dr. McCarus. "It affects women in the prime of their life in reproductive years, interfering with attempts to live an active and healthy lifestyle, fertility, and interpersonal relationships."

### Symptoms

Endometriosis can be very painful and worsen during your menstrual cycle. The pain might even get worse over time with every period you have. You might also experience other symptoms, such as:

- Bloating
- Constipation or diarrhea
- Fatigue
- Heavy bleeding during periods
- Infertility
- Pain when you use the bathroom

If you have heavy, painful periods, it's important to talk with your doctor about the possibility of endometriosis since early detection might help you achieve better outcomes.

"It's important for women and providers to realize that diagnosing and aggressively treating endometriosis early can help women prevent surgery. We need to find and treat endometriosis in the earliest stages, not ignore it to the point at which surgery is mandatory," Dr. McCarus says.

### Diagnosis and Treatment

If you have symptoms of endometriosis, your doctor might order a diagnostic test like an ultrasound or MRI (magnetic resonance imaging) to look for signs of endometriosis in your pelvis or recommend laparoscopy, a minimally invasive surgical procedure, to detect it.

"Recently, medical therapy with a gonadotrophin-releasing hormone (GnRH) agonist has been approved by the FDA to reduce moderate to severe pain associated with endometriosis. I'm seeing great success in many women that are being treated with this therapy," says Dr. McCarus.

He continues, "As we understand the inflammatory association with endometriosis and known cellular differences between

uterus and endometriosis, it is incumbent on us to treat the disease more aggressively with medical therapies that decrease estrogen production. Endometriosis is a known estrogen-dependent disease."

Dr. McCarus believes surgery should be the last treatment option with medical therapies being tried initially, but notes that it is an option for many patients. "With state-of-the-art surgical suites and technology, we can use minimally invasive techniques while offering better outcomes for the patient in reducing long-term pain," he says.

*Dr. Steven McCarus, MD, FACOG, is a board-certified and internationally recognized OB/GYN surgeon and the Chief of Gynecological Surgery at AdventHealth Celebration and Winter Park. He is known for his development of the McCarus Hysterectomy Technique, which physicians routinely travel from across the country to learn from him. Dr. McCarus specializes in treating complex gynecologic conditions such as abnormal uterine bleeding, advanced endometriosis, infertility, menopausal symptoms, pelvic adhesions and pelvic organ prolapse, urinary incontinence and interstitial cystitis, uterine fibroids, and painful bladder syndrome. To schedule an appointment, call our Women's Health Navigator at 407-720-5191.*





# Knee Injuries in Young Athletes

BY MICHAEL SEIFERT, MD,  
SPORT MEDICINE PHYSICIAN,  
UCF HEALTH

The knee is a weight-bearing, hinge joint and is the largest joint in the body. Its unique anatomy and physical demands require multiple soft tissue structures to support the bony framework. The structures, including ligaments, tendons, cartilage, and two menisci, are more frequently injured than the bones. Thankfully, many knee injuries don't require surgery and can heal using non-operative techniques. Since there are many different kinds of knee injuries, a sports medicine specialist can help provide the best treatment through proper evaluation of history and a physical exam.

## Patellar Tendonitis

Patellar tendonitis is a common sports injury in athletes of all ages. It is also known as "jumper's knee." It occurs when the tendon connecting the kneecap and shinbone becomes irritated. Frequent jumping is a major cause of this injury, so it is common in volleyball and basketball players – especially middle- and high-school-aged athletes in these sports. Treatment often involves activity modification and short term use of anti-inflammatories.

## Osgood-Schlatter

Osgood-Schlatter is a common knee condition in adolescents and is a side effect of growth spurts when tendons, bones and muscles are changing rapidly. Young athletes are at even greater risk because of the stress they put on their knees. It is usually characterized by pain on the end of the tibia bone in the knee joint, especially when pressed on. It is treated with anti-inflammatories and stretching exercises.



## Patellofemoral Pain Syndrome

Patellofemoral pain syndrome is another common knee condition frequently seen in runners. Athletes typically have pain in the front of the knee, usually around the knee cap. The pain is worse with running, ascending stairs, or rising from a seated position. The injury usually occurs with activity and is not typically induced by trauma. Treatment of patellofemoral pain syndrome focuses on exercises to improve quadriceps strength, hip stabilizer strength, and lengthening the hamstring through stretching.

## Iliotibial Band Syndrome

Iliotibial band syndrome, also called IT band syndrome or ITBS, is usually described as pain on the outside part of the knee, usually occurring after a period of activity. This condition can occur when someone increases their activity load quickly, changes footwear, and/or is not diligent about stretching the outer muscles of the thigh. It is treated by stretching exercises for the IT band.

## ACL Injuries

Another common injury in young athletes is an anterior cruciate ligament (ACL) injury. Unfortunately, the rate of ACL tears has increased over the past 20 years. Fe-

males are at greater risk than females. ACL injuries can occur in both contact and non-contact sports.

The ACL works to stabilize the knee. It is typically injured during a twisting or turning motion. If the ligament is damaged, the knee becomes unstable. This can result in future knee injuries and early

arthritis. Most ACL injuries will require surgery to fix it, although there are a few cases of high-level athletes who compete with a torn ACL.

ACL injuries can be distinguished by a popping sound or by sudden pain with immediate swelling in the knee. In younger patients, symptoms may not occur right away. However, if your child is experiencing limited knee movement, swelling, or an unstable knee, you should visit a sports specialist.

## Meniscal Tears

Forceful twisting or turning too quickly when your feet are planted on the ground can cause a meniscal tear: a tear to the shock-absorbing pads of cartilage in the knee.

A meniscus tear can lead to knee pain or other mechanical symptoms such as popping, clicking or locking of the knee. Some athletes can still walk or continue to be active with a torn meniscus, usually after rehabilitation. Many active people can continue to be active and have no symptoms, or only minor symptoms, with a torn meniscus.

## Prevention

The common occurrence of knee injuries should not deter athletes from playing.

Young athletes and their parents can benefit from a greater understanding of how to prevent knee injuries and what to expect should the athlete sustain a knee injury.

The first step in preventing knee injuries is ensuring that coaches implement an evidence-based ACL injury prevention program that starts in the preseason and continues throughout the season. This training focuses on increasing strength, dynamic balance, and flexibility and should be done several times a week. Ask your coach what training is being done to prevent ACL and other knee injuries. A sports medicine specialist could also assist with this information if the coach does not know.

In addition to these common knee injuries, there are a variety of other muscles and tendons that can be injured in and around the knee. A thorough examination is important to determine the cause of the athlete's knee pain. A sports medicine physician with specialized training in the diagnosis of knee injuries can help clarify the athlete's injury and provide treatment recommendations to keep you in the game.

*Dr. Michael Seifert is a board-certified sports medicine specialist who helps patients heal from and prevent activity-related injuries in both athletes and aspiring athletes. He is a lifelong soccer player and Lake Nona resident. He works at the UCF Health office in Lake Nona. Visit [ucfhealth.com](http://ucfhealth.com) for more information.*



# Namaste With Natalia: Dancer Pose

## Natarajasana

### Your Monthly Yoga Pose

BY NATALIA FOOTE  
PHOTO BY MICHAEL FOOTE

May is a month of celebration! In May, we honor, mothers, teachers, nurses, public service, and our national military. We celebrate prom, Memorial Day, and Cinco de Mayo, three events that usually contain music and dancing. Thus, this month's pose is dancer pose, or *natarajasana*.

Dancer pose is a vigorous balancing pose that promotes brain health and a graceful carriage. It expands the chest, opens the shoulders, and strengthens the leg muscles.

#### Natarajasana

1. Stand in mountain pose with your feet together and your hands at your sides. Close your eyes.
2. With your eyes closed, notice the weight in your feet and transfer it from one foot to the other. Keeping your eyes closed, bring all of your weight onto the left foot.
3. As you open your eyes, lift the right toes off the mat and bend the right knee so the right toes are coming toward your right hamstrings.
4. With the right hand, catch the right toes or foot.
5. Keep the right palm facing away from the body as you catch the foot and the

right thumb facing up.

6. With the right foot in your right hand, keep the hips on the same plane and begin to kick the right leg.



to be associated with early pathological changes in the brain and functional decline, even in apparently healthy subjects."

For an advanced movement, catch the leg with both hands, then rest the foot on the

head.

Dancer pose, like all balancing poses, allows the mind to focus. In addition, the pose is freeing while the opposite arm is extended. Enjoy the music and enjoy the dancer pose.

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.*



7. The thigh should be parallel to the mat, and the shin should be perpendicular to the mat.
8. Allow the left arm to straighten ahead and stay parallel to the mat.
9. Make sure your chin is slightly bent down so as to elongate the spine.
10. Hold the pose for 20-30 seconds then repeat on the other side.

Modifications for beginners would be to practice the hold of the foot with the same arm and balance with a wall in front. You will get many benefits from the simplicity of balancing on one leg. According to an American Heart Association study on balance and brain health, or the Association of Postural Instability With Asymptomatic Cerebrovascular Damage and Cognitive Decline, "Postural instability was found





## DirectConnect To UCF: Changing Students' Lives and Social Mobility

BY CAMILLE RUIZ MANGUAL

Since its start in 2006, the DirectConnect to UCF program has provided students with a clear path to earning a bachelor's degree at UCF. The first program of its kind in the country, DirectConnect to UCF guarantees admission to UCF to students graduating from one of six state colleges, including Valencia.



Victor Rodriguez

# DIRECT CONNECT™ TO UCF



Photo Courtesy of UCF Today



Photo Courtesy of UCF Today

The 50,000th degree earned through DirectConnect will be awarded at UCF's Spring 2019 commencement. Since its inception, the program has allowed

many students to earn degrees, and the number of students earning degrees through this program continues to grow. Since its inception in 2006, the number of first-generation college students



Victor Rodriguez

awarded degrees through DirectConnect has increased from 552 to 1,647, a 197% increase. For minority students, there has been an increase of 382% as the number of students receiving degrees increased from 494 to 2,379 students. Additionally, the number of Pell-eligible students receiving degrees through DirectConnect faced a 375% increase, from 669 to 3,180 degrees awarded. This is representative of unparalleled access to affordable education and the impact that the program is having on social mobility.

Following graduation, more than half of UCF alumni (52%) choose to continue residing in Central Florida, taking advantage of the booming employment market. According to the Bureau of Labor Statistics, Central Florida has been among the top regions in the country for job growth over the past four consecutive years. Furthermore, studies show that those with a college education make more money. A bachelor's degree translates to an additional \$450,000 to \$655,000 more in median lifetime earnings.

For Victor Rodriguez, UCF's Ronald E. McNair Scholar, the potentially life-changing impact of a college degree motivated him to continue pursuing his education. As a young boy, Rodriguez faced family challenges such as homelessness that caused him to bounce from school to school. He struggled to maintain good grades but was determined to earn a college degree regardless. Rodriguez attended Valencia College, and it was there that he learned of the DirectConnect program.

"The DirectConnect program provided a clear plan to allow me to transfer to UCF without the concern if I would be accepted," he says. "They did that by having knowledgeable advisors that could tell me exactly what I had to do. The best part is that there are many courses available for my degree that transfer directly to my degree at UCF."

Rodriguez notes that Valencia's assistance with the DirectConnect program allowed him to take advantage of all UCF resources such as research, coursework, and the scholar's program, and to pursue his mechanical engineering degree. He will be graduating from UCF this May with a spot at Carnegie Mellon University to study engineering policy.

Strong partnerships, early student engagement, specially-trained success coaches, and plenty of resources with which to fight "transfer shock" have allowed this program to change the lives of thousands of students.

"The DirectConnect program provides a sense of clarity and ease," Rodriguez says. "It sets one up for success in studies at UCF. The same cannot be said of other programs or institutions. Especially for students like myself who may not be ready to transfer to a large university directly out of high school and need more time and assistance to think about what it is we want and plan how to get there."





# SCHOOL UPDATES

## LAUREATE PARK ELEMENTARY

BY SUZANNE WORKUM, PRINCIPAL

As we wrap up the school year, Laureate Park Longhorns have been learning and celebrating. Our 3rd and 4th grades were inspired by author Margaret Mincks when she shared how she gets her ideas and writes her books. Our Kindergarten students dived into the world of community leaders and careers, learning about what job they might want to have when they are older. On the last day of the unit, they chose a career, dressed for that career, and gave a presentation to their classmates. In April, our Longhorns celebrated Autism Awareness Month by wearing blue to celebrate awareness, inclusion and acceptance. In addition, we celebrated Ms. Elkins during Assistant Principals Week.



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# SCHOOL UPDATES

## EAGLE CREEK ELEMENTARY

BY JESSICA SCULLY, M. ED.

### SGA Visits Ronald McDonald House After Spaghetti Dinner Fundraiser

Our students have been so driven this year to help the families at the Ronald McDonald House. They came up with an idea to host a spaghetti dinner with all of the proceeds going to the Ronald McDonald House! They were able to raise \$500. Our students recently visited the Ronald McDonald House to present them with a check for the money raised. We are so proud of our Panthers.

### ECE Panther Chorus Sings at Solar Bears

On Thursday, April 4, our ECE Chorus performed "I Just Can't Wait to Be King" from *The Lion King* during the Solar Bears game.

### ECE 5th Grader Performs with Lake Nona High School

ECE 5th Grader, Connery Jacobs, was cast as Kurt Von Trapp in the LNHS production of *The Sound of Music*. Way to go, Connery!!

### Autism Awareness Fun Night

What a wonderful event on Friday, April 5, in honor of Autism Awareness Month. The evening was full of bingo, magic and human-powered snow cones, but most of all special words from our students. Thank you to everyone who helped make this meaningful event come to life.

### iReady Celebration

Friday, April 5, students who achieved their iReady goals for the third quarter of the school year celebrated with a bounce house, snow cones, game truck, dunk tank, and more! What a fabulous time we had celebrating their hard work and achievement!

### Battle of the Books

Recently, we had five students compete in the Southeast learning communities Battle of the Books. The students battled other schools in our area to see who knew the most about the 3rd-5th grade Sunshine State books. We are proud to say that our team won all three of their rounds! We are so proud of our rock star readers!

### Earth Day

Our students were encouraged to make a clothing item out of recycled material with

the top 20 students being invited to a fashion show where they will wear their project for a panel of judges. We are so proud of our students for finding creative ways to reduce, reuse, and recycle around ECE and at home.

### Kindergarten Orientation

On Tuesday, May 7, we will be hosting our Kindergarten Orientation here at Eagle Creek. The event will take place at 5 p.m. During the Orientation, you will learn about Eagle Creek Elementary and the life of a kindergartner. Please keep in mind that you can still register your child for kindergarten at any time during normal school hours.





## SCHOOL UPDATES

### SUN BLAZE ELEMENTARY SCHOOL

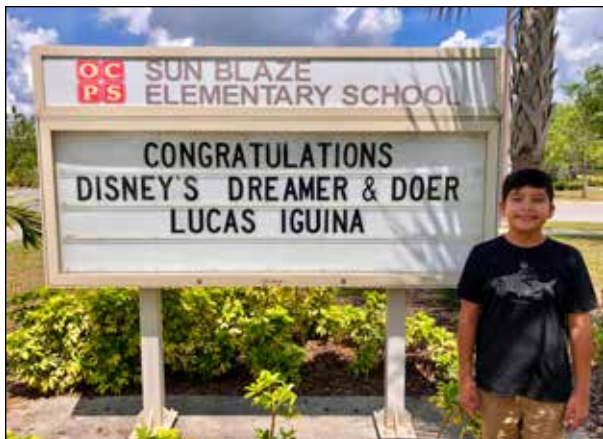
Sun Blaze participated in the OCCTM Math Competition at Innovation Middle School against schools from the Southeast learning community. The third and fourth grades took first place overall. Our fifth grade placed second overall. Our fourth-grade students received additional recognition for being the only team from all grade levels with a perfect score.

We are very proud of how hard the students and teachers worked preparing for this competition. Sun Blaze is lucky to have Ms. Parfet, Ms. Nicholson, and Ms. Worrell who coach, support our students, and allow them to thrive.



Amazing job, Stingrays!

Congratulations to Lucas Iguina, our Disney Dreamer & Doer for 2019. Lucas was born with a congenital heart defect called Hypoplastic Left Heart Syndrome, which is when the left side of the heart does not form. Before the age of two and a half, he had gone through three open-heart surgeries. When he was eight years old, Lucas attended a legislative conference in Washington, D.C. He met with state representatives to share his story and began advocating for the Heart Authorization Act. Lucas began volunteering locally with his mother when he was younger, and now they run the Florida Chapter of the Pediatric Congenital Heart Association. The Heart Au-



thorization Act passed this year, and the Florida Senate was able to hear Lucas' story.

Our amazing PTA hosted a cookout for the staff recently. We want to thank our PTA president, Connie Menahem, and her team for investing in our students and staff through their countless hours of serving others, hosting events, support, and raising finances to help increase the level of excellence at Sun Blaze.



We want to invite the community to our School Carnival that will take place on Friday, May 3, from 4-8 p.m. Bring your family and enjoy carnival rides, the rock wall, bounce houses, face painting, dunk tank, silent auction, DJ, food, drinks, carnival treats, and more.



We always want to invite the Lake Nona community to follow our social media links to stay connected with all that is happening at Sun Blaze Elementary. The website address is <https://sunblazees.ocps.net>, and you can follow us on Facebook at Sun Blaze Elementary.

Go, Stingrays!



### INNOVATION MIDDLE SCHOOL UPDATES

BY CHRIS CLARK, PTSA

May Day is here, so that means school is almost over. How does that happen!? We still have many things happening at Innovation Middle School.

Last month, our principal, Dr. Maestre, hosted a pancake breakfast for students who got straight A's on their third-semester report cards. Students of the Quarter and Citizenship awardees were also honored. Congratulations to the 175 students who were invited to attend! The IMS Chapter of the NJHS will host the 2019 inductee ceremony on May 16, welcoming 100 new members.

Our 8th graders are getting ready to blast off to high school. To celebrate this big milestone, they will attend GradVenture at Universal Studios on May 3. They will celebrate the last day of middle school on May 29 with a "field day party." Volunteers and donations are welcome.



Send a note to [president@innovationmiddleptsa.org](mailto:president@innovationmiddleptsa.org) if you can help donate time or supplies.

The last big fundraiser of the year for PTSA is the Spring Dance. It will be held on May 17 at Innovation Middle School. Only current IMS students may attend. We need parents to help decorate and chaperone. Send a note to [volunteer@innovationmiddleptsa.org](mailto:volunteer@innovationmiddleptsa.org) if you can help.

All IMS student-athletes will be honored at the year-end banquet taking place on May 28 at the GuideWell Innovation Center. See Coach Grimm for details.

You can start planning for the 2019-2020 school year by signing up for a device appointment. Distribution will take place on Aug. 3 or 7. Register for an appointment at [tinyurl.com/IMSDevice2019](https://tinyurl.com/IMSDevice2019). Due to the lengthy process needed to get more than 1,300 students their individual device, walk-ins are not available.

As we wrap up another successful year at Innovation Middle School, the PTSA would like to thank the community and IMS parents for all of their support!



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# SCHOOL UPDATES

## NORTHLAKE PARK COMMUNITY SCHOOL

### First Place at the Battle of the Books!

BY SALLY SHUMAN

Each year, OCPS sponsors the Battle of the Books (BOB) for students in grades 3-12. This is a literacy incentive program for students who read the Sunshine State Books. BOB teams of six are formed at each participating school, and then the team begins studying every detail of the 15 Sunshine State Books. The team at NLP began meeting once a week in January to participate in mock battles to prepare for the county battle. For the Southeast Learning Community, 21 schools battled it out at Lake Nona High School. *NorthLake Park was the winning team* and for the 3rd year in a row will compete at the county level! There will be two schools from each of the five OCPS learning communities participating in this final battle.

The goal of this event is to incorporate in students the value and importance of collaboration, teamwork and friendly competition. While competing with their peers from other schools, it is apparent that the purpose of the program is working ... students are reading great, quality books and are having fun!



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# SCHOOL UPDATES

## LAKE NONA HIGH SCHOOL THEATER



BY BELLA FUENTES

Congratulations to the entire company of *The Sound Of Music* as they say “So Long, Farewell” to their beautiful production. The show ran the first two weekends of April and included elementary school students as part of the cast. Thank you to anyone who saw the production and helped tell the story of this amazing Rodgers and Hammerstein classic.



Congratulations to the Girls’ and Boys’ tennis teams for winning the District Championships.

## MOSS PARK ELEMENTARY

BY STEPHANIE OSMOND,  
ED.D., PRINCIPAL MOSS PARK  
ELEMENTARY

This month has been a busy one for Moss Park! Over spring break, 10 of our teachers took the time from relaxing beachside to better themselves professionally and attend the Ron Clark Academy in Georgia. We had a wonderful time and are so excited to help build our community and create a solid family culture for our students.

Several of our students competed at the district level in the OCCTM Math Competition under the guidance of Ms. Whalen, Ms. Lucas and Ms. VanAlstyne. Our students placed first in the relay, first place in problem-solving, and second place in team activity! Students in our Battle of the Books team not only read all 15 of the Sunshine State books but became experts. They took second in our learning community! Congratulations to NorthLake Park who took first, keeping it in Nonahood! We can’t wait to battle you at the district competition!

Congratulations to our Disney Dreamer & Doer, Shaun Shores! Shores is an amazing role model for all of his peers. He sets expectations for kindness, caring, compassion and determination that reach new heights! Not only does he set a good example by his own kindness, but he makes sure that everyone around him is kind, too. He stands up for his peers when he knows they are being bullied and has compassion for others that goes beyond the average ever seen in a 5th grader.

We have a lot to look forward to moving into the next marking period. I know our students have enjoyed making great memories this year and are excited to finish the last few weeks strong!



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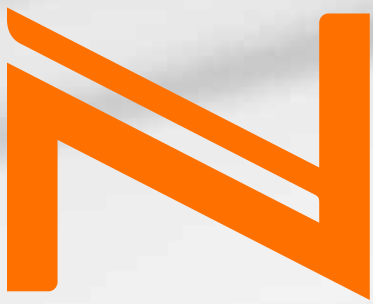
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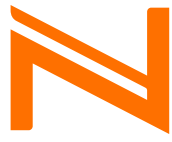
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# FOOD & DRINKS



## Kyle's Culinary Column: Find Your Thrill on Blueberry Hill

BY KYLE HAMM



Blueberries are in high-season now, so be prepared to see an abundance of them in your grocery stores and farmers' markets. April to June is the blueberries' prime season, and there's no shortage of blueberries in Florida, whether they be wild or grown commercially. There are at least eight species of blueberries that grow wild along our rivers and swamps.

Ten states make up 98% of the United States production of commercial blueberries: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon, and Washington. The country's general peak season for blueberries is mid-June to mid-August, but Florida blueberries have a very early peak in their season. Florida grows and harvests 17 million pounds of blueberries each year.

Generally, there are two classifications of blueberries: highbush and lowbush. Highbush blueberries will

be the most common that you see in the grocery stores and farmers' markets. The southern highbush blueberries that grow here in Florida are actually the earliest to ripen in the United States. Lowbush berries are sweeter and smaller blueberries that are often used for juices, jams, etc.

There is no shortage of uses for blueberries – they're totally versatile. You can use them fresh, juiced, pureed, dried or even to infuse. Jam can be made with fresh blueberries, sugar and water. Blueberries can be made into wine by fermenting and maturing the skin and flesh of the berry. Blueberry extract can even be used to treat Alzheimer's, diabetes, high blood pressure, and other medical conditions. Just one cup of blueberries can contain up to 25 percent of your daily vitamin C requirements.

I honestly love anything that is made with blueberries. I won't turn them down; maybe they'll even be my downfall one day. Pancakes, muffins, ice cream, cobbler, PIE! Even more savory items can be complemented with blueberries. Sweet and savory is just the best combination of flavors, in my opinion. If you've never tried a rack of lamb with blueberry sauce, make it a point to! I've made barbecue sauces with blueberries as well.

Did you know that a blueberry freezes in just four minutes? If you're looking to chill your drink, try using frozen blueberries instead of watering it down with plain old ice; it's a great-



looking garnish, too! Don't be shy to use it in your booze, either. Infuse it with vodka or get creative with your cocktails.

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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# Katie's Cucina: Peanut Butter Chocolate Chip Banana Bread

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

Oh, how I love the month of May! Not only do we celebrate the mothers in our lives, but we also celebrate Memorial Day and the end of another school year. In an ode to mom this month, I'm sharing one of my absolute favorite twists on banana bread.

How many times have you bought too many bananas and now you have at least three, if not five (in my case), dark-spotted, very ripe bananas? This happens a little too often in my home. I normally just unpeel the bananas and place them in my bag that rests in my freezer to use for future smoothies. But on this day, I was craving some banana bread.

Instead of making my go-to banana walnut bread recipe, I was thinking about how I could add peanut butter into the batter to make this banana bread even more spectacular. My kids had eaten all the peanut butter, and I didn't have any in my pantry. I had peanut butter powder, which happens to be a tad bit healthier for you, so a big win on my part. I still had some dairy-free chocolate chips on hand, so I knew I would add those into the bread as well. Let's get real, you can't go wrong with the peanut butter/chocolate combo.

I know you might be wondering, well, what if I don't have peanut butter powder on hand? If you have traditional creamy peanut butter on hand, you can swap it out exactly as stated in the recipe (just don't add the water)! Don't worry if you only have chunky peanut butter on hand. You can

use that, too. Just remember, you'll have chopped nuts inside the bread. So if you're good with that, then you can use it!

Bananas must be ripe! That is one of the secrets to super moist and flavorful banana bread. You want to make sure your bananas are ripe. When they are spotted with more brown than yellow, the bananas are ripe. You want ripe bananas because they will be much sweeter, yielding a stronger banana flavor.

To amp up the wow factor on this banana bread, I made a peanut butter frosting. I start by creaming butter with powdered sugar (similar to a buttercream). Then, I add in the peanut butter powder and water. After it begins to incorporate, then I add in the heavy cream and whip on high until the frosting is thick and well incorporated. Once again, you can also use traditional peanut butter for the frosting as well.

So, with a few of my tips, I hope I've intrigued you to change your normal banana bread recipe and make this recipe for Peanut Butter Chocolate Chip Banana Bread. Everyone who I serve it to is always shocked that they are eating banana bread.

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



## PEANUT BUTTER CHOCOLATE CHIP BANANA BREAD

Yield: 10 slices | Prep time: 10 minutes  
Cook Time: 1 hour, 10 minutes | Total time: 1 hour, 20 minutes



### Directions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Using a stand mixer fitted with a paddle attachment, mix together the peanut butter powder, water, brown sugar, and granulated sugar on medium-low speed for 30 seconds. Turn the mixer off. Using a silicone spatula, scrape down the sides of the bowl. Then, add in the egg and vanilla extract. Mix again for 30 seconds.
3. In a separate bowl, mash the bananas. Then, add to the stand mixer. Mix for an additional 30 seconds.
4. Add in the all-purpose flour, baking soda, ground cinnamon, and salt. Mix until combined, 30-60 seconds. Then, pour in the chocolate chips.
5. Spray a loaf pan with cooking spray. Using the silicone spatula, spread the batter into the loaf pan. Bake for one hour and 10 minutes or until a toothpick inserted in the middle comes clean.
6. Remove the banana bread from the oven. Let rest in the pan for 30 minutes, then remove to a plate to continue cooling.
7. Once cooled, make the frosting. In a stand mixer fitted with a paddle attachment, cream the salted butter with powdered sugar. Then, add in the peanut butter powder and water. Mix for 20 seconds on medium-low. Then, begin to add in the cream. Beat on high for one minute.
8. Spread the frosting on top of the bread. Top with chopped peanuts and mini chocolate chips. Slice and enjoy.

### Ingredients:

#### Banana Bread:

- 1 cup peanut butter powder
- 1/2 cup of water
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 3 ripe bananas, mashed
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup mini chocolate chips

#### Frosting:

- 3 tablespoons salted butter
- 3 tablespoons powdered sugar
- 1/3 cup peanut butter powder
- 2 tablespoons water
- 1/2 cup heavy cream
- 1/4 cup honey roasted peanuts, chopped
- 1 tablespoon mini chocolate chips

Note: Store the peanut butter banana bread in the refrigerator in an airtight container for up to five days.

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- May 11: Be Prepared. Stay Safe.
- June 8: 2019 Legislative Updates
- July 13: HOA & Condo Board Of Directors Certification Training
- August 10: Crime Prevention and Neighborhood Safety
- September 18: Building Stronger Neighborhoods
- October 12: Sustainable Living Made Easy
- November 9: Navigating Neighborhood Resources

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## Date Night in The Nonahood: Nona Adventure Park's Songs at Sunset

ARTICLE BY KYLE HAMM  
PHOTOS BY ELAINE VAIL

*"Date Night in the Nonahood" is a new article for Nonahood News to bring you and your significant other new ideas to enjoy a night out together. With new restaurants and activities around every corner, it's easy to lose track of what's new and fun to do in Lake Nona and nearby areas. That's why we are here to help! We want to bring you the inside scoop of everything local that's going to be a hit for your Date Night.*



If you all didn't know about it yet, Nona Adventure Park is now officially open. It's the most awe-inspiring, mind-blowing, venturous park – and it's right here in Lake Nona!

Nona Adventure Park brings more to the show than just their three major attractions, though. They've come out with a new event series called Songs at Sunset. This event features live artists lakeside on the deck at their very own restaurant, Splashes Bistro. Let's not forget the highlight – you can get all of this while enjoying a beautiful sunset; it's truly an impeccable venue with unique and stunning views.

My wife and I have been to Nona Adventure Park many times before, but when we arrived to Songs at Sunset, we were just taken away by the vibrant and lively crowd. The great music from Jonnie Morgan on his acoustic guitar really blew us all away. He played some of his own music and some great covers, as well.

Splashes Bistro and Snack Bar definitely matches the uniqueness of Nona Adventure

Park. Awesome grab-and-go bites if you're in a rush to eat after getting exhausted on the water-course, or choose from their Bistro menu that features gourmet salads, sandwiches and flatbreads. I'm especially a fan of their bar that serves nice, cold beer and wines.

So the wife and I decided to first grab a beer and enjoy the beginning of the show – a premium Stella for the wife, and I went with the Beach Blonde from Three Daughters. While the artist took his break, I put in an order for our food. We decided to share a curry chicken flatbread and a salad, and I took on the gourmet BBQ burger. The flatbread was very tasteful, loaded with flavor and spices that truly made a great flatbread. The salads are very fresh and yummy. I was very pleased



with my gourmet burger, too. Topped with beer-battered onion rings and a sweet BBQ sauce, it definitely hit the spot.

Although the weather wasn't the most cooperative, I still think the sunset was exquisite. Pretty reds and pinks filled the sky behind the clouds while we enjoyed a live show on the lake. There are great vibes out on Adventure Lake, and Songs at Sunset truly raises the excitement of Nona Adventure Park.

If you're looking to enjoy a relaxing, vibrant and memorable evening for your Date Night, be sure to check out Nona Adventure Park for their Songs at Sunset. This event is going to be every Friday from 6-9 p.m. (weather permitting) and features live music performances from local artists.

The food is delicious, the drinks are cold, and the sunsets are remarkable. I know I'll be planning to go back to enjoy their next show!

*Stay tuned for our next issue of "Date Night in the Nonahood," and we'll continue to find all of the local places for you to enjoy a night out with your significant other.*



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## Dog of the Month



### Loki

**Owner:** Melissa Carrasco

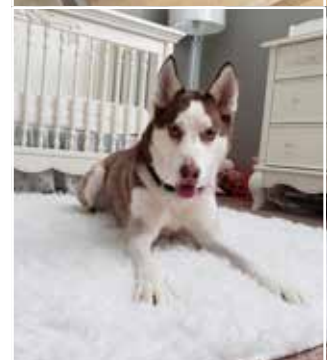
**Breed:** Siberian Husky

**Age:** 3 years old

**Dog's Quirk/Story:**

Loki is the sweetest and dorkiest dog ever! He is super shy and nervous, but once he's comfortable, he's the goofiest!!

*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: Matt Friedel

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF RENEE FRIEDEL

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:** 24  
**Year Graduated:** 2013  
**Occupation:** Critical Care EMT at Nemours  
**Current Location:** St. Cloud, FL



Matt Friedel was part of one of the original families to have lived in the NorthShore at Lake Hart community when he and his family first moved to the Lake Nona area.

"Well, to start off, my family and I moved into Lake Nona in 2001 from Hunters Creek. We wanted a new place and a fresh start in the up-and-coming area to grow as a family. My family still lives in the same house we first moved into in 2001, while I moved away to St. Cloud not too far from my parents about a year ago."

While a student at Lake Nona High School, Friedel had goals to further his education and continue to play the sport that he loved so much ... lacrosse.

"Some of my post-high school goals were to go to college to play lacrosse and get a Bachelor's in business. I had the goal of obtaining a sports scholarship to play collegiate lacrosse somewhere in the state. Not really knowing what I wanted to do with my life, I kept my options open," Friedel continued. "One of my main high school goals to play lacrosse at the next level was achieved; I had committed to play lacrosse at Florida Southern University in Lakeland."

While achieving some of his goals, Friedel began to realize that keeping his options open gave him the luxury to truly discover himself and what he wanted his future to look like. That would mean change and lots of it.

"After high school, I realized I no longer was interested in school. I decided to learn a trade and set my goals on becom-



ing a firefighter. The first step was attending an EMT program, and, I must say, after attending the program, it changed my life. I attended fire standards in 2017 to try and pursue my goal as a firefighter, but as time passed, I realized I no longer wanted to work in the field and be a firefighter," stated Friedel. "I set myself to a higher standard, and I am currently working with Nemours on the Critical Care Transport Team."

In the next five years of his life, Friedel sees himself working toward his newly-set goals of returning to school and working toward earning his degree and becoming a police officer. Not only does he hold himself to high standards with his busy career that makes him proud, but his new family contributes to that mentality as well.

Friedel describes how his recent milestones in his life are also his "greatest blessings." His son, Brantley, was born

in November 2017, and he married his best friend, Katie, of three years this past February. With such a busy life, he still enjoys hunting and fishing and hanging out with his friends and family.

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



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# Nona Your Neighbor: Paula Ramirez

BY CAMILLE RUIZ MANGUAL



Paula Ramirez is a stay-at-home mom of two and a Nonahood resident. Read our conversation with her below!

## Nonahood News: What does your day-to-day schedule look like?

Paula Ramirez: I wake up at 5 in the morning. I go to the gym. I'm back by 6:50, wake up the kids, take a shower, and we have breakfast. It's very important to have breakfast with all our family. Then, I take the kids to school. By 9:30, I'm back home, and I start cooking lunch. I go pick up my daughter by 12. I come home, have lunch,



then I pick up my son. If they have any classes like martial arts, ballet, soccer, I take them. We're back from class, they do homework. If they don't have homework at school, I will provide homework at home because I do homeschool for them. By 6, we eat, then we go for a walk around the neighborhood because we love Lake Nona. They go to sleep at 8, so that's my time to have tea or wine, to be with my husband, to be with my mom, to do my meditation, to read.

## NHN: What would you say are the most challenging aspects of being a stay-at-home mom?

PR: I have five people under my everyday routine, so I have to make sure my timing



is really good. I have to make sure I have a good schedule, that way I have everything for them at the proper time.

## NHN: What would you say is the most rewarding aspect of being a stay-at-home mom?

PR: The most rewarding aspect is when they tell you, "I love you." When they say, "I love you," and they give you that big hug, you know that it's worth it. Those little words, "Mom, I love you," or "Mom, you're so special," that's my strength for every day to continue. And also, my husband. He's a great husband.

## NHN: Do you have any interesting hobbies, collections, or interests?

PR: My hobby is my exercise. I love to do exercise, and I love to do meditation. I love to do yoga. I want to get better at it. I love to read things that are really positive. I love to listen to Louise Hay. Everything that brings peace to my soul.

## NHN: Where do you see yourself in the next five years?

PR: I see myself as a really good human, really good mom. That I can teach my kids that they have to respect, to love, to treat each other the same and that they have to study. I want them to study to keep up those honor rolls. Ricardo, my son, English is his second language and he has been on the honor roll this entire year. So, I pray to God that they keep on being good students. I see myself supporting them always.

## NHN: What brought you to Lake Nona?

PR: My kids. I saw such a great future in Lake Nona. Everybody's so nice. There are so many opportunities, and it's such a safe neighborhood. When you're a mom, your life is them. They're so little, they're only 4 and 5, so it's a great neighborhood to raise a family. It's very family-orientated.

## NHN: Where are you from originally?

PR: I moved from Pembroke Pines. We used to love it there, but it's better for my kids here.



There, it's too fast-paced, too many people. Here, the neighborhood is quiet, not too much traffic for now, even though it's growing fast. I feel better here.

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

PR: My favorite part about Lake Nona is the safety, how clean it is, the people. Everybody is so nice. Everybody says hi to you. The community is very united. And how fast it's growing. I love to see the progress. Every day, you wake up and you see something different.

## NHN: What would you say to anyone who is considering a move to Lake Nona?

PR: I support everybody that wants to move. I don't have many friends, but when my relatives come and visit me, I always make sure I give them a good tour, that way they leave with a good image of the city. I'm really proud to be here.

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# Nobel Notable Of Laureate Park: Frank B. Kellogg

*The Promoter of a Peace Pact  
That Could Not Prevent War*

BY DENNIS DELEHANTY

*This is the second in a periodic series of articles that celebrate the lives of the Nobel Prize laureates whose names grace the 100 streets of Laureate Park. These laureates are extraordinary men and women – many of whom are alive today – who through their lifetime achievements have made our daily lives immeasurably richer, often in ways not readily evident. Through these articles we hope to introduce you to these exceptional individuals and encourage you, perhaps, to learn more about them.*

In Laureate Park is Kellogg Avenue, whose residents may be forgiven if they associate this name with Frosted Flakes, Special K or Battle Creek, Mich. Certainly, the fam-

ily name “Kellogg” emerged from the food industry, at least its medieval version, having derived from a Middle English term for slaughtering (“Kellen”) hogs. But John Harvey Kellogg, designer of corn flakes, prolific inventor, and notorious eccentric, won no Nobel Prize. Rather, the Minnesotan trustbuster and diplomat Frank Billings Kellogg earned that honor in 1929, primarily for the Kellogg-Briand Pact, which optimistically outlawed war. More recently, of course, Frank B. was chosen for the equally singular distinction of bearing the name of a street in Lake Nona.

Perhaps most remarkable about Kellogg’s extraordinary life is that it began so humbly. Born a modest farm boy, Kellogg patched together only a desultory primary education in upstate New York before his family moved west to Minnesota. There, leaving the family farm as a teenager, and having clocked in a couple more years in public schools, Kellogg managed to land a job in a law firm as what we would now likely call a gopher. The appeal of the legal profession must have enchanted Kellogg, as he resolutely set about to study law on his own (as well as history, Latin, and German), passing the Minnesota state bar exam in his 30th year.

After entering his cousin’s law firm in 1887, Kellogg took on cases representing railroads as well as iron mining and steel manufacturing firms, earning considerable wealth in the process, while befriending such magnates of monopolies as Andrew Carnegie and John D. Rockefeller. Surprisingly, despite his work in defense of these large, dominant companies, Kellogg gained national attention at the turn of the century as a trustbuster for his successful prosecution of the General Paper Company in defense of the Sherman Anti-Trust Act, a case



Portrait of Frank B. Kellogg



which President Theodore Roosevelt had invited him to undertake. Kellogg burnished his trustbuster reputation with subsequent prosecutorial victories over the Union Pacific Railroad and, poignantly, John D. Rockefeller’s Standard Oil Company.

Such achievements would already have made Kellogg a figure of national historical significance. But Kellogg’s outstanding career in politics and international diplomacy still lay ahead.

In 1904, Kellogg had begun his involvement in national Republican politics and by 1916 won election to the U.S. Senate from Minnesota. As his first official act as senator – supremely ironic in light of his later diplomatic work – Kellogg voted for U.S. entry into World War I. In the following decade, this conflict was seen as the “war to end all wars,” an objective Kellogg took to heart, working tirelessly throughout the 1920s to achieve some mechanism by which further such human cataclysms could be prevented. As a senator, Kellogg lobbied hard for U.S. ratification of the League of Nations, but that effort failed, as did Kellogg’s electoral bid to return to the Senate in 1922. Thus began Kellogg’s formal career as a diplomat, first as U.S. Ambassador to the United Kingdom, then as Secretary of State, serving under President Calvin Coolidge until 1929.

In 1927, Aristide Briand, Kellogg’s French counterpart (and also the bearer of a street name in Laureate Park), proposed a bilateral treaty that would denounce war between France and the United States. Wary at first of the proposal, Kellogg reconsidered and transformed Briand’s draft text into a full-blown multilateral convention,

which by the end of the decade fully 62 nations had ratified. At the core of the treaty was the concept that signatory states shall promise not to use war to resolve “disputes or conflicts.” Critics of the pact decried the document’s moralistic bent, and from a more practical perspective, the pact failed within months to stop Japan’s incursion into Manchuria, the first real test of its efficacy.

Nevertheless, the Kellogg-Briand Pact, which remains in effect today, has had a major impact on international affairs since its promulgation nearly a century ago. The notion of renouncing war as an instrument of national policy finally took hold at the close of World War II, and that same concept became a founding principle of the United Nations. Prosecutors at the postwar Nuremberg trials turned to the pact to convict Nazi leaders as war criminals. Most importantly, many argue that the relative absence of major wars among major nation states since 1945 can be traced back to the work accomplished two decades earlier by Frank Billings Kellogg and Aristide Briand, and the pacifist legacy they bequeathed to humanity.

*Dennis Delehanty moved to Laureate Park with his wife, Elizabeth, from the Washington, D.C., area in mid-2018.*

*Dennis completed a long career in international affairs at the U.S. Postal Service, the United Nations and the U.S. Department of State, jobs that required extensive global travel and the acquisition of foreign languages. Please contact Dennis about the Laureate Park Nobel Prize honorees or suggestions for future articles at [donnagha@gmail.com](mailto:donnagha@gmail.com).*



President and Mrs. Coolidge standing, full-length portrait, with Secretary of Commerce Herbert Hoover and Secretary of State Frank B. Kellogg, at Union Station, on their return from LCCN94509220.



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## Mama's Turn: My Son is Graduating, and I Feel...

BY SHARON FUENTES

My son walks into my office and tosses a school permission slip onto my desk the way he has so many other times over the past 12 years of school, 13 if we count kindergarten. Before I can reach for it to see where he is off to this time, he walks back in and grabs it back. "I just realized," he says with a smirk, "I'm 18 now and can sign this myself!" And just like that, my heart sinks into my stomach and tears start to sting my eyes.

I am not naïve; I knew this day was coming. I planned a special birthday party complete with a cake made from cash for the occasion. I have helped him pick out a tux for prom and attended all the "lasts" performances and events of his



high school career. His graduation party has been in the works for months now, and yet, as actual graduation day looms ever so close, I can't help but feel caught off guard by it. I am physically overwhelmed by the mixture of emotions I am feeling.

I feel confounded that so many years have gone by in my life as this boy's mom and yet, I cannot account for every moment. When I look back over the past 18 years, parts seem fuzzy; most likely because I was sleep deprived for many of them. It really is like the old cliché, "The days are long, but the years go by quickly." One day, he is a toddler learning to walk, and in the blink of an eye, he is walking across a stage and into the first chapter of his adult life.

I feel proud; not only of the many accomplishments my son has achieved, but also of myself. After all, without any training or advance experience, I somehow was able to keep this whole other human being alive for the past 18 years. I can't even keep a fern alive for a month ... this is huge, people!

I feel excited! This season of change is filled with promise and hope. I am excited to see all the "firsts" my son will experience. I am excited to watch him grow, become more independent, and mature into the awesome grownup I know he will be. It's like having a caterpillar that you know one day will transform into a magnificent butterfly. I can't wait to see him fly.

I feel fearful. For the past 18 years, my job was to protect him, to guide him, to walk with him until he was able to walk alone. When he walks across the stage in his cap and gown, he will do so ALONE, and that sudden realization scares the heck out of me. Not because I am fearful that my son is not ready – I KNOW HE IS! Rather, I'm not ready! As he goes off to find his own place in this great big world, in many ways, I will be, too.

As far as life events go, turning 18 and graduating are no doubt momentous for our kids. What I didn't realize was how

earth-shattering they are to us as parents, too. I now understand that the day my son graduates, so do I. My job of his mom will still go on – I will always worry about him and nag him about whether he has enough gas in his car, money in his wallet, or clean underwear on – just in case.

But, no longer will I be his personal taxi driver, school supply shopper, permission slip signer. Yes, graduation day will be an ending, but in so many more ways it will be the start ... for us both!

*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).



## Family Shift: Dealing With Conflict

BY RODNEY GAGE, FAMILY COACH



**RG** RODNEY GAGE  
YOUR FAMILY COACH

I'm sure you're familiar with the old saying, "It takes two to tango." In a marriage relationship, it's easy to allow even the smallest of matters to grow into heated arguments. Whether it's forgetting to do something that was important like leaving the toilet seat up, squeezing the toothpaste from the middle instead of the bottom, arguing over which direction the toilet paper is supposed to go, or how each other drives a car. The list is endless on how little things can escalate into big things that call for the boxing ring announcer Michael Buffer to say in his famous voice, "Let's get ready to rumble!"

The truth is that conflict in any relationship is inevitable. The issue is how we choose to respond.

According to marriage and family counselor Dr. John Gottman, a true expert in this field, 69 percent of marriage conflicts never are solved. Yes, 69 percent! That means we often are having the same fight over and over again.

This is actually good news. Why? If we have similarities or patterns to our fights, it means a) we are not alone and b) we can study, predict and course-correct our arguments before they explode. The question is, "How?"

How can you turn conflict into an oppor-

tunity for growth, understanding and intimacy? Before I share with you a framework that can help you handle conflict in a positive, healthy way, it's important to understand the five levels of communication. Dr. Gary Smalley points out a predictable pattern that goes like this...

### Five Levels of Communication

- **Clichés:** This is basic, routine comments that are safe: "How was your day?"
- **Facts:** "It's supposed to rain today. Baseball practice is at 5:30."
- **Opinions:** This where most conflict happens ... we state our opinions about issues like money, sex, in-laws, raising kids, etc., that turn into arguments.
- **Feelings:** This is where we share our feelings with each other: "I was hurt when you said..." or, "You made me feel ... when you forgot."
- **Needs:** This is where we say, "I just need you to hold me or support me ... I need you to encourage me or show appreciation for me."

As you can see from these five levels, it is at level three that we experience the make-or-break point in our communication. It's when we voice our opinions toward each other or situations that can turn into heated arguments and divide rather than unite one another.

We have to keep in mind that all conflict is a result of unrealistic, uncommunicated, unmet or unfulfilled expectations. The next time you find yourself in a level three place of communication in your marriage, with your kids, or with someone at work, consider these six steps to help you get a H.A.N.D.L.E. on the conflict before it gets a handle on you.

#### Hold Your Temper:

Before you fly off the handle by expressing your anger in an unhealthy, unproductive way, hold your tongue and stay calm.

#### Admit Your Anger:

This is a good place to help your spouse or child understand why you're upset and what they did to upset, disappoint or offend you. It's important to admit your feelings rather than stuff them or allow them to explode on the other person.

#### No Judgment Allowed:



One word that will cause conflict every time is when a statement starts with the word "you." "You always..." or, "You never..." or, "You should have." Those statements can cause us to be put on the defensive when we feel blamed or accused of something.

#### Deal With the Facts:

It's easy to assume that we know what the other person is thinking or feeling. We can also go "historical" in moments of conflict where we bring up the past. It's important to deal with the facts at hand so that the argument doesn't create more hurt or misunderstanding.

#### Listen:

We have to remember we have two ears and one mouth. Simply put, we have to shut our mouths and listen to what the other person is trying to say. It's easy to hear what someone says without listening to what they're actually saying. Just like going through a drive-through window and placing an order, we need to practice "drive-through" listening. Listen and repeat what you think you heard.

#### Evaluate:

Let the dust settle and learn from our mis-

takes. Identify root problems that will allow us to grow in our communication and relationships. Are we going to let it drive us closer together or further apart? Unite us or divide us? Make us bitter or make us better?

*Rodney Gage is a family coach, author, speaker and the founding pastor of ReThink Life Church that meets at Lake Nona High School. His passion is to help families stop the drift and start living with greater intention. To learn more, check out [familyshift.com](http://familyshift.com) and [rethinklife.com](http://rethinklife.com).*

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# In the Garden: The Power of Herbs!

BY AMBER HARMON

Did you know that herbs are not only delicious and nutritious, but they can also be used in landscaping and they can help control insects in the surrounding areas of the yard?

Herbs can be a beautiful addition to the Florida-friendly landscape. Any lawn can be enhanced by adding heat-tolerant herbs like the beautiful rosemary or African Blue Basil to the border of walkways or flower beds. Creeping thyme, oregano and mint can be used as a ground cover in the yard or garden. For a lush ground cover, plant herbs from four-inch pots every eight inches at the beginning of spring or fall. Allow it to fill in and cover the area over the next six to eight weeks.



African Blue Basil

Some of the most common herbs have great medicinal qualities. Parsley not only helps to cleanse the pallet, but it will also freshen your breath. Basil is said to help

increase appetite and lessen gassiness. Lavender and chamomile are said to calm and reduce inflammation. Rosemary can help improve cognition and mood, while mint can be used to soothe digestion in a tea. Thyme is an antiseptic that can be used for soothing coughs or indigestion. The list of herbs and medicinal uses goes on and on.

Cooking with herbs can be a little intimidating because we do not use a lot of fresh herbs in standard American cooking. We use a dash of this or a pinch of that, and other cultures use a handful of this and a bowlful of that. **Herbs can be used as a substitute for salt and fatty seasonings for foods.** One reason we use such small amounts of herbs is that they are typically dried and have a stronger concentration of flavors. It is said that about three teaspoons of fresh herbs can be substituted for ¼ of a teaspoon of any dried herbs.

I like to make my food quick, easy and delicious, so I will take any herb in the refrigerator and add it to a salad. The pungent flavor of herbs is quickly absorbed with the other salad fixings and elevates the flavor to a new level. Basil, mint and parsley are three of my salad favorites. I'll also add a handful of herbs to a hot bowl of chicken or lentil soup like in a Thai restaurant with some avocado slices.



Sweet Amazel Basil

Most herbs can be harvested by giving them a "haircut" across the top of the plant. You can just trim some leaves if you only need a small amount, or snip the branch ½ way down the stem for a larger harvest. Rosemary, mint, basil and other herbs can be propagated, or re-grown, in a new pot from cuttings of the plant. Herbs are truly amazing!

Drying herbs can be tricky in our humid environment. It is important that herbs are cleaned and patted dry, then they need to lay in a single layer in a cool, dry room. Moisture and humidity can cause the herbs to mold and spoil instead of dry out.

The best way to keep herbs fresh is to cut the ends and put them into a vase like a bouquet of flowers. Herbs can be frozen, too. I like to chop my basil and blend it with olive oil and garlic, which can be stored in ice cube trays and used for a quick veggie, pasta or chicken dish. Herbs are best protected when frozen in a liquid like water or oil.



Basil Bouquet

Most herbs, especially those with a strong scent, also help to repel non-beneficial insects in the garden. Basil, rosemary and lemongrass can help to repel mosquitoes

and flies. Mint can be used to ward off ants as well. Use lavender to keep the moths out of closets and drawers.

There is nothing like walking out your back door and harvesting fresh herbs for a dinner recipe, soup or salad. The peak of taste and nutritional value will never be greater than when herbs are freshly harvested. Not to mention, a handful of basil is typically five or six dollars in the grocery store, and who knows how long ago it was harvested.

*Amber Harmon is the owner of My Nona's Garden, where we sell and service low-maintenance, elevated, organic vegetable gardens. Our mission is 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!"



# Family Fridays: Getting Adventurous At Nona Adventure Park

ARTICLE AND PHOTOS BY KYLE HAMM

This year has been quite exciting with all of the new restaurants, parks and venues. Something exciting and adventurous for everyone in the family has just come to Lake Nona, and it's a big hit for the Hamm Fam. Nona Adventure Park has opened its doors with a brand new park that's capable of bringing the adventure out in all of us.

Nona Adventure Park is home to three amazing attractions: a climbing tower, water obstacle park, and a cable pull for wakeboarding and waterskiing. Among those attractions is a great place to get a bite, too.

The climbing tower is 60 feet tall and has numerous obstacles to go conquer, ranging in skill from beginner to intermediate



and difficult. It's definitely a workout, but there's no shortage of fun while challenging yourself in this obstacle course. Then, when you get to the top, you can jump right off the cliff to get back to the bottom. The climbing tower isn't accessible for the little ones, unfortunately, but they do have a section at the bottom level of the tower that is meant for children three and up. Kali has almost become a master of the kids' course already – it's her most favorite thing to do around here now. The climbing tower also features three rock climbing walls that the kids are able to try out, and they love it.



Over 1,000 feet of obstacle course that is floating on top of Adventure Lake offers quite a challenge, even for me! I think that falling is the best part though, but that may just be me. Kali wasn't old enough to join, so I hung out at the lounge chairs by the lake with the girls. Mom and son took to the course with one thing in mind: to make it to the top and jump off of Mt. Rainier! The watercourse has all types of obstacles to challenge, and I don't think I've laughed harder than seeing their attempts to make it through. I also couldn't be more proud to see a more determined team working together to make it through a very tough obstacle course that floats on top of water.

I couldn't wait to get out on the wakeboard and try out the cable pull system. It was intense! I've been wakeboarding before, but only behind a boat. I wouldn't say it was much easier, but I did get up the first try and it was great! Pretty soon, I'll have it down and I'll try out the features that they have on the lake, like kickers and rails. I can't wait to get back out there! And don't worry, if you don't have any gear (like myself), you can just rent what you need from

their Pro Shop.

Appetites definitely grow while you're out on the climbing tower, watercourse or wakeboarding, so I'm really glad they have an awesome bistro at the park. They have easy grab-and-go foods, plus a more gourmet menu, too. Can't beat an awesome burger and a nice cold draft after a very adventurous day, or some delicious ice cream!

If you and the family are looking to get out for some excitement and adventure, then I would definitely recommend taking a trip over to Nona Adventure Park. I say take a trip, but it's right here in our neighborhood! You can find it right behind the Laureate Park Elementary School – which brings up the question from my son just about every day when I pick him up at the school, "Are we going to Adventure Park?" Nona Adventure Park was a total blast and had all the necessities to fill the adventurous needs of the Hamm Fam.





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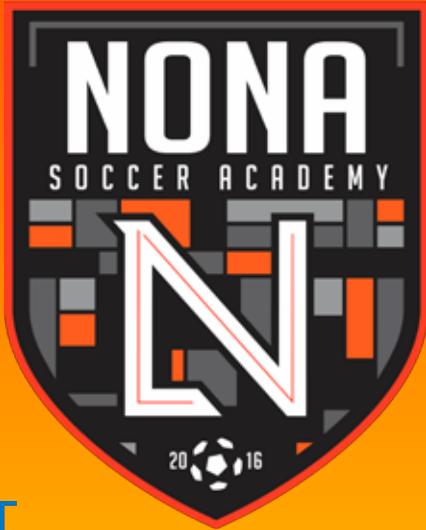
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- Instills self-confidence, teaches independence, and reinforces empowerment.
- Creates memories that last into adulthood.
- Fosters gratitude for mom and dad – time away from home can teach them to appreciate what they have!





# NonaVentures: Finding Bliss in The Sky Over Wallaby Ranch

BY NICOLE LABOSCO

*Life is all about moments ... from the small instances that we don't think twice about to 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 that we call life is upon us. Before you can tell a story, you have to live it. This is NonaVentures, and this is living for every moment.*

This month, I revisited something that helped me find peace on my 20th birthday – something most people probably wouldn't consider to be peaceful, until they try it ... hang gliding. An average 35-minute drive to Davenport and you'll find yourself at Wallaby Ranch, the first and largest aerotow hang gliding flight park in the world. What's aerotow, you ask? Because Florida doesn't have any cliffs or mountains to run off of to catch some air, an aerotow is necessary. It's a little plane that pulls you up in the air to the appropriate altitude, and once you reach the necessary height (at Wallaby Ranch, you'll fly 2,000 feet high), the cable that connects you to the aerotow is released. Off you go!

One of the things that separates Wallaby Ranch from the competition is the truly authentic vibe. "We are not just another hang gliding school or another aerotow flight park, but rather, a community of hang gliding enthusiasts from all over the world," states the Wallaby Ranch website.

This is one of the first things you notice as you drive down the winding dirt path surrounded by nothing but open land. Whether its other tandem newcomers, the novice in flight school or the expert pilots leading the way, every individual is there for one purpose – to fly.

I met Malcolm Jones, the owner and founder of Wallaby Ranch, who also just so happens to be the uncle of Lake Nona local Matt Troy Jones. What a coincidence! Jones would be my pilot for the morning, and who better than the man who started it all. My hang gliding journey began bright and early, with an arrival at 8 a.m. Malcolm explained that the morning had the best chance of wind cooperation, and it's actually an energizing start to the day. Believe me, I'm not a morning person. I began signing waivers and getting suited up. First, I jumped into the body harness and made sure my helmet was snug. Next thing I know, I'm laying down about an inch or two above the grass with my GoPro in hand. Jones suited up next to me, and the aerotow's engine began to rev. It was time for lift off, and I was so ready to relive this experience I once had almost six years ago.

Off we go, reaching speeds of about 30

mph, and then the ground begins to disappear from underneath you. I'm sure this would be unsettling to most, but that's what had my excitement building and my adrenaline flowing.

We began to circle over Wallaby Ranch as we soared higher and higher and next thing I knew, Jones pushed up on the hang glider and our cable released, allowing us to gently and calmly (yes, I promise it's calm) float among the clouds. The grin on my face grew larger.

Every worry or stress I once had, whether work or family related, immediately dissipated. Maybe as quickly as the ground did. I



Photo Courtesy of Nicole LaBosco



Photo Courtesy of Wallaby Ranch

had nothing to worry about up here – all I had to do was enjoy this experience. Jones and I began to chat, and I learned that he began hang gliding at the age of 17. He traveled abroad to Australia (where hang gliding was invented) and gained more experience while over there. When he returned to Florida, Wallaby Ranch was created (and you can see where his inspiration came from).

The time came to learn how to fly. Jones told me to grab onto the bar in front of me and took hold of my GoPro for a better angle. He began to teach me the basics of piloting a hang glide. Pushing out with your left hand and pulling in with your right hand will cause you to turn right, whereas pushing out with your right hand and pulling in with your left hand will have you turn left. Now for the part I've been looking forward to all morning ... pushing down on the bar will cause you to speed up and pulling up on the bar will cause you to slow, almost making time stand still and your heart flutter a bit, wondering if you're going to fall out of the sky like a leaf leaving a tree. If I were piloting the whole flight, I'd probably just be a nonstop cycle of going fast and then slowing down the whole time, floating up and then nosediving for speed. That flight would be over before it even began!

As we neared the ground, it was time to

line up for landing. Jones, being the expert, had us fly right in and roll right up to the camera, which I found hysterical. Not even I was expecting it! Flights are about 12-15 minutes long, but time flies when you're having fun (pun intended)! Jones was awesome enough to allow me to fly a second time, this time without the GoPro in hand, so I could feel more natural and have one less worry.

Off we went for round two and now I was

it was time for breakfast. Flying can bring out your appetite! The chef onsite whipped up pancakes, French toast, bacon, eggs, fresh fruit, and more, all included with your flight! (Imagine if that were the case on an airplane...) Jones and I continued our conversation from the skies, and when I asked him about his first solo flight, his response left me in awe.

"[There's] nothing like your first flight. I've been trying to chase that feeling ever since," Jones stated as his memories began to flood back to him. I felt his sincerity, and when I took a second to think about what he said and truly meant, I realized that's what the purpose of NonaVentures actually is – to discover (or rediscover) those first experiences and make those moments last a lifetime.

So, there you have it ... I found peace in the sky as I hang glided for the second time and rekindled my passion to become a hang gliding pilot. Hey, Malcolm ... maybe you'll be seeing more of me – and hopefully not in another long six years!

A tandem flight costs \$175 and will give you a whole new perspective of feeling calm and serene. If there's one thing you should do that's out of your comfort zone, it's hang gliding! Trust me ... or just ask my fellow coworker, Kyle! His fear of heights didn't stop him, and when he landed, his



Photo Courtesy of Nicole LaBosco



Photo Courtesy of Wallaby Ranch

just having too much fun with it, making goofy faces at the camera mounted to the wing and truly enjoying my time in the sky. Would you ever believe I had a fear of flying when I was younger? If you've ever wondered what life would be like as a bird or wished for your one superpower to be flight, hang gliding is your answer.

We flew around a bit more as I admired the rising sun glowing on us, casting our bird-like shadow on the trees and ground. When it came time to land, I was prepared to strike a pose in front of the camera. Nailed it! Now that we were officially back on the ground,

smile was almost as large as mine!

If I could describe hang gliding in one word, it'd be BLISS. For more information or to experience your bliss, visit [wallaby.com](http://wallaby.com) and tell them I sent you! Until next time!

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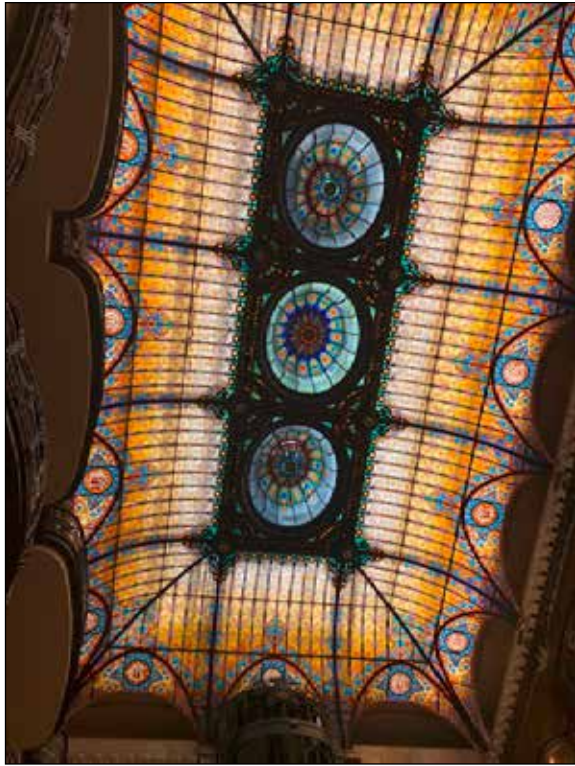


# Travel: Mexico City

BY DEBORAH BULLEN

With a population of over 25 million people, Mexico City is a study in contrasts: an urban park double the size of New York's Central Park, the number of museums second only to Paris, more than 40,000 restaurants living side-by-side with less appealing urban sprawl, traffic snarls at most hours, and pollution especially noticeable upon takeoff and landing. Despite that, it is usually easy to get around. Taxi and Uber drivers are almost always available within minutes. (The exception was the night we arrived when the International Women's March had blocked several streets close to our hotel, turning a three-mile ride to our venue into an hour-long adventure).

Our first day was spent exploring the area around our hotel, the Gran Hotel Ciudad



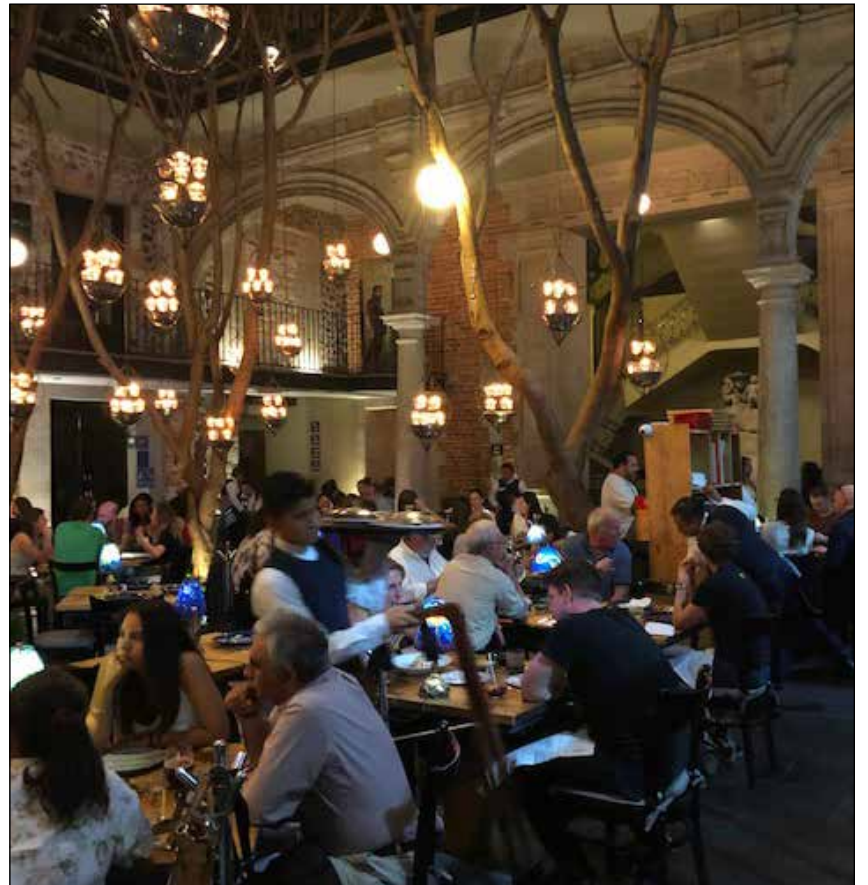
Tiffany ceiling in Gran Hotel Ciudad de Mexico



One of many huge murals in Palacio de Bellas Artes



Rooftop bar and restaurant at Gran Hotel



Azul, restaurant near hotel

de Mexico, located in the historic center of Mexico City. The hotel itself is historic with Art Nouveau architecture, a Louis XV chandelier, and Tiffany ceiling. The hotel is next to Plaza de la Constitucion or Constitution Square, particularly beautiful when lit up at night.

The next day, we walked to the Palacio de Bellas Artes, where we viewed enormous murals inside and wide paths lined with blooming, purple, breath-taking jacaranda trees everywhere outside. The entire city was in bloom as these special, beautiful trees lined avenues and small streets alike.

We caught an Uber to Polanquito, an upscale neighborhood near Lincoln Park where we strolled and had a wonderful lunch at Brassi capped off with gelato at Amorino in the restaurant district. Knowing our time was limited, we headed to the Anthropology Museum. The best exhibits were the Mexica (pronounced meh-she-ka and also known as Aztecs) and Mayan exhibits, which are huge, incredible, and way too much for a short trip.

Since we were on our feet all day and all night on Saturday (we were there for a wedding, and Mexican weddings go all night), we decided that the hop-on, hop-

off bus tour would be the least strenuous way to brunch and sightsee on a Sunday. We hopped off in Roma, another very fine section of this diverse and fascinating city. Brunch ended up being lunch with many dishes and exceptional margaritas. After our bus tour, we opted for shopping. Mexico City offers exceptional value for brand name clothing.

Monday, we toured the pyramids of the Sun and Moon at Teotihuacan, about an hour outside of the city. I'll spare you the history lesson and just say that it's one of the only pyramids left that you can climb.

We climbed to the top, a fairly steep climb I might add, and attempted to imagine what the city looked like 1,000 years ago – a bit challenging when you're jostling for space at the apex of a pile of stones among everyone taking selfies. If crowds aren't your thing, you might want to skip the climb.

On our way back, we stopped at Mexico City's Shrine to Our Lady of Guadalupe, one of the most visited churches in the world. It was a very impressive collection of old and more recently built chapel, church, basilica, and gardens where thousands pilgrimage to every year.

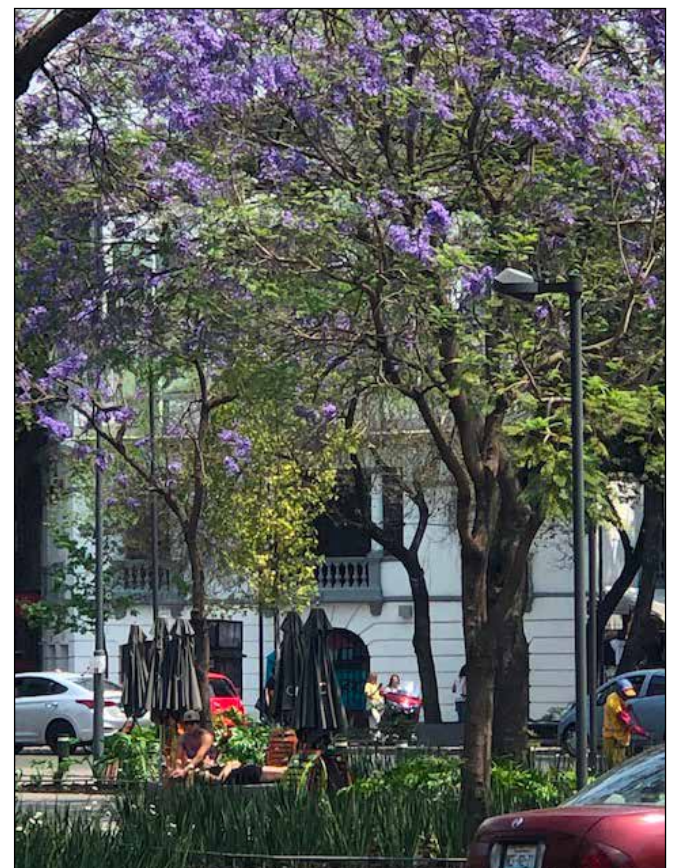
We followed up our day-long activities with the

best dinner of the trip at Azul, located around the corner from our hotel in a wonderfully atmospheric open courtyard with twinkling lights in trees, excellent service, and delicious food.

We left on Tuesday, impressed that Mexico City has so much to offer!



Anthropology Museum



Jacaranda trees in bloom everywhere!



## Nona Cycle, Charity, And Social Connections

BY SPENCER PHELPS

"Teamwork is the ability to work together toward a common vision." Andrew Carnegie

Our charitable efforts have also risen to the occasion with the inclusion of so many more riders. What started off with six neighbors raising \$1,500 has evolved into the Nona Cycle team of 130+ riders strong who raised an outstanding \$46,400 this year for ADA (American Diabetes Association). This year's \$46,400 is the most that has ever been raised by a Friends and Family team in the history of Tour de Cure anywhere in the United States.

The final statistics for this year's Tour de Cure ride was 2,203 participants, 130 teams, and a grand total of \$1,158,000 raised for the ADA. This also set all-time records as the most participants and money raised of any Tour de Cure in the U.S.

This year's tour director, Andy Odenbach, vice president of Tavistock Development Company, certainly set his sights high and exceeded his goals. The Orlando ADA office is headed up by Jessica Wells, Cesar



Four years ago (2015), several neighbors and I organized the very first Lake Nona Friends and Family team to support the Tour de Cure ride (which raises funds for Diabetes research, ADA) that takes place right here in Lake Nona. The six of us designed Nonahood cycling jerseys and raised approximately \$1,500 for the charity.

The following year, our team grew to 12 riders and we became the Nona Brew Crew, incorporated the longhorn cow into our jersey design, and called ourselves "The Herd."

Over the next several years, our team name became Nona Cycle. The cycling community has embraced our team, and other area teams now join us for our Saturday and Sunday training rides through this beautiful community of Lake Nona.

Cesareo, and Brandon Corsentino, who organized a fantastic event and truly set the standard for the rest of the country to follow.

It's enormously satisfying to see our team grow to these levels and develop into the



charitable organization that it's become. We've now donated more than \$150,000 to charity over the last four years. We support the Tour de Cure, which benefits the American Diabetes Association, as well as the Ride for Ronald upcoming in October, which benefits the Ronald McDonald House in Lake Nona.

This couldn't have been done without the support of my teammates, and Paul Pikel specifically. His daily reminders of how



being lifelong friendships with each other.

Lastly, it's worth noting the makeup of our Nona Cycle team: Being that our Nona Cycle Signature ride is on Sunday, we attract a collection of other area cycling teams that join us, such as Westside, KBS, EMC, JHOP, Advanced Cycle, and others. **On Sundays, we all become NONA CYCLE.**

If you'd like to join us, we leave the Canvas restaurant parking lot at 8 a.m. every Saturday and Sunday mornings. Be prepared to ride 34 miles with a group that averages 18 to 20 mph at a minimum.

*Do you like to cycle or want to learn how? Join the Nona Cycle group for weekly rides:*  
**[nonahood.to/nonacycle](http://nonahood.to/nonacycle)**



much we've raised and how many have signed up versus the competing teams kept us focused and diligent in our efforts. He organizes our team's Facebook page and posts the weekly rides and routes, teaches safety, and encourages safe riding practices while cycling on area roads.

I'd like to share a few words about Nona Cycle: First and foremost, I'd like to point out how we're a cycling team of athletes, but also a group of friends. The social part of our team is never left out of the equation. Whether we're riding two across down the road, stopping at our scheduled rest stops, or meeting after every ride at our Lake Nona Starbucks to share some water, coffee, and conversation, you see our teammates laughing and enjoying the time they spend together. We've all developed new friends with common interests, friends to share a beer with, and what will probably end up





# Camp Gladiator Trainer Talk: Using Your Apple Watch Every Day Could Keep The Doctor Away!



BY VERNICE SALVERON-GASPER

Whether it's an Apple Watch, Fitbit or Garmin, it seems that most of us have some sort of heart rate (HR) monitor strapped to our wrists. These fancy devices that not only tell us the time are great for monitoring how many

steps we complete in a day, how much sleep we get, and also remind us to move when we have become too sedentary.

But what if I told you that by using its features correctly, you could actually improve your health and potentially increase your lifespan! In this article, I wish to discuss how to monitor your heart rate, ways to decrease your resting



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heart rate (RHR), and why it's so important to make sure that we exercise our heart as much as the glamour muscles (biceps and abs). When we exercise our heart, we aim to make it stronger and thus allow us to potentially live longer.

The heart is a muscular organ that is responsible for circulating blood throughout the body and works with the respiratory system to deliver adequate oxygen supply to our entire body. It does this by continuously beating to pump blood from inside the heart chambers, out through the arteries, and back to the heart via our veins. This sophisticated biological process is ultimately what our HR monitors capture and display on the screen in a matter of seconds. HR may differ depending on your age, activity level, stress level, medications, and even if you are sitting or lying down.

There are two things that you should vitally know when you are trying to improve your HR/cardiovascular endurance. This is your resting heart rate (RHR) and your maximum heart rate (MHR).

Your RHR is simply that, your HR at pure rest. According to literature, a normal RHR can range between 60-90 beats per minute. This range is generally lower for athletes and those that participate in regular exercise. The American Heart Association (AHA) advises a RHR over 100 beats per minute indicates that the heart is having to work much harder to adequately supply the body with blood. This leads to an increased risk of cardiac disease and other serious health conditions. The best time to take your RHR is in the morning before getting out of bed. If you do not have a heart rate monitor, you can use your middle and index finger to find your pulse on the lateral border of your wrist. Count the beats for 10 seconds, then multiply this by six to obtain your HR/minute.

The most basic way to measure your MHR is to subtract your age (in years) from 220. For example, someone who is 30 has a maximum predicted HR of 190. Exercising whilst in your MHR zone is not advised for prolonged periods; however, it is not necessarily catastrophic if you are generally fit and healthy. The AHA recommends that exercising within 50-85 percent of your predicted maximum is enough to provide safe stress on the heart muscles that will, in turn, assist with improving your HR over time.

As a personal trainer and an advocate for health and wellness, I believe that any exercise is better than no exercise at all. However, in order to make physiological adaptations, we must expose the body to a small amount of stress in order to improve our overall health. Basically, if you are too conservative with your exercise methods then you may be putting in the time but not getting the results you are after. During every workout, try and push yourself to reach 50-85 percent of your MHR.

Other ways to reduce your HR include reducing stress, quitting smoking, reducing the consumption of stimulant-type substances (like coffee and pre-workouts), and reducing body fat (if applicable).

If you are looking for a fitness class/community to help you improve your HR in a fun yet challenging way, then be sure to look up Camp Gladiator in your local Lake Nona area. Times, locations and contact details are listed below.

Disclaimer: Please note that the above information is targeted at those who are not pregnant or are not taking beta-blockers or other medications that might impact cardiac function. If you are suffering from cardiac disease/symptoms, please seek medical clarification on how to improve your HR.

#### Camp Gladiator Location & Times

Lake Nona Family Dentistry – Monday, Tuesday, Thursday 5:15 a.m.

Spring of Life United Methodist Church – Tuesday, Thursday 5:45 p.m.

Moss Park Elementary School – Monday, Wednesday 6:30 p.m.

Vernice Salveron-Gasper  
Primary Trainer/Occupational Therapist  
Phone: 321-947-9948  
Email: [vernicesalveron@campgladiator.com](mailto:vernicesalveron@campgladiator.com)

Like Camp Gladiator on Facebook and follow @campGladiator on Instagram for exclusive offers, fitness tips, pictures, events, camp updates and more! Visit the website at [campgladiator.com](http://campgladiator.com).

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





# Lake Nona Youth Sports: Young Athletes Reap Benefits Of Summer Conditioning

ARTICLE BY SOPHIA ROGERS  
PHOTOS PROVIDED BY COACH BJ

Lake Nona Jr. Lions summer conditioning starts soon, making it a great time for your child to sharpen their football skills before the season starts in August. Registered athletes and returning players will have the opportunity to have fun while learning and gaining new experiences with their peers.

If your child has not yet registered for the upcoming 2019 football season, spots are still available. Register online at [www.LakeNonaJrLions.com](http://www.LakeNonaJrLions.com). Be sure to also follow our Facebook page at Lake Nona Youth Sports for updates.

Conditioning works on the mechanics of a sport and increases skill levels and confidence while also taking kids outside of their comfort zone, forcing them to persevere through uncertainties and fears.

Coach Dan Riordan adds, "We live in Florida, and it is HOT! While we have an acclimation period during the first two weeks of practice in August, not all kids are involved in another sport. Conditioning allows the athletes the opportunity to be in great physical condition prior to actually stepping onto the football field in August."

Student athletes will learn new techniques while reviewing common drills. They can expect strength cross-training, conditioning, speed, agility, and flexibility drills. Consistent play is the best way to improve their game. Children learn that hard work pays off, especially if they wish to continue to higher levels.

It can also be an opportunity for beginners who will learn basic skills and determine if they want to pursue the game. If they do, they will have a foundation to carry them forward. For advanced players, summer conditioning is an excellent refresher of abilities during the long summer break.

Riordan says, "It is much easier to learn and perform when you're in great physical condition."

Regarding summer heat, coaches will monitor the heat index and are trained in identifying heat stress in athletes. "We take every precaution to keep the athletes safe, but the number one thing that will keep players safe is staying hydrated. And that starts at home, not just at practice," says Riordan.

The cost of conditioning is included in football registration. If your student played last year, we welcome them to par-

ticipate in conditioning this summer at no additional charge. Youth athletes who did not register last year, nor have registered yet this year, will incur a small fee of less than \$40 to cover insurance. (Register now to take advantage of free conditioning!)

Players should bring cleats, water, a towel and a winning attitude.

Dates and times:

May: 14, 16, 21, 23

June: 11, 13, 18, 20, 25, 27

July: 9, 11, 16, 18

The Lake Nona Youth Sports, LLC organization is dedicated to providing invaluable life lessons through sports and community involvement. The organization was formed in 2004 with some local visionaries who had a passion for sports and kids. Our goal is to provide the youth of our community the ability to participate, learn and excel in sports. The organization is a not-for-profit organization, 501(c)(3), fostering an environment for the youth in our community to learn and grow in sports, serving children ages 5-14.

We are supported through community volunteers, dedicated parents, dynamic coaches and local business affiliations, and our program has been thriving. For the last 10 years, about 3,000 registrations have been completed for several sports: football, cheer, lacrosse, and wrestling,



plus partnerships with baseball and rowing teams. We look forward to another GREAT season and continued improvement for the youth of Lake Nona!

If you can help Lake Nona Youth Sports with a donation or sponsorship for a young athlete or are interested in filling a volunteer role, contact [C.R.Dunnavant@LakeNonaYouthSports.org](mailto:C.R.Dunnavant@LakeNonaYouthSports.org). Lake Nona Youth Sports is a 501(c)(3) nonprofit organization, and your donation might be tax-deductible.

*Sophia Rogers serves on the Board of Directors for Lake Nona Youth Sports as Director of Communications. She can be reached at [Sophia.Rogers@LakeNonaYouthSports.org](mailto:Sophia.Rogers@LakeNonaYouthSports.org)*



## LAKE NONA YOUTH SPORTS

"HOME OF THE LAKE NONA JR. LIONS"



**"WE ARE MAKING A DIFFERENCE FOR THE YOUTH IN OUR COMMUNITY. COME JOIN US."**

**!!! 2019 FOOTBALL AND CHEER REGISTRATION !!!**

### CURRENT EVENTS

**FOOTBALL:** Sign up before it fills up!!

- Speed and agility conditioning starts in May and goes through the month of July.
- Fall season starts August 1.

**CHEERLEADING:**

- We are looking for assistant cheer coaches and student cheer coaches.
- Fall season starts August 1.

### 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.*

- Lake Nona Youth Sports board positions open
- Corporate and personal sponsorship opportunities
- We are currently fundraising for cheer uniforms and football equipment needs.
- "Sponsor a Child Program" helps local families in financial need.
- Email: [C.R.Dunnavant@LakeNonaYouthSports.org](mailto:C.R.Dunnavant@LakeNonaYouthSports.org)

*If you are interested in any of the above opportunities, send us an email. We would love to hear from you.*

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)



# The Hardship Of Being One Of the Best Florida High School Water Polo Teams

BY VISSHAAEL PATEL

Each year, Lake Nona continues to take great strides forward in development. What strides might seem insignificant to an outside perspective can be seen as unique to this community. For the past 10 years, one sports team at Lake Nona High School is taking such strides, and the results show. Out of 20 possible district titles, they've earned 17.

A lot of people are not familiar with it, but water polo is packed with action and takes a lot of dedication, according to boys and girls coach Alexander Bennett. Since the school's second year after opening, that dedication has allowed the girls' team to win a district title each year since. This year, it's also kept them undefeated. For the boys, they have earned consecutive district titles since the third year after opening.

Bennett, who is also an academic resource teacher at the school, has been a part of the school and program since the beginning in 2009. He mentioned that success happens year after year because the players want to be the best for their team. Regardless of their experience, Bennett never cuts a player from the sport.

"It's not about wins and losses. It's about the experience of taking kids and helping them grow. 99.9 percent of the players have never seen a [water polo] ball, but each one has a way to contribute to the team," Bennett said.

The dedication players offer could be made easier, however. Currently, the team travels approximately an hour, roundtrip, in order to practice at Lake Highland Preparatory School. With no pools in the area that can meet the standard a water polo team needs, both teams have had to make the journey to practice regularly for a few years now.

To some players, the approximately 23-mile drive itself isn't difficult. It's having to pay for gas and tolls almost every weekday while sacrificing valuable time that makes it hard, senior player Laura Bechtel mentioned.



"It's harder when there are some players who can't even make practice just because they don't have a ride or the juniors' and seniors' cars are all filled up," Bechtel said.

Players feel the effect of the distance they must travel to practice. Outside of costs and worrying about rides, players must also keep up with a larger responsibility: being a student. In a time when the competition for getting into great schools seems to be increasing, the players must keep up with their assignments.

Bechtel recalls having to sometimes stay up until 1:30 or even 2 a.m. in her junior year just to finish work such as her chemistry formal lab reports. Though having just started, freshman Payton Human knows the feeling already. For her, having to come home after school and then get motivated to head to practice is a difficulty she has to deal with.

The team gets home around 8 or 9 p.m. After two hours of being in the pool, they get tired. This gets particularly hard around test or exam times, but they just have to keep going, Payton mentioned.

Payton's mother, Shannon Human, shared that it's not just a concern for the players but the parents, too. The travel time cuts into their time they can use for assignments and that's something to think about, too. On top of that, the kids are so hungry after their practice that they sometimes stop over to eat dinner.

"The greatest concern is that the more chances she's in a car for that long, the more you worry that something could happen to her," Shannon Human said.

Sharing similar sentiments, Bennett mentioned that he has two kids himself who he doesn't get to see as often during the season. He questioned the last time a player got to sit down and eat dinner at a normal time. All of this "can be grueling on a family" when it happens almost every night, Bennett said.

Having experienced the costs, ride issues, and time lost, senior and goalie Lauryn Deak mentioned that she still wouldn't have it any other way. It wasn't something she felt comfortable with like many others, but just like her fellow senior teammates, they've learned to keep a positive attitude, she said.

Though the regular drives are about 30 minutes, she's been able to make use of them with the one freshman and two sophomore girls she takes to and from practice. Discussing problems they face or simply sharing advice about the game she's experienced over the past three years of playing, Deak tries to pay forward what she once felt as a younger player.

"At first I was like, 'No way! I'm not playing this!' after I saw my sister come out of the pool with scratches on her arms and legs. And plus, the previous goalie would have balls thrown at her face," Deak said.

But after deciding to give the sport a chance, she came to like the game. That came mainly because she's always enjoyed the team aspect behind certain sports. Though she never played before her sophomore year in which she started, she heard about the girls' team the year before. She came to know that they were one of the best. Eventually, some of the girls graduated and left, so she felt she had a role to carry on that legacy of being one of the best teams in Florida, Deak said.

Since the school opened, either team has still to win the state championship. However, this year looks to be promising, especially for the girls and their two-time win over Winter Park. With it being one of their biggest competitors, the girls have taken great pride in their wins over the school. In fact, for Deak and Bechtel, they believe the second win has to be the sweetest win for the team.

"You can beat a team one time, but they're not going to give it to you the second time. They're coming back 10 times stronger because they've studied your game," Deak said while recollecting this advice that Bennett gave the team.

For now, a local pool for the teams to use is unlikely, especially on the high school campus. However, speaking with Tavistock Development Company, Bennett mentioned that there seems to be great hope of a local pool the team can use by the year 2022.

Just like previous years, the water polo teams of Lake Nona High School continue to remain accomplished. So, while the team waits for a local pool, they seem to share one voice in encouraging the community, especially students and any skeptics, to come out more often to support the team.

"To me, it was like, 'Water polo? Really?' But once you watch it, it's so exciting and it pulls you in," Shannon Human said.

The teams continue their success and one that just might lead them to win their first-ever state championship. On Saturday, April 20, both the boys' and girls' teams managed to advance to the regional final. If they can secure the regional championship, then the teams will advance to the state semifinals.

For the girls, the road ahead has already proven to be tough. According to their prediction, Lake Nona High School would've originally faced Winter Park in the state semifinals, a team they beat twice this year. Now, however, if they advance, then they will face the state champions from last year, Hialeah Senior High School. This has caused nerves in some of the players, but that's not necessarily a bad thing, according to Deak.

"Coach Bennett often tells us, 'Nerves mean that you're ready and being scared means that you're unprepared,'" Deak said.





# Complete Care Charity Golf Tournament Hosted At Eagle Creek Golf Club

BY VISSHAAEL PATEL

More than 50 percent of people in any part of the Orlando area live in poverty, a rate based on the U.S. poverty guidelines. If not living in poverty, then part of that percentage struggle to afford basic needs, according to United Against

Poverty and a 2018 report by United Way.

Through the dedication of volunteer staff time, Complete Care, along with extensive help of Bowled Over Promotions, was able to host its second annual charity golf tournament benefiting United Against Poverty (UP Orlando). What started out as a rainy morning on Friday turned out to be a great afternoon for golfers who came out to the Eagle Creek Golf Club to show their support.

Being hosted for the first time in the Lake Nona community, the tournament aimed to raise at least \$20,000. Golfers from last year's tournament, hosted in Shingle Creek, recommended the Eagle Creek location to Complete Care, according to COO Shelby Reid.



John Paccione interacts with professional Rob Tiettmeyer about the game of golf. Paccione made a donation to participate in one of the available competitions.

Over 80 golfers came out to the tournament, about a 10 percent increase from last year. Golfers were able to join in teams of two or four based on their preferences. While the previous year required more marketing, golfers came out mainly due to word-of-mouth this year. Despite the morning rain, golfers were eager to attend and show their support for the cause, said Reid.

support for the cause, said Reid.

Rachel Cuevas, facilities operations manager for Complete Care, mentioned that with a game of 18 holes, golfers were able to play with additional competitions and events to help raise more money. One of the newest events included drinking a cold beer on a hot and humid day. At the 10th hole, golfers were able to make a donation to hit their ball off a beer can and pick up from where the team's farthest ball landed.

In another event, long drive professional Rob Tiettmeyer also came out to the tournament to host one of its competitions. After taking his best shot, golfers could pick up from where Tiettmeyer's shot landed. If teams were able to get

the ball in the hole within two strokes, they would qualify for a prize valued at \$5,000. Any qualifying team would get the chance to win an American Airlines airfare to San Francisco, allowing for a two-night stay at The Lodge at Pebble Beach.

Amidst the mix of a stormy morning, an 18-hole tournament, and multiple competitions, golfers all showed sheer enthusiasm for the cause to help those living in poverty. In the enjoyment of it all, those who participated shared the unified vision of Complete Care and UP Orlando.

Complete Care began looking for a charity to give back to. Based on the idea that the community had already given so much to the company, they wanted to give back in a unique way. UP Orlando is a charity that holds a place close to one of the owners of Complete Care, Dr. Marc Ott. Ever since the two groups started their relationship in 2017, UP Orlando has been able to develop its organization, mentioned Reid.

UP Orlando is a downtown-based charitable organization that helps families living in poverty. With their major service programs, they are a group that looks to give a hand up instead of a handout, according to Executive Director Eric Gray.

"We aren't the wealthiest of nonprofit organizations, but Complete Care coming on board two years ago has allowed us to invest in our facilities in a way that we've never done before," Gray said.

In the two years that the groups have worked together, there has been a dramatic increase in the people UP Orlando has been able to serve. From lifting two families out of poverty in 2017, UP Orlando has been able to lift 48 families out of poverty in this past year, according to Gray.

The relationship, though rather new, has a strong future ahead. By hosting charity events such as the annual golf tournament or volunteering directly with UP, Complete Care has been able to see the positive impact in the lives of those benefiting from UP,

Reid mentioned.

"Having over 50 percent of the [Orlando] population in working poor, these are people that are really trying to work hard for their families and it's worth giving back to," Reid said.



Golfers drive to the first hole to start the charity tournament on a sunny afternoon after a stormy morning.



Long drive professional golfer Rob Tiettmeyer swings to hit the ball the farthest he can. Golfers, as part of a competition, had the chance to make another donation to pick up from wherever Tiettmeyer's ball landed.



Judy Pflingstag takes a look at the hole ahead before taking her shot. Pflingstag was one of over 80 golfers who joined in benefitting United Against Poverty.



After taking some time to set up his shot on a beer can, Bryan Matthews takes a swing at his ball. The beer can challenge was one of the newest challenges at the tournament.



Michael Wilson looks at the line between his ball and the hole in his first Complete Care Charity Tournament. Wilson was encouraged to come out with the help of his brother-in-law.



A golfer looks at additional ways to donate outside of just playing in the tournament.



## The Lake Nona Book Maven Review

Title: *Little Fires Everywhere*

Author: Celeste Ng

Having heard some good comments about this book and realizing it was a 2017 release, a *New York Times* bestseller, and is being adapted for Reese Witherspoon and Kerry Washington as an eight-episode TV miniseries for Hulu, I decided to pick up the hardback. Although Ng is a relatively young author (born in 1980), this is her second successful book. Her first, *Everything I Never Told You*, was a 2014 Amazon Best Book of the Year. The setting for both books is her childhood hometown of Shaker Heights, Ohio.

*Little Fires Everywhere* opens with an actual fire. The home of the Richardsons, an affluent suburban family, has gone up in smoke. Elena Richardson stood in her bathrobe outside on the lawn watching the firefighters roll up their hoses and wondered where her two sons and two

daughters were. Who would cause such a fire – was it an arsonist? Three of the children eventually show up, and the only family member missing is Izzy, one of the Richardsons' teenage daughters. As the rest of the novel unfolds, the incidents that occurred over the last year are interspersed with glimpses of the backstories of the main characters to round out the narrative.

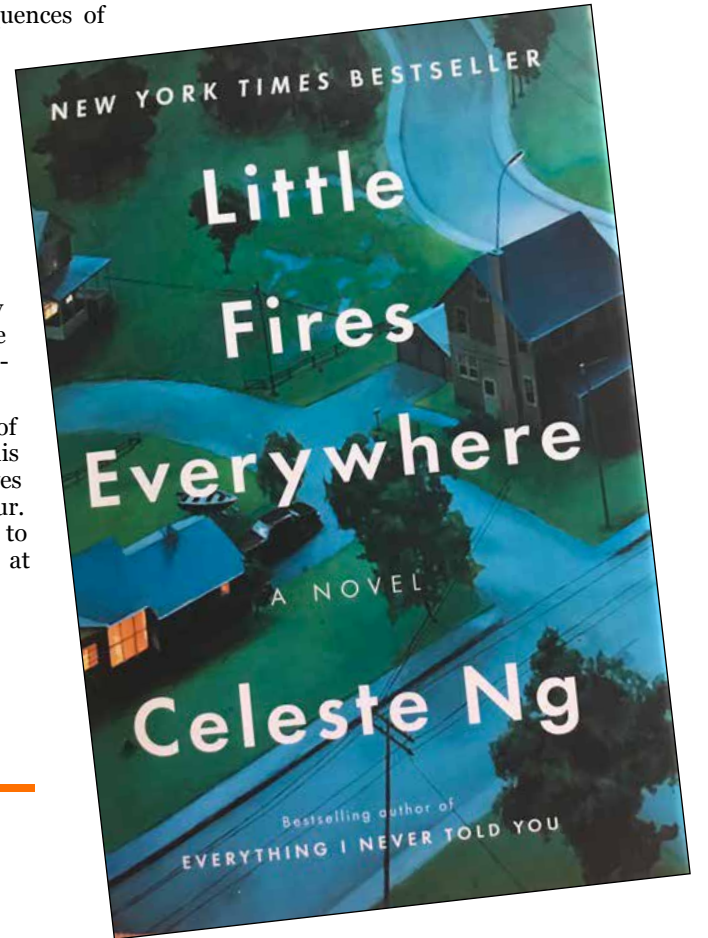
The story is set in the late 1990s, and Shaker Heights always was and still is a meticulously planned community proud of being organized and home to successful residents. Two families make up the cast of main characters, and the two very different moms move the story forward. Elena Richardson is a successful, driven, local journalist, wife, and mother to four teenage kids. The other mother, Mia Warren, recently came to town with her daughter, Pearl, and everything they owned in Mia's VW and rented a small apartment from the Richardsons.

As the lives of the two families intertwine through the sons and daughters, we see various characters' actions from other characters' viewpoints, which should make the TV series on Hulu really interesting. Part way through the novel, a secondary story and characters come into play involving a Chinese restaurant worker, the adoption of a Chinese baby by an American, Caucasian couple, and the emotional, ethnic and cultural issues involved in the investigation of that transaction.

Ng's writing is good, and the story moves along quickly. She makes us think about the unintended consequences of the decisions both her characters (and by extension, we the readers) make in misjudging others, particularly our own children. Both secrets and honesty can be helpful or damaging. Ng somehow lifts the veil on the underpinnings of family life and shows us some of what goes on underneath.

Most of the members of my book group liked this book, Goodreads gives it 4+ stars, and I concur. I liked it well enough to consider taking a look at Ng's first novel as well.

Happy reading!



## Sunny Side Up: Pools

BY PHILIP LONG

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

I can't write about life in Florida without addressing swimming pools. And when it comes to pools, I must first express my

pride in the hallowed tradition of butt-bumps. If you have not participated, your life is not yet complete. You and a partner face each other holding hands, drop underwater, connect the soles of your feet, and push with your legs until you both flip backward. If you manage to do all this, you might just achieve the ever-fantastic rump-side collision of delight.

When I see my son giggling and limping around the pool-side yelping, "Who wants to play butt-bumps?" I cannot butt feel proud.

Pools, these blessed bodies of water, frigid in the winter and warm and depressing in the summer. They contain almost as many

memories as Band-Aids. As a child, I used to scope the water for sharks. Today, I've put childish fears behind me. Sharks are unlikely, but alligators, they have legs. The very day I forget to gator-check, I'll slip into the pool where they're holding the annual Ancient, Blood-Thirsty Carnivores-Are-Us Convention. Likely seminar: "Humans might not taste good, but they sure are asking for it."

My son's asking for it. Usually a nurturing soul, he discovered that if you catch a lizard, which in central Florida is as easy as holding out your hand and wishing, and take the little guy to the middle of the deep end, the lizard will take off like a primordial torpedo. Yes, this is the same son that prompted his mom to call me at work. "Honey, David's trying to put a leash on a lizard, but I think he's choking it."

In case anyone's worried, we always help the lizard missile get out of the pool. Which, when I think of what I've seen loafing across pools – roaches, horned beetles, yellowjackets, hornets, black widows, worms and the occasional snake – is really no big deal.

Then there's the way kids approach pools. At any given pool, children can be found coldly taking culture, propriety, and societal norms and shoving them off diving boards into the gaping maws of Krakens. I can hear children's evil cackles.

I remember whaling, a form of childish play I was particularly proud to have invented. In a word, it's inappropriate. It goes like

this: dive under the water, spew a few giggle-bubbles, pull one's shorts slightly down until your gluteus maximus is showing, and then slowly roll through the water to the uproarious delight of all your fellow spider-monkeys hopping around on the pool deck. If you're a child and you're reading this, remember that, these days, all fun is illegal. You're likely to be thrown behind bars for stuff like this or at least fed to a Kraken.

When we added whaling to rafts manned by blood-thirsty enemy pirates, the water would churn. If you're reading this, Jim, I'm still sorry about your eye that time at Grandma's. In my defense, your craft was drifting perilously close to my perch atop the diving board when you chose the ill-fated words, "Argh, my matey, you'll never best me on these 'ere high seas." At least now you have a real eye-patch.

Perhaps my memories of pools are why pool rules read as follows: No child under 12 shall be unaccompanied by an adult. No diving. No running. No food or drink. No horse-play. No poolside reading of *Lord of the Flies*.

However, we all know that rules are there largely to be ignored and occasionally enforced by hesitant and apologetic security guards. So get out there, find your pool, run, dive, eat like a horse, and enjoy your day in court.

*Philip writes for Cru, a nonprofit organization located on Moss Park Road, close enough to the 7-Eleven off of Narcoossee to justify ditching work for a Shurpee.*

*While he thinks he's funny, he wisely never verbalizes his musings to his two ever-increasingly hostile pre-teens. His brain doesn't seem to do the heavy lifting in the writing process – his sweaty fingers do. So, if you laugh, snort, chortle or guffaw, they deserve the credit ... both of them.*





VISIT [WWW.NONAHOODNEWS.COM/EVENTS](http://WWW.NONAHOODNEWS.COM/EVENTS) FOR UPDATED EVENTS AND DETAILED INFORMATION.

- 1 Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 2 LNRCC Young Professional's Group at Canvas (8-9 a.m.)
- 2 College Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 3 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 4 3rd annual Bike 5 Cities Rise - Mead Garden in Winter Park (8 a.m.)
- 4 Mommy & Me at Nona Adventure Park (9-10 a.m.)
- 4 Reymont St. Community Gardening Class (9-10 a.m.)
- 4 Kentucky Derby Viewing Party Featuring "The Run for the Rosé" at Boxi Park (11 a.m.)
- 5 Nonahood Latino Fiestas - Cinco de Mayo at Nona Adventure Park (10 a.m.-9 p.m.)
- 7 EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)
- 7 LNRCC First Tuesdays at 310 Nona (5:30-7:30 p.m.)
- 7 Wine & Design Jewelry Workshop at Lakehouse (6-8 p.m.)
- 8 Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 9 LNRCC Breakfast Connections at Eagle Creek Golf Club & Belfry Restaurant (8-9:30 a.m.)
- 9 College Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 10 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 11 Mommy & Me at Nona Adventure Park (9-10 a.m.)
- 11 Pre-Mother's Day Party with Latitude28 Band at Boxi Park (6-10 p.m.)
- 12 Mother's Day
- 14 EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)
- 14 Picture This with Hyatt (5-7:30 p.m.)
- 15 Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 16 College Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 16-25 NCAA Division I Men's and Women's Tennis Championships at USTA
- 17 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 18 Armed Forces Day
- 18 Mommy & Me at Nona Adventure Park (9-10 a.m.)
- 18 Laureate Blvd. Community Gardening Class (9-10 a.m.)
- 18 LNMS Knight on the Red Carpet at Drive Shack (5:30-9 p.m.)
- 18 Control This at Boxi Park (6-9 p.m.)
- 21 EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)
- 21 10th Annual RMHCCF Bowl-A-Thon (6-9 p.m.)
- 22 Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 23 EOCC Coffee Club Nona at Sam's Club (8:30-9:30 a.m.)
- 23 College Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 24 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 25 Mommy & Me at Nona Adventure Park (9-10 a.m.)
- 27 Memorial Day
- 28 EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)
- 29 Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 30 College Day at Nona Adventure Park (11 a.m.-7 p.m.)
- 31 Songs at Sunset at Nona Adventure Park (6-9 p.m.)

*Save the dates*

Oct 13 10th Annual Ride-For-RMHCCF in Lake Nona

*Weekly Events*

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

**LP YOGA**  
Mondays & Wednesdays 6 p.m. & 7 p.m.  
LP Fit in Laureate Park  
[www.facebook.com/learnlakenona/](http://www.facebook.com/learnlakenona/)

**MORNING MEDITATION**  
Wednesday 6 a.m.  
Lakehouse in Laureate Park  
[www.facebook.com/learnlakenona/](http://www.facebook.com/learnlakenona/)

**CYCLE & CORE**  
Tuesdays & Thursdays 6 a.m.  
LP Fit in Laureate Park  
[www.facebook.com/learnlakenona/](http://www.facebook.com/learnlakenona/)

**CHESS CLUB**  
Wednesdays 3:30 p.m.  
Lakehouse in Laureate Park  
[www.facebook.com/learnlakenona/](http://www.facebook.com/learnlakenona/)

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

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

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

**THE SATURDAY MARKET** at Valencia Community College Lake Nona  
Saturdays 9 a.m.  
Valencia College, Lake Nona Campus  
12350 Narcoossee Rd.  
[www.facebook.com/LakeNonaFarmersFreshMarket/](http://www.facebook.com/LakeNonaFarmersFreshMarket/)

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

The 10<sup>th</sup> Annual Key Initiative  
**BOWL-A-THON**




**JOIN US FOR A GREAT NIGHT OF COSTUME BOWLING FOR CHARITY!**  
Tuesday, May 21, 2019  
at Aloma Bowl  
2530 Aloma Ave,  
Winter Park, FL 32792  
6:00 PM - 9:00 PM  
Bowling begins at 6:30 PM




Register your team TODAY at [rmhccf.org](http://rmhccf.org)!

Come have fun with us and learn Crowd Leading Cheers, Sideline Chants, and Dances- by Your **FHSAA STATE FINALIST** Competitive and Sideline Cheerleaders of Lake Nona High School!


**You're Invited**  
**Lake Nona High School's**  
**9<sup>th</sup> Annual Cheerleading Youth Clinic!**




Please register using this Google Form (case Sensitive):  
<https://goo.gl/forms/qOQsy9BXVeGTRtAF2>

**THURSDAY-MAY 30<sup>TH</sup>**  
**FRIDAY-MAY 31<sup>ST</sup>**  
**\$45 BEFORE MAY 18<sup>TH</sup> (\$50 AFTER)**

**WHERE: LNHS GYM**  
**TIME: 8:30 AM -12 PM**  
**First 60 registered will receive a Free T-Shirt**



Questions or Concerns?  
Please Contact:  
Head Coach: Jessica Paradiso  
[Jessica.Paradiso@ccns.net](mailto:Jessica.Paradiso@ccns.net)  
Assistant Coach: Jennifer Bals  
[Jennifer.Bals@ccns.net](mailto:Jennifer.Bals@ccns.net)





# LATITUDE 28 BAND

is a Lake Nona-based entertainment cover band founded by Avinash Singh in 2018. The band covers popular songs in diverse styles ranging from pop, rock, and hip hop to country, alternative, and dance. The band configuration is dynamic but usually consists of four core musicians and two to four vocalists.

The band's first public show took place at Orlando's iconic House of Blues on October 27, 2018. Quickly rising in recognition and demand, the band this year goes international, with shows booked in Spain, the Netherlands, and, in 2020, Brazil.

Avinash, who goes by "Avi," created the band with his vocalist wife, Anisa, to provide dynamic, crowd-pleasing entertainment at festivals, corporate functions, showcases, weddings, community events, and everything in between. He and Anisa bring over 20 years of immersion in the music industry to the band. They are joined by other veteran musicians as well as new talent that combine to produce a richly diverse performance group.

**Come meet the band before they set off on their tour performing in Spain, Netherlands, Brazil, Cuba, Suriname, and more!**



## ANISA



Anisa is an award-winning international recording artist, song-writer, businesswoman, philanthropist, wife and mother. She has been the lead singer of The Supertones Band—USA's most-toured international Chutney Soca band—since 1999. She now also performs with pop/rock band Latitude28. Anisa is known for her hit single "Tek Sunita (Nadia's Reply)," winner of the 2011 West Indian Music Awards Video of the Year. She was named "Female Performer of the Year" for the same awards two years later and last year was a finalist in the 18th Annual Deland Original Music Festival for "Most Unique Sound" and "Song of the Year" for her latest single, "Warrior." Anisa's music has taken her around the world to perform in front of thousands of enthusiastic fans. Mastering performance in musical genres ranging from pop, dance, and rock to freestyle, Soca, and reggae has enabled her to collaborate with top bands and artists in the Caribbean music industry. She crossed into mainstream pop with her release of the single "Warrior" in 2018 and is looking forward to what this new journey has in store.

## ARTIE



Artie Givargidze is a professional independent multi-style drummer who grew up in New York and now calls Florida home. At the age of 6, Artie started playing the drums. Four decades later, he still sits behind the drum set. Artie has traveled throughout the world playing with various entertainment superstars and world-class musicians such as Haifa Wehbi, Nora Fatehi, and The Supertones Band. When Artie is not on the road, he loves spending time with his wife and three beautiful children, one of whom is his son, Blake, now following in his dad's footsteps as a drummer in his own right.

## BLAKE

Born and raised in Long Island, New York, 15-year-old Blake Givargidze is no stranger to the drumming world. He has played for top international artists, including American Idol's Alyssa Raghu, Caribbean crossover artist Anisa, Rick Simon, and Middle Eastern superstars Moe Kabha and Abdallah Safar. With drumsticks in his hands at age two and his first DW kit at age four, Blake got an early start in the business. He has studied with the famous Peter Greco and has also learned from Robby Deitz, 'NSYNC's Billy Ashbaugh, and others, leading to his first public performance on drums at Orlando's iconic House of Blues. Blake plays all genres of music with enthusiasm and accuracy, including jazz, country, R&B, hip hop, soul, dancehall, Soca, chutney, funk, blues, and dub; however, his favorites are reggae, rock, Latin, and pop. He is currently the drummer for Latitude28 band and actively contributes to his high school bands as well.



## JUSTIN

Justin Robards has been involved in music for over 30 years. He toured North America as a percussionist performer and staff member of many Drum Corps International and Winter Guard International groups as well as with Infinity, STRYKE, and FIU Indoor Percussion units. As a sound engineer, Justin has run the board for highly successful groups in venues such as Ford Field in Detroit, the Alamodome in San Antonio, and Lucas Oil Field in front of 30,000 fans. He had the pleasure of being Music Coordinator for Super Bowl XLI in Miami in 2007, working alongside Gloria Estefan and Cirque du Soleil team members. Justin is ecstatic to be the Audio Engineer for Latitude28 and continues to be blessed each day he gets to work with such talent.



## AVINASH



Avinash Singh is a passionate musician, businessman, success coach, and published author. He entered the music world at age 7, following in the footsteps of his father, who was a very popular professional singer and musician in the Caribbean. The first time Avinash touched a keyboard, he fell in love with music and never looked back. Avinash has produced music across multiple genres for more than 20 years. He has composed masterpieces for artists, including dozens of chart-topping hits, and shared the stage with many popular performers, including Kevin Lyttle, Sean Paul, and Beenie Man. Currently, he acts as Band Manager of The Supertones Band and Latitude28, playing keyboards and directing the music. A strong believer in the Law of Attraction, Avinash credits many of his achievements to this law at work. He also stresses the importance of gratitude and its

## CREIGHTON



Creighton Underwood is a veteran with decades of music performance experience under his belt. He grew up playing trombone in high school band before switching to bass guitar. It was the bass that gave him his ticket out of town, when after his high school graduation, he left home for life on the road with a touring band. A man with an insatiable desire for learning, Creighton throws himself into all opportunities that come his way. He became Director of Technology for HarperCollins/NewsCorp in New York and London, a driving instructor specializing in the Porsche 911/GT2, and a successful freelance educational software writer. He since has made his home in central Florida, pursuing opportunities in music. Although regularly sought out by other bands for his caliber of playing and the professionalism he brings to his craft, he has chosen, with joy and gratitude, to devote himself full-time to the people and

## GREG

Gregory Zigon moved to central Florida as a child, and although his work and music have taken him all over the world, he still calls Florida home. Gregory has avidly pursued music since he was ten years old, interested in all forms of musical expression but focusing study on percussion, voice, baritone, and viola. He pursued education in percussion performance at the University of Central Florida and enjoyed performing with the Florida Ambassadors of Music for audiences in five European countries. His varied career has included percussion instruction at three Orlando-area high schools, work as a Disney performer, and five years with the United States Marine Corps. Today Gregory is a businessowner with a brick-and-mortar store as well as a sound engineer, producer, and composer. He is excited about the opportunities to contribute this skillset to Latitude28 band.



## KAZ

Born in New York, Kaz moved to Florida when she was very small and has called the Sunshine State home ever since. Like the other members of Latitude28 band, Kaz is single-minded in her love for music. At age five, she started singing in school and church choirs and music groups and continued that involvement through the years. She added marching band in high school and was a member of a team that actively promoted music events. As an up-and-coming central Florida artist and performer, Kaz has worked to develop her own musical style, even as she has enjoyed collaborating with other local artists on and off stage. She tirelessly promotes her fellow performers in the Orlando music scene. Music is Kaz's first love and she is excited to share this passion with Latitude28.

