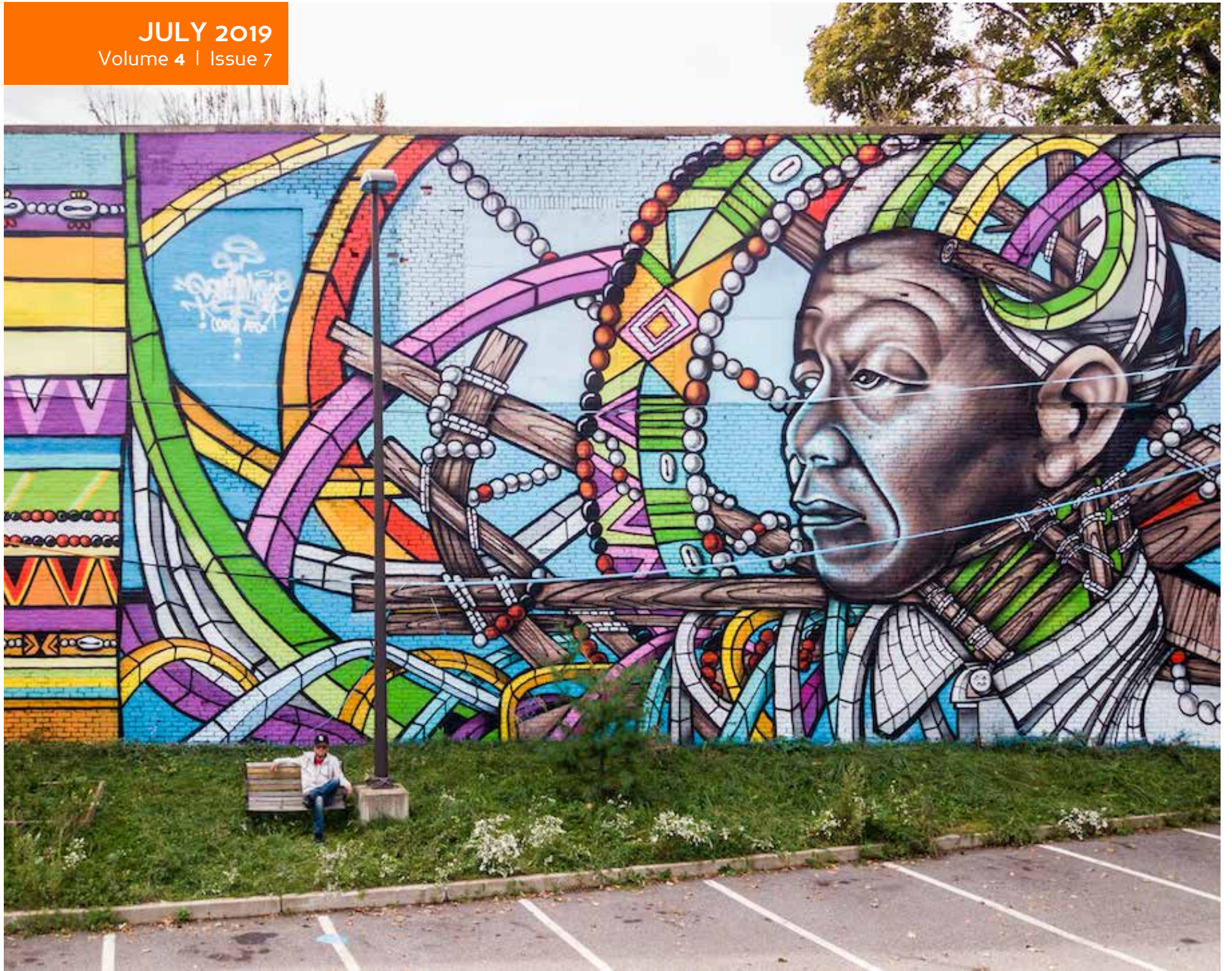


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JULY 2019
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Publishers/Owners

Rhys & Jenny Lynn

Editor-in-Chief & Operations Manager

Elaine Vail

Director of Content

Nicole LaBosco

Production Manager

Kyle Hamm

Writers & Reporters

Nir Bashan, Brittany Bhulai, Linda Carvin, Christian Casale, Jocelyn Davie, Dennis Delehanty, Dr. Amit Desai, Natalia Foote, Sharon Fuentes, Rodney Gage, Dr. Deborah C. German, Dr. Richard Gregory, Dr. Bernard Gros, Kyle Hamm, Amber Harmon, Debbie Helsel, Katie Jasiewicz, Nicole LaBosco, Philip Long, Debra Lowe, Visshael Patel, Daniel Pysier, Sophia Rogers, Camille Ruiz Mangual, Vernice Salveron-Gasper, Demi Taveras, Elaine Vail, Chris White

Copy Editor

Demi Taveras

Proofreading

Joe Henry

Layout Design

Marnie Brophy

Creative Director/Producer

James Rayner

Promotional Manager

Melanie Miller

Director of Public Relations

Saul Markowitz

Submissions

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NONA MEDIA

EDITOR'S NOTE

Summer Hibernation

BY ELAINE VAIL



When I lived in the Midwest, it was often dark and dreary – for more than half the year, it seemed to me. And in the winter, when the cold would take your breath away and literally freeze your nose hairs, people didn't leave the house unless they really had to ... to go to work, to get groceries, to go to school, the basics. We didn't linger and chill out with neighbors outside just for pleasure.

I noticed pretty quickly that the same, but opposite, thing is true here in Florida. In the blazing heat of July and August, people don't seem to linger outside very much. We tend to stick to the air conditioning as much as possible and only go out during the day if absolutely necessary. Not everyone, but a lot of us. There are some of you (ahem, Nona Cycle) who would brave any weather no matter what part of the country you live in or what season it is! Kudos to you! I'm not that brave, and I don't enjoy torturing myself.



January 2014 - Our last winter in Indiana - Photo Credit Elaine Vail.

That said, I have been quite happy to trade two blistering hot months for six-plus of rain, cold, ice and darkness. After all, we still have the early mornings and late evenings to enjoy during those two months. And we still have the sun shining (although it's a special version of the sun here that feels like it's two inches from my face) and the most incredible sunsets and thunderstorms I've ever experienced. I don't mind hibernating in the air conditioning during the day for a couple of months. I truly love it here!

Nonahood News is here to get you through these crazy hot months with content to keep you prepared for hurricane season, to celebrate victories and firsts, to learn more about our heroes and innovators, to laugh and to cry, to educate and inspire, and to foster growth and development in your family, personally, and at work.

We've got graduations, a new Rotary Club, lots of leadership articles, our monthly Nona Heroes spotlight (do you have someone to nominate?), lots of articles on wellbeing and mindfulness, an exchange student program at LNHS (still need two hosts!), growth reports for Lake Nona, articles to make you think and ponder, our very own viral Karate Kid, and wildlife celebrations.

We've got medical, health, fitness, and sports info to share with all of you. We've got an abundance of scholarship and awards winners! We've got food, dogs, neighbors, art, media reviews (movie, TV, book, and music!), events, and, most importantly, family.

Whatever you're doing this summer, do it with a smile. Even if it's a sweaty smile.

Stay cool, Lake Nona!



July 2015 - My girls' first time to ever see the ocean
Photo Credit Elaine Vail.

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We Graduated Our 609th Physician Knight

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



Dr. Deborah German

This graduation season, the UCF College of Medicine graduated 117 new doctors, and with the Class of 2019, we've graduated 609 Physician Knights in the last four years.

This year's class included 18 students who also did their undergraduate work at UCF – the most in our history. These “double Knights” include a UCF-trained Army nurse who served in Iraq and a musical theater actress who found her medical calling while caring for the poor.

Jais Emmanuel is one of the UCF undergrads. She grew up in Lake Nona, earned her bachelor's from the Burnett School of Biomedical Sciences, and watched as

the College of Medicine came out of the ground. “I remember the college when it was just grass,” she said. “The UCF College of Medicine was in my backyard. It was always my dream to be here.”

The day before graduation, Emmanuel was honored as one of the Class of 2019's top students – she earned all A's during four years of medical school. In June, she begins her pediatrics residency at Cincinnati Children's Hospital. “I don't want to sound cliché, but UCF does stand for opportunity,” she said. “Ever since I came here, so many opportunities have opened up for me. I've been able to meet mentors and teachers who have helped shape my values and showed me how to be a good doctor. They have definitely helped shape the way I will practice medicine in the future.”

Jeremy Tran, also a “double Knight,” did cancer research as a UCF undergraduate and was selected for the Order of Pegasus – the university's most prestigious student honor. As a medical student, he helped lead the student-run free KNIGHTS Clinic and earned the Florida Board of Medicine's Chair's Recognition Award as a future leader in the medical profession. A self-described “Navy brat,” Tran entered the military's Health Professions Scholarship program, which covers tuition and living expenses for medical students who

agree to serve their country for one year for each year of scholarship. So, in addition to graduating Friday, Tran received a military promotion along with four other medical school military officers. Now he's off to Walter Reed National Military Medical Center in Bethesda, Md., where he will train in orthopedic surgery.

“UCF has been a huge part of my life – I've spent about a third of my life here,” he said.

UCF double Knight Arron Smith served in Iraq as an Army nurse and met his future wife, Melissa, there – she was also an Army nurse. They earned their nursing degrees at UCF, worked as nurses, and then decided to pursue medical school. Dr. Melissa Smith graduated in the Class of 2018. This year, dressed in full military uniform, she pinned her husband with his new military rank after he received his M.D. diploma. Arron will join his wife in residency training at Madigan Army Medical Center in Washington state. “It's exhilarating for both of us to be part of the UCF legacy,” he said.



UCF undergraduate and now UCF-trained physician Lauren Fragapane grew up in Oviedo and graduated with honors as an undergraduate biomedical sciences major. She was named the Class of 2019's top student, receiving the Dean's Award for academic, clinical and professional excellence. She will do her neurology residency at the University of South Florida.

“I want to be a Florida physician,” she said. “I want to

practice here. UCF has basically been with me this entire journey.”

As our new doctors begin their residencies at hospitals across our community, state and nation, they will be strong ambassadors for our emerging Medical City. They have done well. I can't wait to see them fulfill their dreams.

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



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New Evening Rotary Club Coming to Drive Shack

ARTICLE BY BRITTANY BHULAI
PHOTOS COURTESY OF RHYS LYNN



If you couldn't make it to the morning or noon Rotary meetings, you're in luck.

A third Rotary Club is forming right here in Lake Nona. The new group, known as the Rotary Evening Club, will be meeting the first and third Wednesdays of each month from 5:30 to 6:30 p.m.

There are already 40 members aboard the new Rotary Evening Club. The group also goes by the name "Action Club."

The group will mainly be focusing on an anti-bullying program for students and military service projects.

"For more than 110 years, Rotary members

have been addressing challenges around the world," says Tweet Coleman, President of the Rotary Club. "At club meetings in communities across the globe, our people of action come together to strengthen their connections to friends and neighbors and their commitment to improving lives."

The Rotary Foundation has six areas of focus:

- Peacebuilding and conflict prevention
- Disease prevention and treatment
- Water, sanitation and hygiene
- Maternal and child health

getting that started here, and we're looking forward to [continuing] to impact the community."

Rotary.org states there are a total of 1.2 million Rotarians and 35,000 clubs worldwide.

The Rotary Foundation's signature project was the worldwide removal of polio. A total of 2.5 billion children received the disease's vaccination since 1979.

In 2003, Rotary launched the Polio Eradication Fundraising Campaign. Their fundraising target was \$80 million. The campaign accumulated \$135 million.

A notable club feature is The Rotary International Convention. Rotarians from 130 different countries come together annually to celebrate the organization's successes and to plan out future projects.

A 2020 Rotary Conference is expected to be held in Honolulu, Hawaii. Up to 27,000 Rotary members are anticipated to attend.

"My husband, Patrick, and I have done several Rotary International Volunteer projects. One of our favorites is serving in Chiang Mai, Thailand. We worked on a mobile dental clinic that provides treatment to the Karen people on the Thai-Myanmar border. The reward we feel seeing a five-year-old getting a rotten tooth pulled that has hurt her for months is priceless. The smiles and hugs we receive from the local people last a lifetime," says Coleman.

NONA.MEDIA's own Rhys Lynn will be a



charter member of the new Rotary Club. He has also volunteered to create their website.

"I'm excited about the new club forming and being a part of it because a big part of what we do is help to create and encourage community where we live and hoping to promote good around the neighborhood and help local charities. It's very much aligned with the values of our company and myself. Whatever we can do to help the new Rotary Club, we are going to definitely do," Lynn stated.

Rotary Club members will be asked to pay club dues, attend at least two meetings per month and other service events, and use professional skills and talents to make a difference.

The Rotary "Action Club's" first service project will be to help the morning Rotary Club with their Flag Ceremony at Valencia College.

- Basic education and literacy
- Community economic development

Rotary Club's Senior Major Gifts Officer, Debra Lowe, has been a part of Rotary for 20 years. "As part of a global network of people committed to improving their communities and beyond, I have been a part of local projects including preparing meals for residents of Lake Nona's Ronald McDonald House, surprising people with random acts of kindness, providing books and mentoring to local elementary school children, and more," says Lowe.

The general manager of Drive Shack, Dan Kirby, stated, "We're looking forward to



Nona Leadership Network Connects and Inspires Lake Nona's Leaders

ARTICLE BY CAMILLE RUIZ
MANGUAL
PHOTOS COURTESY OF
MELISSA HANLEY



Every second Friday of the month, a group of Lake Nona residents meets at 7 a.m. at GuideWell Innovation Core to hear leaders in the community speak and to come together with like-minded people. For 20 minutes, leaders, usually from the Lake Nona area, share their insight and valuable skills with attendees. The remaining 55 minutes is used to allow the group to interact with the content and with each other.

Co-founded by Linda Travelute, Erik Butz, Greg Stoughton and Sam Eckerson, the Nona Leadership Network is a faith-based network that exists to connect, inspire and develop leaders for greater influence and



impact. Travelute, Butz, Stoughton and Eckerson combined their skills, passions and experiences in leadership to create this community-based leadership development event for Lake Nona residents.

Operating with the intention of creating a community of vibrant leaders for Lake Nona, the Nona Leadership Network is a community where residents who want to grow personally and professionally can come to hear content from qualified speakers. The Nona Leadership Network team ensures that attendees are receiving the highest quality content by personally searching for and selecting each month's speaker.

Previous speakers include community leaders such as Andre Bailey, CEO of Change Everything; Don Long, President of Lake Nona Chamber of Commerce; Mike Fischer, Captain of Osceola County Sheriff's Office (Ret.); and Dr. Linda Travelute, CEO of Travelute Leader & People Development. Each speaker brings their unique approaches to leadership and leaves attendees with something to contemplate and potentially implement in their day-to-day lives.

The monthly meeting is more than just a



networking event. Lake Nona community members join together with people who are just as ambitious and determined to be leaders as they are. Following the speakers' presentation, attendees are given the chance to ask the speaker clarifying questions and discuss what they learned.

Lake Nona residents are empowered to be leaders in their workplaces, their homes, and their communities. Lake Nona is still growing, and new businesses, ideas and opportunities for involvement are developing every day. The Nona Leadership Network provides a space where community members can come to learn and interact with others who are well-versed in leadership and encourage growth and development.

The Nona Leadership Network is suitable for anyone who is hungry to learn and develop their leadership skills. "Our desire is to see people grow personally and professionally," says Erik Butz, one of the co-founders and the vice president of Global Operations at Cru.

It is clear that Lake Nona residents will learn content that inspires them to be better people and leaders. Looking forward,

the Nona Leadership Network hopes to expand its efforts by creating a leadership masterclass among other leadership development opportunities. Their vision includes a mentorship program in which professionals would mentor and share their insight in a more intimate version of their current monthly event.

Each event takes place on the second Friday of the month at GuideWell Innovation Core from 7-8:15 a.m. First-timers are welcome to attend free of charge. Regular attendees can purchase a ticket to any event for \$10. Tickets to each event can be found by searching "Nona Leadership Network" on www.eventbrite.com.

The Nona Leadership Network is also seeking out more local speakers and leaders. Anyone who feels that they have the qualifications to share their insight with the community can reach out to the Nona Leadership Network via their website at www.nonaleadership.net/.

Nona Heroes: Prosthetist and Paralympian Mike Varro

BY VISSHAAEL PATEL



Mike and Lori Varro in Bulgaria at the 2018 World Rowing Championships. Photo courtesy of Lori Varro.

In this recurring special feature, Nonahood 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.

Lake Nona is a community that continues to set the bar of distinction higher with each day. Mike Varro, a Paralympic rower and prosthetist at Lake Nona's Veteran Affairs (VA) hospital, is no exception.

Varro has given back to the community by making and fitting heroes, who have served our country, with prosthetic limbs. For about 10 years now, Varro has served the VA hospitals in Oklahoma City, Los Angeles and Gainesville.

A civilian amputee, Varro mentioned he faced a birth complication in which his foot never formed properly. When he was 11 years old, he received surgery at a Shriners Hospital for Children. It was that surgery that helped him carve out his path for his current career.

"I had a good experience, and that led me to believe that this wasn't a bad experience at all. It was something that I held on to, especially in college," Varro said.

At the University of Minnesota, Varro wasn't sure his psychology degree would be useful to him. He spoke to a prosthetist who helped him understand he could still apply his degree to a prosthetics program. Allied with the field of orthotics, Varro took on a residency of prosthetics in Oklahoma City.

The program had a partnership with the VA, helping Varro put his foot in the door of the VA health care system. Varro mentioned that he almost immediately recognized how



Mike Varro with his team as they compete at the Head of Charles Regatta. Photo courtesy of Lori Varro.

much he liked the system the VA had set up.

"The VA is nice because you don't have to work with insurance to determine whether or not someone can afford a prosthesis or if the insurance will pay for it. For veterans, it doesn't matter how much it costs, rather, if it is appropriate for them to get one and if it's going to help them in any way. I've always enjoyed that," Varro said.

Since moving to Lake Nona in 2016, Varro has found a place to continue his passion in prosthetics while cultivating one of his newest ones. Shortly after starting work at the local VA hospital, he was quickly introduced to the idea of rowing. At first, he mentioned, he was concerned about whether he was the right stature, being rather tall. But the Paralympic rower who introduced the idea to Varro mentioned his height was, in fact, an advantage.

Soon enough, his interest in rowing grew, and he was competing at the national level, receiving attention for his performance. Since 2017, Varro has been able to secure a spot on the U.S. Paralympics rowing team each year. This year, he hopes to continue on that path as he heads to Boston in June to maintain a spot on the team.

Ultimately, however, his main goal is the 2020 Paralympic Games in Tokyo. While other events like the 2019 World Rowing Championship have a huge value to him, he mentioned that nothing would compare to being able to compete in Tokyo. Both he and his wife, Lori, shared that while they haven't really gotten that far in thinking about the Paralympic Games, they would really look forward to the opening ceremony and adventures like visiting Mount Fuji.

Such aspirations surely can't be achieved without hard work. For Varro, between his full-time job and journey to the 2020 Paralympics, that hard work requires a great amount of dedication and support from others.

"With my prosthesis, I can run but it's a lot less impact, so rowing is a good low-impact sport. It doesn't hurt my body at all, it doesn't hurt my legs. I could do it all day long with no excuses," Varro said.

From Monday to Friday, Varro works from 8 a.m. to 5 p.m., but about three times a week, before and after work, is when he takes the time to row. He wakes up to begin his first round of workouts or practice around 5 a.m., depending on the weather.

If the weather permits, then Varro can be seen on Lake Mary Jane rowing through the rocky waters, slightly concerned about the occasional alligator, he mentioned. Otherwise, if the weather isn't cooperating, Varro performs his workouts like lifting weights and using an erg, also known as a rowing machine. His second workout, after a day at the VA, consists of simply whatever he wasn't able to do in the morning.

For Varro, Lori has been supportive in all ways he mentioned. She's especially been supportive emotionally. But when they first started on this rowing experience, they jokingly both agreed that she would become his logistical manager. Truly, she takes care of it all, he said. From flights to handling registrations, she handles everything, so he doesn't have to worry. She mentioned, with the stress of his training, he also worries about certain things that she can figure out for him. His focus just needs to be on his practices and training.

"All [he] needs to do is show up and row, and that's half the battle sometimes," she said.

Having recently moved to Lake Nona, Varro mentioned he has really enjoyed seeing the area grow. For him and Lori, they take pride in the community and try to give back in a unique way. Working with veterans at the VA, he tries to share information about rowing to them. He sees it as a way to help them in any recovery they may need.

"There's no silver bullet to fix anxiety, stress or PTSD. Veterans taking on sports are understudied, but there is more research going into it and it's worth it. Physically, it



Mike Varro fishing and enjoying one of his many hobbies. When he is not working or rowing, Varro can be found fishing or even scuba diving as part of his many hobbies. Photo courtesy of Lori Varro.

helps with their bodies, and mentally it helps, too. We're privileged with some great outdoors here in Lake Nona," Varro said.

Especially as it can take them back to their military roots with the commands given in rowing, Varro said he finds veterans respond well. They enjoy the teamwork that is involved in it.

The sport also holds each person accountable. If one person doesn't show up, then the rest of your team can be pretty upset at you, he mentioned. To maintain that unity, the sport also gives the veterans a reason to get up in the morning and start the day off in a good way.

As he provides support at the VA hospital, Varro also works with his wife to spread the opportunities of rowing to veterans. Freedom Rows, a national nonprofit organization,

helps bring veterans and has taken on rowing and aspiring rowers closer to the sport. Lori Varro is currently the director of the Orlando chapter.

In cooperation with the organization, the Varros work with veterans to help them grow in the sport. Though the sport may be expensive for some, they mentioned that the organization has all types of adapted equipment, veteran discounts, and grants to help make the sport affordable and fit to their needs.

Since last year, the Varros branched out to a group of their own that partners with Freedom Rows. Known as the Orlando Rowing Community Association, or ORCA Rowing, the all-inclusive group assists all types of people who are looking to row, especially veterans.

The Varros have been able to see 10 to 15 people try out the sport while helping about four veterans take the sport on with full effort. Since moving to Lake Nona, Varro has found that it has combined the best of both of his worlds, new and old. In the community, Varro has found himself in a place that's very new and unique to him, he said.

"Being a non-veteran and amputee as a kid, I was never able to serve my country in that capacity. I enjoy working at the VA and serving. But being at the starting line and hearing the announcer say, 'United States of America, attention,' I get that feeling that I'm representing the U.S. National team. I've gotten to do that in two World Championships and really want to at the Tokyo Olympics in 2020," Varro said.

If you would like to nominate someone for our next Nona Heroes feature, please complete the form here: nonahood.to/nonaheroes.



Mike Varro working with veterans to help them with their prostheses. Photo courtesy of Lori Varro.

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BUSINESS & REAL ESTATE

Creator Mindset: Make Your Work A Service

BY NIR BASHAN



I have been in the creative field in one way or another my whole life. Sometimes as a vocation, sometimes as a side gig, and sometimes on the margins. But the one thing that sits deeply within the construct of The Creator Mindset is understanding how the work I produce touches others. I'm conscious of it. Be it these columns that I write in the paper or talks I give at a company or conference, I am hypersensitive to how our words and actions affect others for many reasons – but one of the most noteworthy reasons starts with a garage sale. Yep. A lawn sale in someone's front yard.

You see, when I was a kid, one of our favorite family activities was to go to garage sales. It was a low-cost activity for a family of five, and there were always plenty of yard sales on the weekend in Los Angeles. We ended up buying a lot of junk we didn't need. Things like hi-fi's that only partially worked, slightly imperfect vases, and lots and lots of knick-knacks. But occasionally, you would find that diamond in the rough, that find so good that it made going out to these things every weekend worth it.

It turned out that we had bought a box of records and old 8-track tapes. It must have been on sale for cheap. For fear of revealing my age, 8-track was an old tape cassette playback system that was the predecessor to the cassette tape. And records, for those who don't know, are wax discs that turn on a turntable and are played back by a needle. If you are surprised by my need to explain these items, just step inside a college classroom. I taught both undergrad and grad school for years at a few different universities, and at one school, a favorite colleague would begin each class by writing "33," "45," and "78" on the board. He asked the students to explain what these numbers meant. And predictably, no one knew. They are the rate of spin per minute on record players. Most records today are 33's, and the small ones tend to be 45's. 78's are a much older record, but I digress here. Because inside the box of 8-tracks, 33's, and 45's at that garage sale, there was a treasure. There was a record from a guy named Earl Nightingale – and that record changed my life forever.

Earl Nightingale was not a musician or a folk singer as his name might suggest. He was the world's first self-help guru. He originally recorded some records of him talking through some sales strategies that would help sales teams communicate better, and techniques that he found helpful in how to treat a customer, how to keep and manage accounts, and how to grow your business. But soon, folks who listened closely enough found that there were words of wisdom held deep within Earl's teachings. Words that transcended business. It wasn't really sales he was teach-

ing but how to help people realize their innate potential.

One of his teachings that has stuck with me to this day and is an integral part of The Creator Mindset is that he said no matter what you decide to do in life at your profession, do it well. If your dream is to be a gas station attendant, then pump the best gas you can. Keep your station clean and your rag well washed. Smile and attend to your service quickly and accurately. Because it's not about the type of vocation that you choose, it's about how you personally carry out that vocation. To Earl, there was no shame in even the most meager of jobs – as long as these jobs were carried out to the fullest of their potential. He talked a lot about taking pride in your work, no matter what it is that you do. Shaped by these records from the mid-1950s, The Creator Mindset views any work as a service to others. The DNA in understanding that each bit of work you produce is interconnected, no matter what you do. No man is an island. Each and everything you do, in whatever field it is, affects others.

Back to the gas station attendant; if you do a job to the best of your ability, you have no idea how much impact you can have on the person you are helping. Their life just might be horrible at that particular moment. Or they are having the day or week from hell. It just might be that they are not in a good spot and the



kindness you showed them at that exact moment made their life a bit more bearable.

You never know what happened in the moments before you see someone. You have no control of where they came from or what led them to you. And you never know what experiences have led someone to have the life that they lead. But the one thing you can control is how you act. How that moment connects with your life through your chosen vocation is your choice. And it makes every job significant, no matter what you do.

It is not only the very fabric of The Creator Mindset; I am afraid it is also the very fabric of life. And if we take to that moment with a bit of forethought – with a bit of empathy – perhaps we can also make our work a service to others, often times in ways we have never imagined. And the aftereffects can have implications that are unseen yet nonetheless incredibly powerful.

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

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Zip Codes 32827
and 32832

Lake Nona
Market Report

MAY 2019



by: Sophia Rogers | The Rogers Team at Premier Sotheby's International Realty

194

Total Inventory

Number of available homes on the market in the 32832 and 32827 zip codes. This includes single family homes, townhomes, villas and condos.

\$409,875

Average Sales Price

The average sales price in Orlando for the month of May was \$278, 201.

78

Average Days on Market

The average number of days to close from listing date.

89

Number of Sales Closed

The number of homes that closed the month of May 2019.

143

Homes Under Contract

How many homes were already under contract going into May 2019.

99

New Contracts

The number of new contracts generated May 2019.

116

New Listings

The number of new listings that went on the market May 2019.

Encouraged by continued low interest rates and a favorable economy that is drawing droves of new residents to Orlando, area homebuyers pushed sales into positive territory for the month of May. Home sales jumped by nearly 11 percent compared to May 2018, which is the first year-over-year increase in 2019. Despite inventory gains, Orlando is still clearly a seller's market as it has only 2.14 months of supply (six months is considered by economists to indicate a market that is balanced between buyers and sellers).

- Orlando Realtor Association

Data compiled by Sophia Rogers and provided by:

Orlando Regional Realtor® Association. Zip Code Plus™ data represents all listings taken or sold within the given zip code and is exclusive to residential property, which includes townhomes, duplexes, single-family homes, and condos. It does not include vacant land or commercial transactions.



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Behind the Scene: The International Exchange Program at LNHS

ARTICLE BY SOPHIA ROGERS
PHOTOS COURTESY OF PAULA COLL



The International Exchange Program is an incredible opportunity for students to come and be a part of your family. It is an extremely valuable time for both sides. Hosting a child is an educational and cultural experience for the whole family. The list includes students from Italy, Germany, Spain, France, Belgium, Amsterdam and Japan, to name a few.

Paula Coll, certified family host and academic coordinator, tells us more about the program at Lake Nona High School and shares how you can get involved.

How long has Lake Nona had this program?

Lake Nona High School has had foreign exchange students for many years. This year, 10 students, mostly sophomores and

juniors in high school, will get the opportunity to come to Lake Nona.

CHI, Cultural Homestay International, is a nonprofit organization helping four of these students come to America, **but two of them still need a good home.** This is an amazing way to be a part of something bigger and make a real difference. Good families are still needed.

How are families selected? What is the matching process?

We find families by reaching out to the community. CHI has 35 years of experience of screening and matching families. They give personal attention to each child. If a family is interested, they connect with a coordinator who helps match them. The students provide lots of information about themselves. For example: Hannah is from Germany, and she is 16. She likes horseback riding, crafts, cycling and art. She hopes to be a vet one day. She says she loves to laugh and loves animals. If you would like to make a connection, it can enrich your home in unexpected and wonderful ways.

To prep the families and students, how do you prepare them for ways of life in a new country?

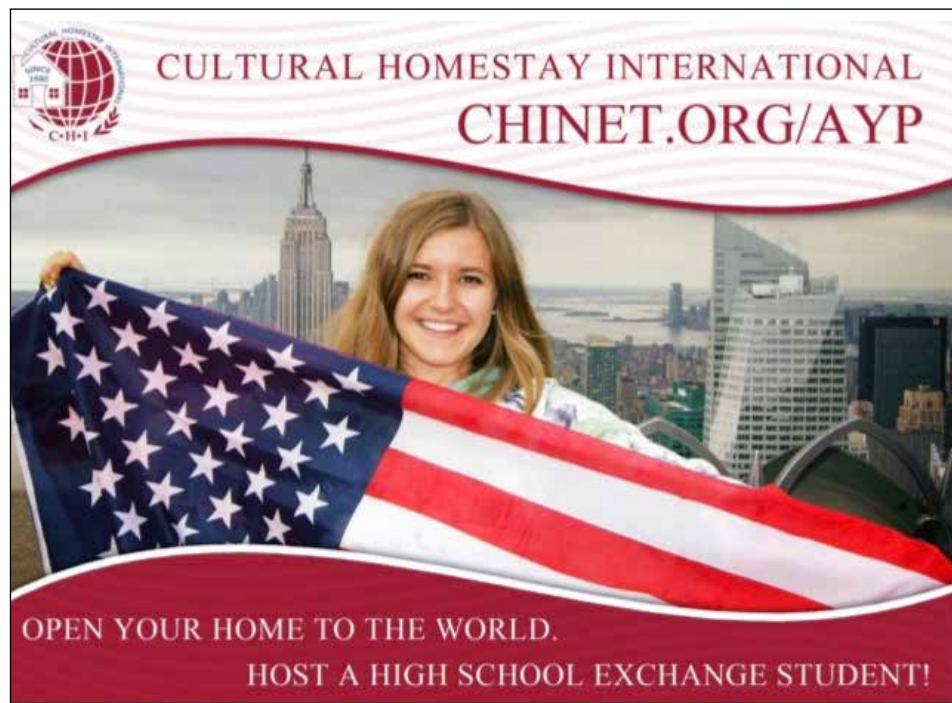
The students and families are given a detailed orientation and materials. They exchange letters and emails right away once they are matched. When the child enters the U.S., the host family will greet them at the airport with a big sign to make them feel welcome, and the journey begins. CHI keeps in contact with the students and families during the first week and then on a regular basis, so that everyone feels supported in a caring, loving environment.

When do they arrive and when do they leave? Do they go home for the holidays or spend them here?

The student arrives a week before school begins and leaves a week after school ends. They do not go home but enjoy and celebrate holidays with their host family. During the holidays, it is important to spend quality time and traditions together.

What are the benefits of the program?

The benefits are incredible. It's like gaining a new member of your family. Franc-



esca, she calls herself "F," is coming over from Italy. She is 16 and loves math, gymnastics, volleyball and cooking, and wants to be an engineer one day. She says that this will be her first time in America, and she cannot wait to visit the beach with us by her side. I feel the connection before we have even met. We email back and forth. She says she hopes we can have family volleyball matches and teach her "something" about baseball. I can't wait to share experiences with her and learn of her culture as well. My grandparents are from Italy, and so it will be fun learning more of my heritage.

CHI believes that an experience like this is a critical educational component. This brave adventure gives them a better ability to overcome challenges, a deeper confidence in themselves, and an understanding of differences. This program can build bridges, create everlasting friendships, and ultimately can make the world a more peaceful place.

Could you share a success story from former students?

Theo was a student from France. Always excited to learn, he jumped at the opportunity to do something new. He approached challenges with an excitement and an energy that he made us excited! He was open, respectful and funny. He was a lot of things, but mostly he was grateful. We were grateful, too. He taught us many of his traditions along with all the rules

of rugby. He would show off, too, and lift two of my girls in the air, one on each arm. He really gave us all a fresh perspective. He and his parents returned the following year and expressed their gratitude over and over and gave us an open invitation to come and stay with them anytime. Families really are forever grateful.

How can a family become a host?

Families can apply for THIS year by contacting Paula and Chris Coll: text/call (407) 929-2175 or email at PaulaColl333@gmail.com for any questions or for more information. While fulfilling the wish of a child, you may just find true fulfillment within your own experience.

Sophia Rogers leads The Rogers Team at Premier Sotheby's International Realty. She is a 15-year housing industry expert who specializes in selling Lake Nona real estate. Sophia can be reached at sophia.rogers@premiersir.com.



Work Well: Work/Life Balance Is a Myth - Show Up to Your Life

BY NATALIA FOOTE

"I need a better work/life balance." Is this something you've heard someone say or perhaps you've said before? What does that mean for you?

In our society, we have defined "work/life balance" as an ability to work well at work, take time for yourself to rest, take time for your family and friends, and take time to play and enjoy life. This mythical work/life balance promises that if we even things out, then we will feel balanced and whole. The pang of giving up time with yourself or your family due to work will magically disappear because you have somehow balanced all the chips in your life.

Do you suddenly stop living when you go to work? Life doesn't stop, until it does. Let that sink in. Your life doesn't stop while at work, or when you're on vacation, or when you're at the grocery store, or when you are watching TV. Life stops when it all stops. If you're reading this, you are living, so take a moment and enjoy the breath that you have. YOU ARE ALIVE.

The idea of work/life balance implies that we can compartmentalize ourselves and our lives. It implies that work brings about negative emotions and that life brings about positive emotions. It suggests that work stays in one place, and then we can counteract and balance whatever stress we felt at work with "life." So, what counteracts the stress of "life?" Jeff Bezos is famously quoted for saying "work/life harmony," and I find that statement works better.

Balancing life is impossible; life is a somewhat organized chaos. We can only control so much until we no longer can. Work/life balance implies that you can control all the chips. We don't know when our health will fail us, regardless of how well we take care of ourselves. We can't control when it will rain or whether our flight will arrive on time. We can't balance all the chips because "life" is throwing chips at us and taking chips away without us knowing.

What can we do to get that feeling? That sense of balance or harmony? We show up. We show up to work. We show up with our families and friends. We show up with ourselves. We show up when folding laundry. We show up when waiting in line. We are present to our lives.

How? What do we do to be present in our lives? First, begin by being present with yourself. Noticing your breath and your "aliveness" is something we take for granted. Stop each day and connect with yourself, even if only for one minute. Pause and notice your "livingness."



Next, become aware of where you are and where your mind is. Are they in the same place? Are you at work while your mind is worrying about your kids? You aren't at work then. Your mind is stuck trying to solve something in a location where you can't do much. Be present and show up to your work or leave work, and be present with your kids. Since you can't do both, do ONE, and fully show up to it.

Lastly, when facing something stressful, find the moments of gratitude. Show up to the stressful and difficult moments as you would the positive ones. Face them head on, show up, and find something to be grateful for. When in doubt, be grateful for this breath and for simply being alive.

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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Get Traction: Just Say It!

BY CHRIS WHITE, CERTIFIED EOS IMPLEMENTER



Chris White

One of the toughest obstacles for a leadership team of a company to overcome is “vulnerability-based trust,” where it’s safe to have conflict and take risks rather than fear them. It’s human nature to avoid uncomfortable or risky situations. Sure, there are people who are calm, cool and collected when the heat rises in a meeting, but most become quiet or at least wait until someone else breaks the ice.

Recently, I spoke with a CEO whose business partner is her sister, and she asked me to coach her through a difficult issue. She proceeded to tell me that although her sister is a hardworking, competent and productive worker, she lacked the ability to lead, manage and hold employees accountable.

The root issue is that the sister sits in a core seat in the organization that oversees 40 employees, and things are falling through the cracks, resulting in the company’s inability to deliver their products and services on time. The CEO desperately wants to tee-up the issue in their meetings but can’t bring herself to do it out of fear of hurting her sister’s feelings.

In the book titled *The 5 Dysfunctions of a Team* by Patrick Lencioni, he has written a fable that takes a CEO and her leadership team through a difficult crisis that threatens to collapse the company. The story reminds us that leadership requires guts, determination, and the willingness to engage in healthy conflict.

The difference between a good leadership team and a great leadership team is that the great teams are willing to say anything to each other, no matter how much it might sting. One way they accomplish this is that they drop their



titles, drama, and politics at the door when they enter their leadership team meetings. They elevate themselves above the company and look down on it and get to work “on” the company. Everyone is open and honest, and they “Just Say It.”

There’s good therapy in just saying it and getting it out of your system. Sure, it might sting and cause conflict, but that’s when the magic happens and vulnerability-based trust can now begin to grow and make your good team a great team.

Chris is a successful entrepreneur, author and head coach at Traction in Florida. He’s passionate about helping entrepreneurs get what they want from their businesses. Learn more at tractioninflorida.com.



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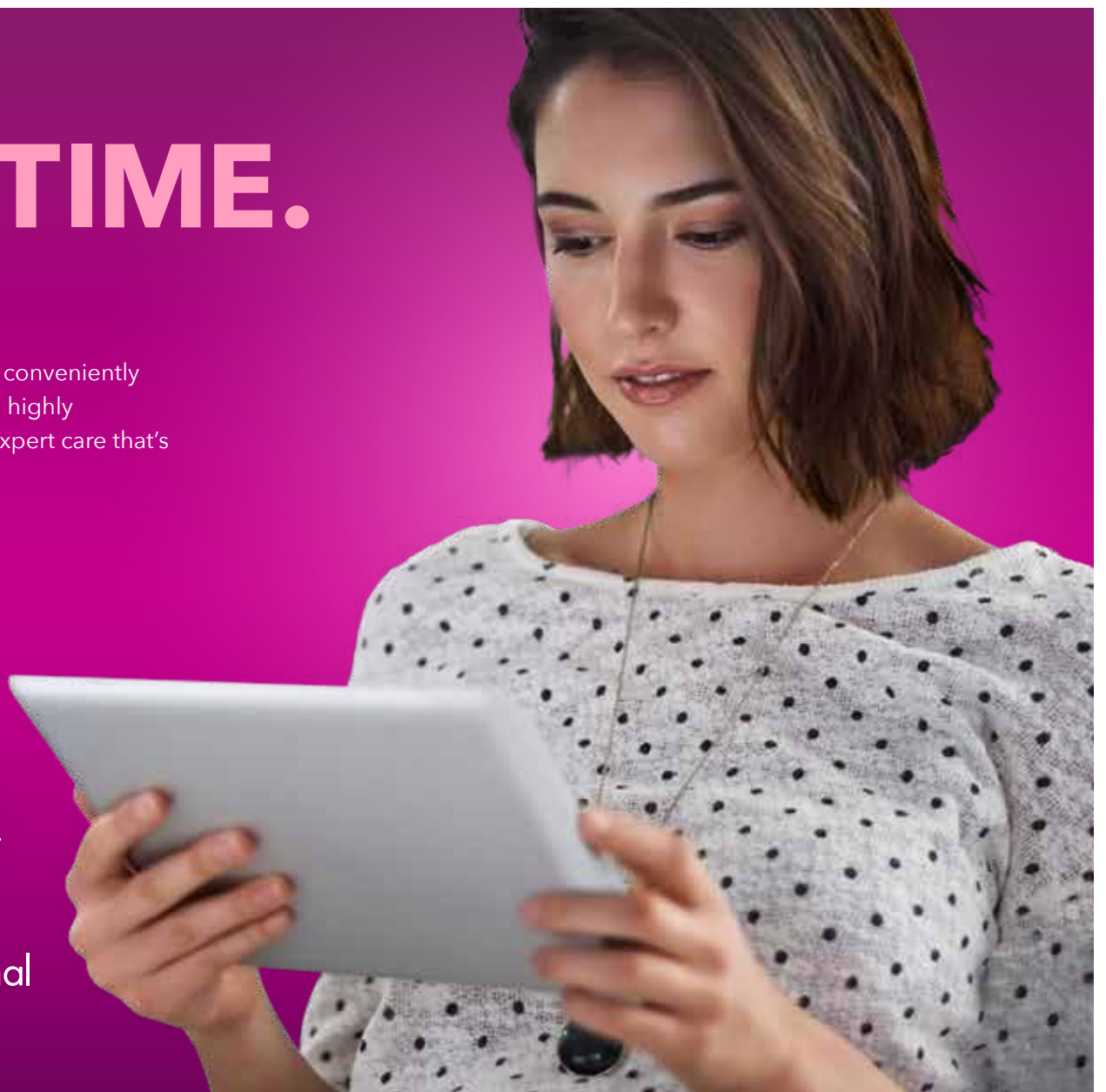
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Nona Growth: AdventHealth Breaks Ground in Lake Nona

BY SOPHIA ROGERS

On Tuesday, June 11, AdventHealth, formerly Florida Hospital, broke ground on the soon-to-be AdventHealth Freestanding Emergency Room. Situated at the corner of Narcoossee Road and Lake Nona Boulevard, the Emergency Room will be open to all.

Employing over 100, the freestanding ER is part of AdventHealth's expansion into more markets in Central Florida.

According to Austin Purkeypyle, Chief Operating Officer of AdventHealth, "We will be adding 24/7 emergency care (the first in Lake Nona) to our existing primary and specialty care, sports medicine and rehab, imaging and lab services. This means the vast majority of medical needs can be met within the Lake Nona community. In cases where a higher level of care is needed, they can be taken by ambulance or helicopter to our facilities specializing in inpatient care."

Purkeypyle speaks not only as COO of AdventHealth, he is also a proud Laureate Park resident and member of the Board of Directors at Lake Nona Regional Chamber of Commerce.



Chief Executive Officer of AdventHealth East Orlando, Jeff Villanueva, adds, "AdventHealth is committed to keeping our consumers at the center of everything that we do. And today, that's what we did. We celebrated the groundbreaking of a brand new emergency department that will open the summer of 2020. As our community grows, we want to



grow with our community, and we want to have strategic access points in those communities so that you have a very quick and convenient access to AdventHealth and to our brand, which is providing whole person health: body, mind and spirit."

The \$17 million dollar investment will be 19,000 square feet with 24 beds once completed.

Two of the rooms will be specially outfitted for

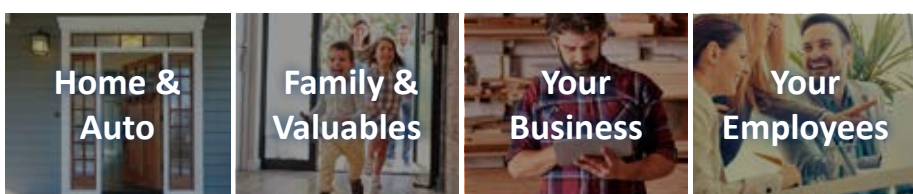
pediatric care, and a CT scanner, ultrasound machine, X-ray, respiratory therapist, and full service lab will all be in-house. "Everything you would expect from any emergency department will be right here," says Villanueva.

Villanueva adds, "We're looking at this as a partnership with this great community of Lake Nona."

Sophia Rogers leads The Rogers Team at Premier Sotheby's International Realty. She is a 15-year housing industry expert who specializes in selling Lake Nona real estate. Sophia can be reached at sophia.rogers@premiersir.com.



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Zen and the Art of Being Online: How Influencers Are Changing the Way You Shop Online

BY CHRISTIAN CASALE



a Victoria's Secret top that you decide you just *have* to own, you can with just a few taps on your phone.

This has the ability to allow Instagram to be not only a social media platform, but a commerce platform where you can follow brands and influencers to do your shopping in between vacation pictures and cute cats.

But not every brand can afford a Kendall Jenner to advertise their products, so smaller and more local business can turn to independent Instagram influencers to help promote their products. But what exactly is an influencer, and how do they factor into this social media retail boom?

Alessandra Paolinetti is 19 years old and studies marketing at Florida State University. Like a lot of girls her age, she loves days at the beach and going out with her friends. But what separates Paolinetti is that instead of waiting tables or folding clothes, a typical source of income for someone her age, she's turned her fun into a way to make money.

Paolinetti is an influencer on Instagram, where she recently hit 100,000 followers. Influencer marketing works like this: Businesses pay people with influence in social media, a.k.a. a lot of followers, to promote and post about their products. Ideally, influencers would rack up followers on Instagram because people like both them and their taste in the products that they promote. It's a bit like having an internet friend who will recommend things for you.

The majority of the clothes in my closet were bought online. All of the posters on the walls of my bedroom were found after scrolling websites like Etsy and Redbubble. I got my sheets, comforter, and bed frame in one click, and they arrived at my doorstep the next day.

When I need something, my first instinct is always to look online first. A few weeks ago, I needed a new pair of jeans. Before the internet, the process of getting them would have taken up the bulk of my Sunday. Instead of lying on my couch with *Master of None* on the TV, I'd have to get in my car and drive across town to the mall. I'd have to wander from store to store, keeping track of varying prices and fits of denim instead of just having a few browser tabs open. I would have to keep indecisively trying on different pairs of jeans until I wanted to pass out, instead of just making a decision and then going about my day.

Retail is the industry that has been changed by the internet more than, perhaps, any other. Over the past decade, brands have had to change the entire way they conceptualize, market and sell their products. And even then, the internet market itself is rapidly changing.

In March, Instagram announced a new feature where users can purchase the specific items tagged in posts straight from the app. For example, if an influencer like Kendall Jenner posts a picture of herself in

"It's something that I'm always working on rather than sitting down to do a few hours a day," Paolinetti tells me over text. "I spread it out throughout the day by doing stuff like replying to emails when I'm eating lunch or checking my [direct messages] when I'm watching TV."

Typically, an online influencer will cater to a specific audience. Tech influencers may put out unboxing videos and reviews for the latest gadgets. Beauty influencers will make videos trying on and talking about new makeup palettes. Paolinetti focuses more on fashion, specifically swimsuits.

"People definitely expect mostly bikini content from my page," Paolinetti jokes. "I would classify my content generally as lifestyle, but my 'lifestyle' is mostly stuff I end up being in a bikini for. Like going to the beach or surfing or traveling."

At a glance, pictures on her Instagram feed might not look too different than any other college girl. Poses on the beach, nights out with friends, but tagged in nearly all of them is where Paolinetti's followers can buy whatever she's wearing. A picture of her and a friend on a balcony, tagged with the fashion brand Dolls Kill. A pose on the beach under a palm tree, and you can find the swimsuit she's wearing in minutes.

Influencer marketing isn't exclusive to Instagram and its user-base of 7.53 billion people. Poke around social media goliaths like YouTube, Facebook and Twitter, and

you'll find plenty of people trying to balance marketing themselves to potential followers, as somebody who can point them in the direction of cool products they'll be interested in and to brands as someone who can pedal those products. Paolinetti herself also posts weekly vlogs to YouTube and maintains an active Twitter account.

As with most things online, it's been difficult to determine the exact size, scope and effect that influencer marketing has had on e-commerce in the past few years. A study from the social media marketing company HubSpot estimated that the Earned Media Value of sponsored posts in influencer marketing campaigns would reach \$8.08 billion in 2020.

Although it might look nothing but glamorous to some, being an influencer, as with any job, has its downsides. Although Paolinetti gets some perks like free clothes, meals at nice restaurants, and even complimentary hotel rooms in exchange for promotion, she estimates that she works about nine hours a day to make just as much as she would in a service industry job for extra money.

"People don't think about how difficult it can be to post content every day," Paolinetti says. "Some days you don't want to do anything or you're really sad about something, and you still need to put content out there."

It's also a job where one is not only judged by their appearance but can get a measurement of what people think from the number of likes and the types of comments a photo receives. Notoriously, the internet can be unkind to people who put themselves out there.

Time will tell how much of online retail will revolve around influencers, but in an increasingly gig economy, it's no surprise that the next frontier of business involves independent agents.

"My main goal right now is to grow more of a fan base rather than just followers so that they convert across platforms," Paolinetti said. "Even if Instagram goes away, they'll follow me to the next social media website."



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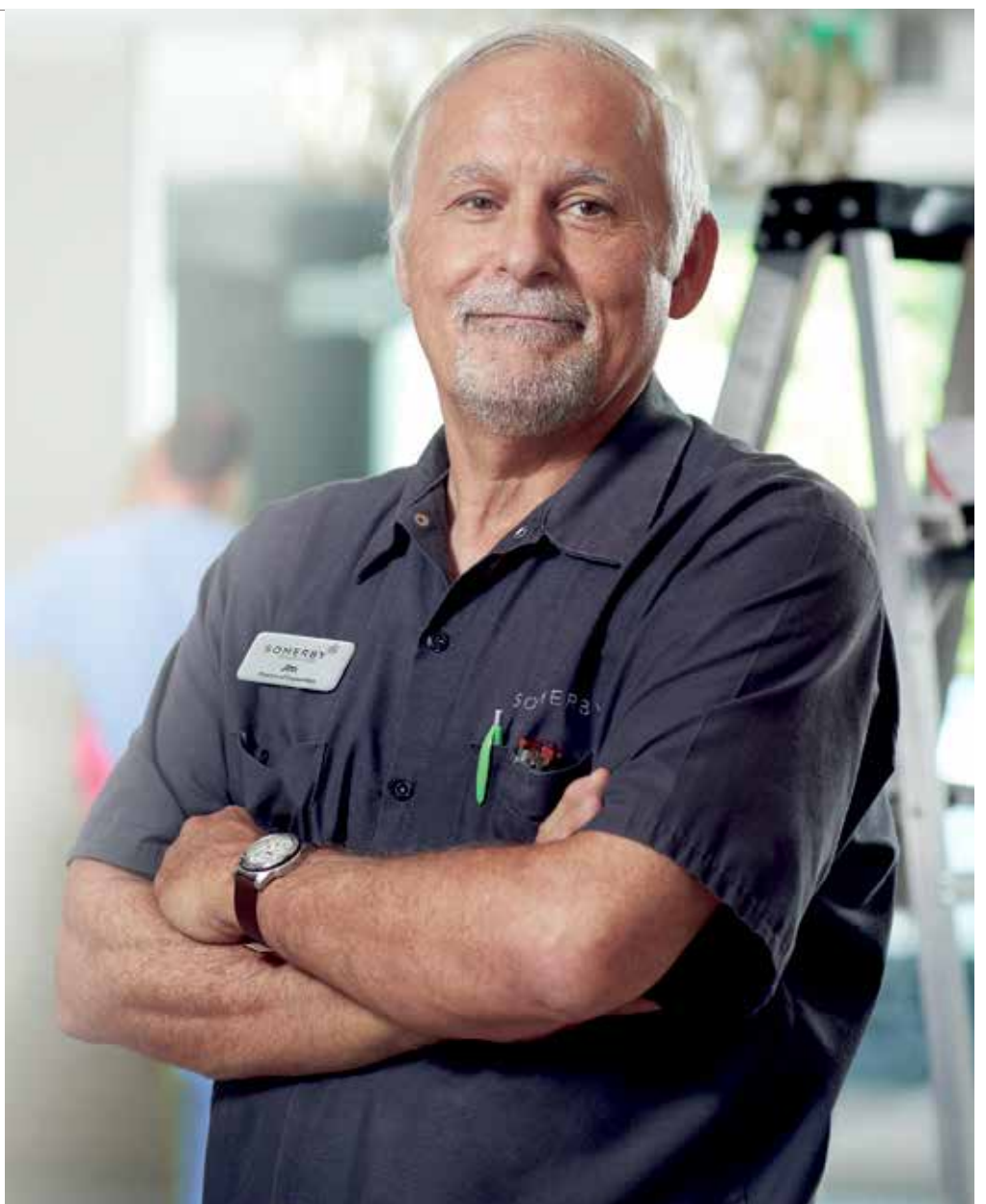
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EVENT GALLERY



May 23, Ribbon Cutting for Edward Jones – Financial Advisors Kaley Mora and Joel Ferguson welcomed us into their brand-new office space in Lake Nona. Attendees celebrated with a ribbon cutting, refreshments and networking. (Photo by Felicity Gomer)



June 4, First Tuesdays After-Hours at Bosphorous Turkish Cuisine of Lake Nona – Bosphorous Turkish Cuisine of Lake Nona treated guests to plates of delicious Turkish appetizers, happy hour-priced drinks, and a beautiful space for networking. Attendees had a wonderful time eating, drinking and being merry. (Photo by Felicity Gomer)

LNRC Sets Local Record for Ribbon Cuttings – The Lake Nona Regional Chamber of Commerce set a local record on June 11 for the number of member businesses' ribbon cuttings held in one day. In fact, more than 70 chamber members and guests joined to cut all 10 ribbons in just 40 minutes during the spectacular event. GuideWell Innovation hosted the event. All but one of the businesses have office spaces at the GuideWell center.



Mission Coffee – June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



GuideWell Innovation Center – June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



Lake Nona Social – June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



AideCare at Home – June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



Traction in Florida – June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



Inspired Performance Institute – June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



June 12, Ribbon Cutting at Home2 Suites by Hilton Orlando Airport – Home2 Suites by Hilton Orlando Airport treated guests to a wide variety of appetizers, beer, wine and door prizes to celebrate their grand opening and Chamber membership. (Photo by Felicity Gomer)



June 13, Breakfast Connections with Lake Nona Information Center at Lakehouse – Lakehouse provided a gorgeous venue for June's Breakfast Connections with the Lake Nona Information Center. Canvas Restaurant and Market delivered a delicious spread for guests while they absorbed information from Lake Nona experts themselves. Kelly McGinty, manager of Lake Nona Information Center, articulated the changes happening and coming to our region. Thanks to our wonderful event sponsor, Fish Window Cleaning. (Photo by Felicity Gomer)



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AZZLY, Inc - June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



Gillman Advertising Specialties - June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



Nona.Media - June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



Lake Nona Regional Chamber of Commerce - June 11, Group Ribbon Cutting (Photo by Felicity Gomer)



Congratulations to June's Ambassador of the Month, Raymond Rios of RP Consulting Group! (Photo by Felicity Gomer)



Please welcome our newest intern, Dylan Bradley! (Photo by Felicity Gomer)

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UPCOMING CHAMBER EVENTS

July 11

Breakfast Connections with Regine Bonneau - "Protect your Business Data and Financial Transactions from Cyber Attacks"
Drive Shack
8:00 - 9:30am

July 11

Ribbon Cutting Ceremony at Harmony Preserve
5:00 - 6:00pm

July 26

Business Luncheon with Coach Lou Holtz - "Game Plan for Success"
GuideWell Innovation Theater
11:15am - 1:00pm



Orlando's Karate Kid

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
CLAUDIA SWONGER



The scene begins at Bobby Dixon's American Martial Arts Academy on May 2. Five-year-old Phoenix Swonger is taking his yellow belt test and has reached a point of discouragement when trying to complete



the axe kick to break a board.

Finally, after several tries and constant support from his sensei Erik Gianini and his fellow peers, Phoenix perseveres and accomplishes breaking the board, and an uproar of cheers follows from everyone at the academy. Yes, what I'm describing is the video you've probably seen floating around the internet that has gained millions of views in just a few weeks – the viral video of Orlando's very own Karate Kid.

Nonahood News got to sit down with Phoenix, his parents Thomas and Claudia, and Sensei Erik after one of Phoenix's most recent classes to hear about how this inspirational video



came to happen. Sensei Erik says that it was Phoenix's fifth or sixth attempt to complete this particular kick, and Phoenix had already hurt his foot once trying to complete it.

At first, no one was sure if it would be a good idea to let him try again, but they ended up deciding to give him another chance. In the video, Phoenix had begun to cry in frustration at not being able to break the board, but as everyone in the dojo starts to chant his name and Sensei Erik tells him, "You can do it," he kicks once more, and the board breaks cleanly in half! It's almost impossible not to cheer along with everyone in the video!

Thomas says to us, "I knew he could do it ... I had the inner feeling it was going to happen ... and thank God it did."

After that amazing moment, his parents just wanted to post the video because of how proud they felt of their son and the persistence he showed to finally receive his yellow belt. On the night of Mother's Day, it went viral, and everyone all over the world began to share this heartwarming video of Phoenix. Thomas and Claudia sum up the experience as "unique," due to how much praise they've gotten and how the video has been shared by celebrities, like a certain Josh Brolin who plays Thanos in the Avengers movies.

Most of what the Karate Kid himself tells us involved how he "made Thanos cry," which is what Brolin wrote when he shared the video. Phoenix also revealed how he's been practicing karate for 10 years – quite an amazing feat for a five-year-old! When we asked him how long it took him to execute the axe kick, he said another 10 years, but he felt "100 happy" and as if his friends at the dojo gave him a superpower after he finally broke the board with his kick.

How long will he continue to learn karate? You guessed it, 10 years! I think it's safe to say Phoenix will have a very lengthy career



studying karate the next time we catch up with him.

This video of Phoenix has not only been a reminder of the value of determination but how empowering it can be to have such a supportive community behind you as you take on a challenge. Sensei Erik explains that the support in the video is the norm at Bobby Dixon's American Martial Arts Academy: "It's like a big family."

We wish the best of luck to all the Karate Kids at the dojo, and may we never forget that we can do it!

If you haven't seen the video yet, be sure to check it out on Phoenix Swonger's YouTube channel: youtu.be/PbKeTBf0324.



Tough Things To Talk About: Patience Is a Virtue

BY KYLE HAMM

Let's talk about patience. There are several definitions that can describe patience. To bear any annoyances, pain or misfortune without any complaints, irritations or loss

of temper. The ability to overcome your annoyance when you are kept waiting. Having steady perseverance and an even temper. I will come right out and say it, because even though it's an ongoing process of mine to better my patience, I fail with patience in some aspects of life.

Patience can be hard to come by in the world we live in today. Everything is in such high demand that we must conform to moving quickly, getting the job done as fast as possible, or moving past anyone that is keeping you waiting. This last example may be the biggest of my issues with patience because I cannot stand having to wait around for someone. If a meeting is set, I plan ahead to be at least five min-

utes early because I understand that both of our times are valuable, and when I am kept waiting without any warning, I tend to get frustrated. I am now trying things in a different perspective because it's not like we can know exactly what the other party's situation could be. When emotions such as anger or frustration overcome, then patience retreats.

Not only is everything so demanding these days, but we also have the power of the world's information right at our fingertips. Anything can be found within mere seconds. We are getting used to getting what we want when we want it, and we tend to want it right now! But great things in life don't usually come right away, do they? Patience is important in life because, without it, some real negative things can happen. Being impatient can cause you to make the wrong decision and put your life in danger. Impatience can cause high stress and anxiety for no reason at all and can cause quick tempers, irritability and frustration.

Self-control is a major aspect of patience, and that is why it is a virtue in life. Great things do not happen in life without having to take the time. When you step outside of your own wants and needs to be patient with another, you can really strengthen your ability to be compassionate. Patience is a strength that can benefit in each and every area of your life. A great quote from Bruce Lee: "Patience is not passive; on the contrary, it is concentrated strength."

When given a choice of reward, would you choose to favor a short-term reward that requires less laboring work or a long-term

reward that requires hard work and will be much more rewarding? Patience is studied as a decision-making problem when it comes to psychology, and most animals and humans are more prone to favoring the short-term rewards over the long-term. Despite the fact they understand the long-term rewards are much more bountiful.

In a religious aspect, patience is a prominent theme and considered an essential virtue. There are many great leaders in history who have attested patience will make you tougher and wiser.

"First they ignore you, then they laugh at you, then they fight you. Then you win." – Mahatma Gandhi.

Tough Things to Talk About is a recurring article for Nonahood News that brings the controversial subjects to light. This article is not to shame, blame, or toss anyone under the bus but to express the views of others who might find it tough to talk about. If you have a topic that you would like to express that might be too tough to talk about, reach out to me at kyle@nona.media.



Orlando Utilities Commission Looks to Protect Bald Eagles From Power Lines



BY CHRISTIAN CASALE

One of the densest populations of American bald eagles in the United States resides off the eastern shore of Lake Tohopekaliga in St. Cloud, and the Orlando Utilities Commission (OUC) is looking to make sure that the birds are safe.

Thousands of utility poles in the area keep the electric grid running smoothly but could prove deadly to the eagles and other birds with large wingspans that perch on them or get tangled in the powerlines.

"There are 24,000 poles in the St. Cloud service territory where a high density of bald eagles lives," said Dustin Catrett, OUC's Senior Environmental Compliance Specialist. "So, it's incumbent on us to try to mitigate the probability of unfortunate events occurring."

To protect the birds, and to prevent them

from causing power outages, OUC plans to install about 150 poles this year with a protective covering over the electrical points that would be dangerous to birds. The process of putting all of the retrofitted poles up takes about six months, and each installation takes between 10-30 minutes to install.

"[The retrofits] will allow eagles to land on these structures and not be electrocuted; [the eagles] will use them as a perch," Catrett said. "So, instead of trying to discourage them away from the poles, to other poles that may not have the protection, now they can land in these high risk areas that we've established and be safe."

Less than two eagles are killed due to contact with power lines a year, according to OUC. Each time an eagle is electrocuted, OUC reofits every pole in a quarter-mile radius with a protective cover.

According to Catrett, a survey conducted eight years ago found that the St. Cloud area had the third-highest population of bald eagles in the country at that time. The OUC created a protection plan that "covers all aspects of bird. It's regulated under the Migratory Bird Treaty Act, and, specifically for the eagles, we follow the Bald and Gold Eagle Protection Act."

The Migratory Bird Treaty Act of 1918 makes it illegal, without a waiver, to kill or capture bird species listed as "migratory." The Bald and Gold Eagle Protection Act is a 1940 federal statute that protects the titular species of eagle.

Once abundant in North America, the bald eagle's numbers began to decline in the mid-1900s, and in 1978, they were added to the Endangered Species Act. By 2007, the wild population stabilized, and the national bird was taken off the endangered species list. Now, according to the International Union of Conservation of Nature,

the American Bald Eagle is of "least concern."

Greg Forcey is an ornithologist and a principal scientist with Normandeau Environmental Consultants. He worked with Catrett to develop OUC's Avian Protection Plan and provided insight on why the eagles might be attracted to the utility poles. "Compared with a tree, a pole gives them better views for hunting," Forcey said. "It's just a very convenient place to perch."

The OUC Avian Protection Plan includes a guide for identifying different bird species, how to handle injured or dead birds, and managing or improving nests. OUC provides nesting sites by installing large, dish-shaped platforms on their power line structures. Other birds, besides the bald eagle, could be helped, such as the red-tailed hawk or the osprey, which, according to Catrett, can build nests made of dirt and branches that can weigh as much as 100 pounds.

With the implementation of their protection plan and their retrofitted poles, the OUC is hoping that they can play a part in preserving St. Cloud's bald eagle population for years to come.

"As long as there are overhead power lines, there will be birds landing on them," Catrett said. "So, we have to take precautions to safeguard them as well as ensure the reliability of power to our customers."



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Back to Nature: The 30-Year Anniversary Of Our Local Wildlife Refuge

BY DEBBIE HELSEL



This story began when founder Carmen Shaw cared for wildlife before the wildlife rehabilitation field really started. Her generation set the stage for many organizations and citizens to emerge who cared for our wildlife with the hopes of seeing it return to its natural environment where it belongs. Carmen spent most of her life caring for wildlife, and, in June 1989, Back to Nature Wildlife, Inc. was born.

This humble little refuge started out in Bithlo, Fla., behind David Shaw's Automotive Garage. Carmen, along with husband David and their family, lived onsite, helping the injured and orphaned wild animals inside their home until, eventually, they trickled out of the house and into the backyard, and so it began.

With wood and wire cages that sat on pallets and stilts and were held closed with eye hooks and cinder blocks; a refrigerator under a tree with donated food; a metal container that held grains and dry food staples; an old washtub that served as a sink; a concrete patio table used for food preparation; a truck topper that held extra kennels, and a small shed with a roll-down door that became the first "baby room."

Family assisted in building the first enclosures, and a few non-releasable animals began to come to stay as well, creating the need for more licenses. People came along to assist throughout the years, but it was difficult because everything was reliant on donations and volunteers, and making a living for them took precedence over vol-



unteering consistently, though Back to Nature has always had longevity with their people.

Many of their supporters have stood by them through the ups and downs, but it has always been mostly through the generosity of public donations that kept them afloat somehow. Through their struggles, their faith, and their belief that anything was possible, they have never given up and fought with a lot of hard work, blood, sweat, and many tears to get to where they are today.

From the beginning, Carmen's dream was always to move the refuge someplace bigger and better in a more natural environment, giving the animals more space and educating through the environment. She would always say, "Something wonderful will happen," and somehow it always did.

The Back to Nature family of volunteers and supporters never gave up on the dream, and in 2007, that dream became a reality as they signed a lease to move onto one of Orange County's GreenPlace properties in a partnership to provide a rehabilitation and educational facility. In March 2014, Back to Nature relocated to Eagle Creek onto 20 acres, part of a 232-acre parcel of the wildlife corridor named Eagles Roost, which is home to nesting eagles and other species of wildlife visiting as well. By 2020, new buildings will be underway through the "Invest In Our Home For Life" program that former Orange County Mayor Teresa Jacobs initiated in which District 4 Commissioner Thompson invested \$3.5 million of her program funds for Back to Nature's future buildings during her term.

In June, Back to Nature celebrated its 30th anniversary, and they are growing at a very rapid pace, thriving for the first time in their history. The consistent development has minimized our wildlife's natural habitat with natural ecosystems, displacing them and creating more consistent interactions with humans and wildlife as they frequent populated areas and creating a need for a facility like Back to Nature.



The refuge cares for over 3,000 injured and orphaned wild animals annually while serving as a public facility, sharing their non-releasable "educational ambassadors" on the Wildlife Walk, including bobcats, birds of prey, prairie dogs, fox squirrels, and even rescue bees along with picnic tables for a great family-friendly experience.

It is open to the



public, \$5 per person, Tuesdays-Sundays from 9 a.m.-4 p.m. (closed on Mondays and major holidays). Hosting many events each year to help raise funds to keep the facility going, Back to Nature is always in need of financial donations and wish-list items. Annual passes, monthly donor programs, habitat, sidewalk and corporate sponsorship opportunities, as well as legacy giving information are available also. Volunteering, internships, corporate work groups, and Scouting projects are available.

To learn more or to donate, visit BTN, 10525 Clapp Simms Duda Rd., Orlando, 32832. Call 407-568-5138, or visit www.BTNwildlife.org.



Debbie Helsel is the Executive Director of Back to Nature Wildlife Refuge and Education Center. Born in Pennsylvania, Helsel grew up playing in the woods across the street from her home. She always knew she wanted to work with wildlife. In early 1990, she took a job working for Orange County Animal Services where she would also have the opportunity to work directly with Carmen Shaw, founder of BTN. Helsel spent the next nine years volunteering most evenings after work and almost every weekend at BTN. In 1999, she snatched up a rare opportunity to become paid staff at BTN and left her position with the county, following her heart to the refuge.



The Artist: (Spray) Painting the Bigger Picture

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF DON RIMX

Meet Edwin David Sepúlveda Cruz, better known as Don Rimx. He was born and raised in San Juan, Puerto Rico, and moved to Brooklyn for six years. Rimx then found himself moving to Miami and then to the Lake Nona area because his wife's family resides here. Here's his story.

Nonahood News: What drove you to become an artist?

Don Rimx: My motivation to become an artist was the desire to create an original style never before seen.

NHN: When did you realize creating art was your passion?

DR: I realized from an early age that art was my calling because it was the only thing that filled my mind and soul. It was my passion. Whenever I finished a drawing, I was ready to start the next, more complex idea.

NHN: How often do you find yourself creating art?

DR: I'm always creating. This is a race that you can't stop. You have to be constantly active, ready, and in search of how to create new things.

NHN: How long did it take you to discover yourself as an artist?

DR: Not long. My parents saw it in me as a very young child and always told me so.

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

- DR:**
- 3/4 of Life = Water Bryant Park, New York
 - Cacique Guerrero Lynn, Mass.
 - Mano de Piedra Panama City, Panama

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

DR: My most challenging project was Cacique Guerrero in Lynn, Mass., for the Beyond Walls mural festival. The mural was 60' h x 80' w, in front of one of the busiest train stations in the city. I worked 12-14 hours a day for nine consecutive days. Extensive planning and long work hours were the key to producing this massive work of art. All the hard work paid off when I was awarded the key to the city of Lynn, which honors all the effort put into this grand-scale public art piece.

NHN: What are some of your dream projects?

DR: A dream project for me would be to work in collaboration with architects to develop a series of murals in housing complexes.

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

DR: The things that inspire me every day are my family, visits to different cities and countries, and the people around me.

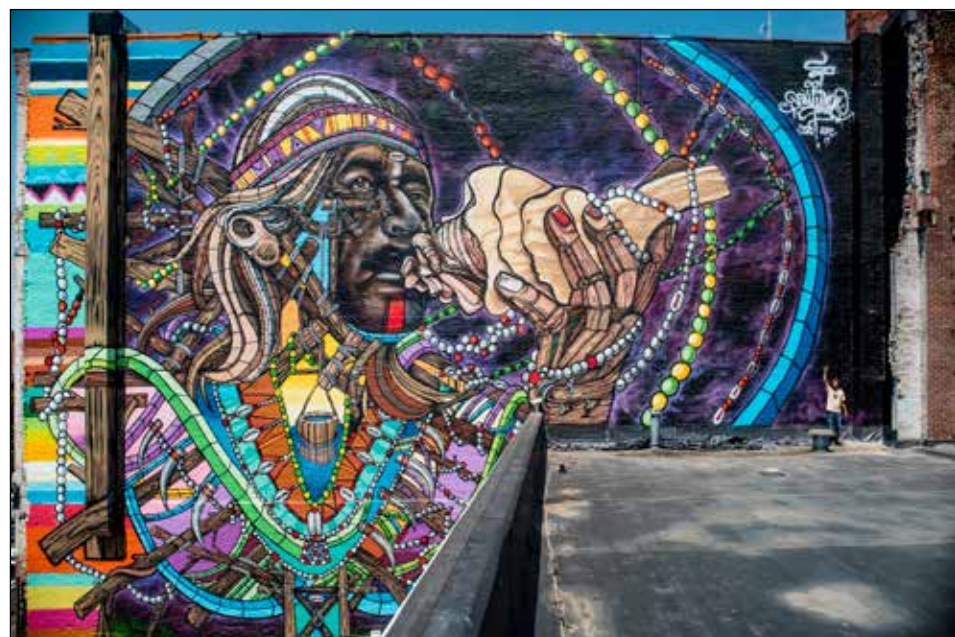
NHN: Future goals/plans?

DR: My goals are to continue developing my style, to work in collaboration with different branches of art, to continue expanding my knowledge, and to continue creating interesting art that people identify and interact with. The next thing I have on the agenda is the production of a large-scale mural for Grand St. BID at 609 Grand Street Brooklyn in June 2019.

To check out Don Rimx's work, you can visit his website at donrimx.com.

NOMINATE AN ARTIST

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



Beep Helps Orlando First Responders Prepare for Roll-Out

ARTICLE BY CHRISTIAN CASALE
PHOTOS BY KYLE HAMM

The Orlando Fire Department has partnered with Beep, a Florida-based autonomous vehicle company, to make sure they have knowledge of the autonomous shuttles that will soon be part of Lake Nona's public transportation ecosystem.

"So, today we're partnered with Beep and the NAVYA corporation to teach first responders how to operate around the Beep autonomous vehicles," Joe McCluan, a District Chief of the Orlando Fire Department, said. "How to gain access to the vehicles and what to do in case we encounter any type of emergency with the vehicles."

First responders from fire departments, police, and EMTs at Orlando Fire Department Station 16 in Lake Nona learned about the various systems on the NAVYA AUTONOM shuttle – how to deal with the vehicle in emergency situations, how to disable the shuttle, how to access emergency controls, and how to drive it in manual mode.



"Proactive training is always something we embrace," said Rich Wales, the Interim Fire Chief of the Orlando Fire Department. "It's a very different vehicle – you can tell by looking at it, the way it operates."

Under federal regulations, each Beep vehicle will have an attendant that will be able to operate the car. In Beep's case, they will do so with an Xbox controller. "With



a natural fit."

Moye was announced as the first CEO of Beep in April. He has previously served as the general manager of Virtustream, a cloud-service provider that was acquired by Dell, and as the president of Blackbaud's Enterprise Software Group.

Beep was founded with plans to "offer the next generation of services for passenger mobility to fleet operators in planned communities and low-speed environments across the public and private sector," according to their website. The Lake Nona shuttles will be their first major project.

The AUTONOM shuttle can travel up to 16 mph along a fixed route, much like a city bus. Up to 15 people can fit in a shuttle, and each has 11 seats. The specific stops have yet to be announced, although they can be expected to be at major areas in Lake Nona. Beep's fleet is expected to hit roads in the summer, and it's been confirmed that the program will begin with two shuttles.

The shuttles are outfitted with two emergency stop buttons, an SOS intercom, an emergency brake, and a hand brake in case of an emergency. Each has air conditioning and central heating, as well as glass windows and accessibility by ramp.

NAVYA is based in France, and they manufacture Beep's AUTONOM shuttle. Specialists from the NAVYA assembly plant in Michigan were also involved with instruction. The corporation named Beep their exclusive dealer for the state of Florida for autonomous

vehicle research and development.

NAVYA shuttles are in effect all over the world from the University of Salford in Manchester, UK, to Christchurch International Airport in New Zealand. Lake Nona will be the third region to see autonomous vehicles deployed, joining Ann Arbor, Mich., and Las Vegas.

NAVYA reported that they have a perfect safety record according to the National Highway Traffic Safety Administration's (NHTSA) Automated Driving Systems Voluntary Safety Self-Assessment Disclosure Index. That's just a very complicated way of saying that the corporation complied with NHTSA encouragement to release a safety assessment that follows a 12-point guideline. NAVYA's is posted on their website.

"The vehicle itself has a great safety record," Chief McCluan said. "However, we are prepared to deal with whatever issues we may encounter."

The first responders trained that afternoon to deal with emergencies such as an overturned vehicle, a fire, a stalled shuttle, or a medical emergency on a shuttle in motion. Despite what could go wrong, there was still plenty of optimism.

"We've now got autonomous vehicles in the Lake Nona area," Chief Wales said. "It's groundbreaking stuff – it's amazing. We're really happy to see that kind of growth."



the new generation of technology, especially in the younger community – that's where a lot of the team members we're going to be bringing into this business come from," said Joe Moye, the CEO of Beep. "So, using a device like the Xbox controller was kind of just

Central Florida Children's Home Goes to Disney

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF CENTRAL FLORIDA CHILDREN'S HOME

The Central Florida Children's Home was donated a three-day vacation to the happiest place on Earth by Nona Church! I was graciously welcomed into the children's home by the house parents, RJ and Jordan Fontana, to meet a few of the children who wanted to share what they experienced during the exciting trip to Disney from May 27-29! After a quick tour of the home, I sat down with four of the nine kids who went to Disney – Cadence, Haven, Matthew and Joshua – so they could tell me all about



their unforgettable three-day vacation.

When I asked how they spent their days at Hollywood Studios, Animal Kingdom and Magic Kingdom, they were ready to tell me about the rides they went on – specifically the thrilling Rock 'n' Roller Coaster that stars Aerosmith. Tower of Terror was another favorite, as well as the new Slinky Dog Dash in Toy Story Land. They also noted how house mom Jordan got picked out for the *Indiana Jones Epic Stunt Spectacular!*

At Magic Kingdom, the kids got to experience the *Monsters, Inc.* Laugh Floor, where, thanks to their matching shirts, they got picked out of the audience and had a song made about them (which Matthew excellently sang for me). At night, they enjoyed the Happily Ever After fireworks and projection show. Thanks to Extra Magic Hours, another rollercoaster highlight was riding the Seven Dwarfs Mine Train at night, Cadence told me. During the trip, the kids got to meet some of their favorite characters, like Stitch, Gaston, the Evil Stepmother, Cinderella, and Prince Charming. Haven said she was even in tears when meeting Prince Charming – so cute!

When I asked them about Animal Kingdom, the kids related a story to me about house dad RJ, who was so busy capturing the moment for the kids on *Avatar Flight of Passage* when the floor disappeared in front of him, making the kids erupt in laughter. Their days were full of funny stories like this one, whether it was "bus-surfing," going on a goose-chase to retrieve lost hats, posing five minutes for a picture with an overzealous cast member, or hearing the

people behind them experience fireworks for the first time. It was clear to see from these stories that the kids had created such great memories during this vacation, making for quite a memorable start of the summer. The kids are definitely excited to eventually go back and experience all things Disney again one day.

The Central Florida Children's Home thanked Nona Church for sponsoring this trip, as well as Graffiti Junktion, where a tip jar was set out to use for any extras at Disney. They also showed thanks to those who donated gift cards during Christmas. This trip included a stay at Disney's Art of Animation Resort, where the kids told me they stayed in *The Lion King* family suites that were decorated with beautiful details like pawprints and the iconic sunset from the movie. They also got to hop around to each of the three different pools at the



Art of Animation Resort. The trip also included a dining deal, so everyone could enjoy restaurants like 'Ohana, Tony's Town Square Restaurant, and the Grand Floridian Café. House dad RJ said that his goal with the Central Florida Children's Home is to create these family memories, and he constantly shows his thanks for the donations that allow them to go on trips like these and participate in different activities in the Central Florida area.

I want to thank the kids and house parents for having me, and I can't wait to see the memories they create the rest of this year!

For more information about the Central Florida Children's Home, visit: centralfloridachildrenshome.com.

Getting Prepared For the 2019 Hurricane Season

BY CAMILLE RUIZ MANGUAL

Living in Florida means residents get sunshine and sand pretty much year-round, but living here also comes with the added chance of hurricanes. According to the National Weather Service, hurricane season in Florida begins June 1 and runs until Nov. 30. While this year's season is predicted to be near-normal, meaning approximately two to four major hurricanes, planning and preparation can make a huge difference in your safety and recovery both during and after the hurricane.



How to Plan for a Hurricane

Hurricanes can cause widespread devastation during and after their occurrence. It is necessary to have a plan in place that you and your family can carry out in the case of a disaster.

First, determine how your family will communicate during and after a hurricane. Keep important numbers in your wallet in case you cannot access your phone's contact list and ensure that you have copies available. Remember, in the case of a disaster, you may need to text or use social media to communicate with family members rather than calling. Phone lines are typically overwhelmed after a disaster, so it is necessary to have one or two ways to reach your loved ones.

Establish the needs of each member of your family. Consider things such as the ages of your family members. Are some of them children or elderly? Will they require special attention or support? Also, keep in mind any dietary or medical needs, languages spoken, cultural or religious considerations, locations frequented, and so on. These details will come in handy when preparing your evacuation kits and plans.

Figure out which evacuation route you will take if necessary and where you will meet in case you are separated. If you choose to stay home, decide on a plan for protecting your property. When will you bring outdoor furniture in or anchor anything that cannot be brought indoors? When will you have the necessary equipment such as sewer backflow valves or shutters installed? The sooner you make these decisions and plans, the better.

How to Prepare for a Hurricane

Because hurricane season is inevitable, you should make preparations that will keep you safe in the case of a disaster.

Prepare your property by installing shutters to cover your windows, anchoring fuel tanks, reviewing insurance policies, and cataloging belongings. In the case that you must leave the area, be sure to bring in any loose items and trim any trees that could potentially fall into the house.

Collect and store any important medical, educational, financial and legal documents in a place where they will be safe from water damage.

The Federal Emergency Management Agency (FEMA) recommends signing up for local alerts and monitoring the local

weather. While there are some alerts that you can receive without having to sign up for them, such as Wireless Emergency Alerts, it is good practice to keep an eye on what is going on in your area.

In Central Florida, you can sign up for alerts with CodeRed, which will deliver evacuation notices directly to your phone. Your local weather station will usually have alerts that you can sign up for and receive during this season. It is also important that you know the terms used to describe each hurricane condition and take the appropriate action. Watches, warnings and advisories should all be taken seriously. You can find in-depth definitions of each term at

www.weather.gov/safety/hurricane-ww.

Prior to the onset of a hurricane, take the time to learn evacuation routes and the locations of shelters in your area. If you need a shelter that will support anyone with special needs, take the time to find out where those shelters are located. You might also take the time to prepare a plan in the case that you do not have to evacuate. Determine the safest places in your home, such as windowless rooms or storm shelters, and practice heading there quickly.

Make sure you take the time to gather emergency supplies both in a to-go bag that you keep in your home and in a bag that you keep in your car. Since you do not know where you will be when a hurricane strikes, it is best to have multiple sets of supplies. Be sure to keep your car's gas tank at least half full and include at least three days' worth of supplies in your emergency supplies kit. Don't forget

to include necessities such as medications and the needs of your pets. Your kit can include items such as:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First-aid kit whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

FEMA provides a more extensive list of emergency kit items (see page 26). Additionally, the Second Harvest Food Bank of Central Florida assembled 1,000 disaster relief packs, which could be among the first items to get distributed to anyone in Florida impacted by a storm this year. Each disaster relief pack can meet a family's immediate nutritional needs for three days and does not require warming or refrigeration. The packs contain Abbott nutritional products and drinks for adults and children and will be stored at the Second Harvest Food Bank until necessary.

There are plenty of useful tips and resources available to Florida residents in preparation for hurricane season. Do your research, make a plan, and take the appropriate steps to prepare before the onset of a hurricane. This will help you stay safe during a potentially stressful and dangerous situation.

Stay safe!



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HEALTH & WELLNESS

USTA: World TeamTennis

ARTICLE BY DANIEL PYSER

PHOTOS CREDITS: USTA/ASHLEY MARSHAL

This July, the USTA National Campus will welcome one of its most anticipated events in the facility's history when World TeamTennis (WTT) invades Lake Nona.

The Orlando Storm will make its debut as a WTT expansion franchise this year, playing all of its home matches at the USTA National Campus, led by Lake Nona resident and world No. 17 Madison Keys.

WTT introduced professional team tennis to the world in 1974 with Billie Jean King famously serving as its co-founder. WTT is one of five active U.S. pro sports leagues that have been in operation for more than 40 years, along with the NFL, NBA, NHL and MLB.

The new teams in Orlando and Las Vegas join the league's existing franchises – New York Empire, Orange County Breakers, Philadelphia Freedoms, San Diego Aviators, Springfield Lasers, and Washington Kastles – for play in July 2019.

"The addition of two new teams in two strong markets is a positive move for WTT for 2019 and for the future," said King. "This expansion is not only good for the league, it also is another indication of the importance of bringing our brand of tennis to new audiences and our commitment to growing the sport at all levels."

The WTT season consists of seven home matches and seven away matches for each team and will run from July 14-31. The Storm will begin with a pair of home matches on July 14 and 15 and will continue the home slate on July 17, 18, 24, 26 and 27.

In 2018, each of WTT's teams incorporated select tennis stars from the ATP and WTA tours, including seven-time Grand Slam singles champion and 13-year WTT veteran Venus Williams, 2019 Australian Open and 2018 U.S. Open women's singles champion Naomi Osaka, 2017 U.S. Open women's champ Sloane Stephens, and twins Bob and Mike Bryan, the most decorated doubles team in tennis history.

Jocelyn Davie will serve as the Orlando Storm's inaugural general manager, and the team will be coached by former ATP Tour player Scott Lipsky. The roster, led by Keys, includes fellow Americans Evan King and Whitney Osuigwe, as well as Spain's Feliciano Lopez, Great Britain's Ken Skupski and Croatia's Darija Jurak.

"With the success that the USTA National Campus has had in Lake Nona the past two years, it made perfect sense for World TeamTennis to expand to the Orlando area," said WTT CEO Carlos Silva. "Orlando is a great sports city, and we are excited to bring our high-level brand of professional team tennis to this growing market."



For ticket and other event information, please visit either USTANationalCampus.com or OrlandoStorm.com.



You're Looking Buff for the Beach

BY RICHARD O. GREGORY, MD

Summertime is an opportunity for breaking free from the winter activities and strutting your stuff. This, of course, means looking your best, and that does not come without preparation. While exercise and eating healthy are key elements to looking your best, medical advancements and technology can aid your efforts.

When it comes to body contouring, most of us are looking to tighten our waistline and reduce the bulges. Many treatments and technologies are designed specifically for localized fat deposits and sagging skin. Among the most well known of these technologies is liposuction. However, there are also a number of treatments that are less invasive, require little downtime, and still provide improvement.

For instance, SculpSure is a laser treatment for localized fat deposits without incision or need for anesthesia. While it may not provide the dramatic effects of liposuction, it produces a gradual trimming of those extra bulges. The minimally invasive treatment, but also more strategically effective for the bulges and loose skin, would be BodyTite. A radiofrequency treatment for melting fat and tightening skin, it can be used on the abdomen, flanks, arms and more. The same technology can also be applied to the jawline and upper neck through use of FaceTite. Again, this is a simple outpatient procedure with the need for minimal anesthesia.

Beyond laser technology, injectables such as Kybella can be used to dissolve fat pockets and smooth the area. And for those of you trying to achieve that extra level of definition for your abs or lift the buttocks,

technology such as EmSculpt may be the answer. FDA-approved to burn fat and build muscle mass, it produces magnetic energy to contract your muscles beyond what any workout can provide. A single session is equivalent to doing approximately 20,000 sit ups or squats.

While having a trimmer body may be summer challenge number one for many of us, smaller clothes like shorts and swimsuits also mean more concerns and time spent on hair removal. As technology for laser hair removal advances, more people are choosing to skip the razor burn, nicks, and time spent shaving. New laser technology, such as the Splendor X, provides more effective hair removal. By using two wavelengths and duplex pulsing, it can reach deeper hair follicles for improved hair removal. While multiple sessions are still needed, once your hair grows in different phases, fewer sessions are needed, and they are also shorter in duration. The laser is safe for treating nearly any part of the body from your legs and bikini line to your back or facial hair.

Finally, when you have finished your summer role as beach bunny or master of the golf course, there are a variety of technologies to help erase the signs of your summer excesses. From laser resurfacing to treatment for brown spots and pigmentation issues, laser technology can help give you a glowing complexion for your fall and winter events.

The Institute of Aesthetic Surgery is a full-service plastic surgery practice, proud to offer the latest in technology for body contouring, hair removal, and more. Schedule a complimentary consultation to learn which treatments can help get you summer ready. Call (407) 409-8000 or visit iasurgery.net.



An internationally known board-certified plastic surgeon, Dr. Richard Gregory has developed an outstanding reputation locally for his unparalleled surgical technique, excellent service and integrity. While skilled in all areas of plastic surgery, his passion is in facial rejuvenation, utilizing surgical procedures, non-surgical options and laser technology to achieve the desired result. Dr. Richard Gregory is a world-renowned expert welcoming patients and surgeons from around the world who seek his expertise.



Year over year, Dr. Richard Gregory is voted 'Best Plastic Surgeon in Orlando' by Orlando Magazine, recognized in America's Best Doctors list, and chosen as 'Best of the Best' by SELF Magazine. Dr. Richard Gregory is dedicated to helping his patients look and feel their best.

INSTITUTE OF Aesthetic Surgery



Four Things to Avoid If You Have a Family History of Heart Disease

BY BERNARD GROS, M.D. - UCF HEALTH



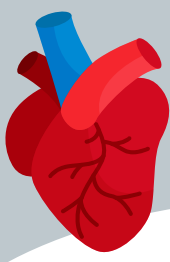
Have members of your family suffered from cardiovascular disease or other heart conditions? If so, you are at greater risk for cardiovascular disease. Family history is a key component

when it comes to heart health. But your family genes don't equal imminent doom. There are things you can control to lessen your risk of heart conditions.



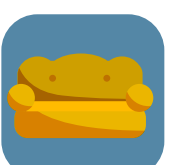



Here are four things to avoid, ensuring your heart stays healthy as you age:


Alcohol

Consuming alcohol too frequently or in excess can be detrimental to your heart health. While it's fine to have a glass of wine or a cocktail every now and then, the key is in moderation. Drinking too much alcohol can raise the levels of some fats in the blood (triglycerides). It can also lead to high blood pressure, heart failure, and an increased calorie intake.



HEART DISEASE FACTORS

 <p>SMOKING Smoking damages your heart and arteries and makes your blood thicker, putting you at greater risk for heart attack and stroke. Quitting smoking is very impactful on your heart health, no matter how long you have been a smoker.</p>	 <p>ALCOHOL Drinking too much alcohol can raise the levels of some fats in the blood (triglycerides) which raises your risk of heart disease and can lead to metabolic syndrome. Too much alcohol intake also is related to excess calorie intake, which contributes to obesity.</p>
 <p>SEDENTARY LIFESTYLE Staying active is important for your cardiovascular system as well as helping to achieve a healthy weight. While there are different recommendations about how much activity is needed, in general, 30 minutes of physical activity a day is a good habit to get in.</p>	 <p>UNHEALTHY FOOD Eating more plant based foods, avoiding foods with high fat, and limiting salt in your diet are very impactful in keeping your heart healthy. Food is a major contributor to hypertension, bad cholesterol and obesity.</p>
 <p>GENETIC PREDISPOSITION Having a family history of heart disease puts you at greater risk for heart disease. While this is the one risk factor you have no control over, you should be aware of your family's heart health history and inform your doctor too.</p>	 <p>OBESITY Obesity is linked to a number of heart health issues. If you are overweight, try to lose weight in a healthy way that you will be able to maintain. Regular checkups with your doctor can help you monitor your weight because sometimes as the years pass, your weight tends to creep on you.</p>



Tobacco

Of the 800,000 deaths caused by cardiovascular disease in the U.S. annually, 20% of those cases are due to smoking. The chemicals in cigarettes damage your heart and blood vessels and thicken your blood, making you more prone to blood clots, heart attack and stroke. If you are already a smoker, talk to your doctor about ways to quit. Smoking is not only one of the worst things you can do to your heart, but it can

also affect other aspects of your health, such as your lung health.

Weight Gain

Staying active and in your recommended weight range is crucial when it comes to your heart health. Obesity and being overweight are linked to high blood pressure, metabolic syndrome, and high triglycerides, which increase your risk of heart failure. Lose weight and maintain

a healthy weight by exercising regularly and eating a heart-healthy diet. Your diet should include a lot of vegetables, low-fat proteins, and whole grains. This, along with at least 30 minutes of exercise per day, is a great way to keep your heart healthy.

High Blood Pressure

Know your blood pressure and maintain a healthy number. High blood pressure damages your arteries and can lead to coronary artery disease and other damage to your heart, brain and kidneys. Common causes of high blood pressure include stress, being overweight, drinking too much alcohol, and smoking. Avoiding these things can help you keep your numbers low and your heart healthy.

Don't be afraid to talk to your doctor about your family history of heart disease or other heart conditions. Being honest with your physician can help you reduce your risk and help you live your healthiest life.

Dr. Bernard Gros is a board-certified cardiologist at UCF Health, treating patients in Lake Nona and East Orlando. For more information, visit ucfhealth.com.



Namaste With Natalia: Boat Pose

Navasana

Your Monthly Yoga Pose

YOUR MONTHLY YOGA POSE
ARTICLE BY NATALIA FOOTE
PHOTOS COURTESY OF
JANNA OSLUND

Summer is in full swing. Cookouts and fireworks, beach and boats! Hence why I chose boat pose, or *navasana*, as our July pose of the month. Benefits of boat pose include strengthening and toning the abdominals, in addition to strengthening the hip flexors and spine. In boat pose, your goal is to maintain an open chest so breathing can be full and relaxed. You also want to try and balance on the triangle between the two sitting bones and the tailbone. I'm including three variations of boat pose; find your boat and take it out for a ride.

Boat Pose A

1. Begin sitting with your shoulders over your hips and your knees bent with your feet in front of you.
2. Allow your hands to be behind you with your fingertips facing toward the front of your body.
3. Bring your shoulder blades together and allow your shoulders to relax as you let your shoulders move past your hips away from your knees but maintain your feet on the mat. You may lift

- your heels off, leaving your toes on the mat, if you feel comfortable doing so.
4. You may leave your hands for support or bring your arms parallel with the mat.
5. Use your hands and feet to aid your balance.
6. Breathe for five breaths as you balance on your tailbone and sitting bones. Use each exhale as an opportunity to bring your navel toward your spine.

Boat Pose B

1. Follow steps 1-3 from Boat Pose A.
2. Maintaining a steady and relaxed breath as well as an open chest, flex your feet and lift one foot at a time, bringing both feet off the mat. Keep the shins parallel to the mat.
3. Lift your arms to parallel, making sure your hands are facing in toward your body.
4. Allow your gaze to be soft and focus on your big toes in front of you.
5. Breathe for five breaths as you balance on your tailbone and sitting bones. Use each exhale as an opportunity to bring your navel toward your spine.

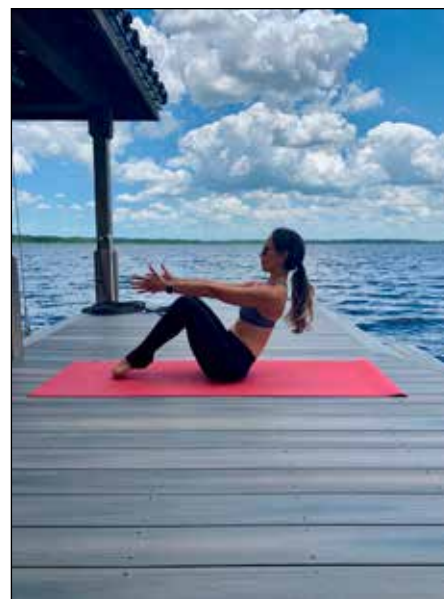
Boat Pose C

1. Follow steps 1-3 from Boat Pose A.
2. Maintaining a steady and relaxed breath as well as an open chest, flex your feet and lift both feet straight up, creating a "V" shape with your body. Make sure your legs are long, active and straight.
3. Lift your arms to parallel, making sure your hands are facing in toward your body.
4. Allow your gaze and neck muscles to be soft and relaxed and focus on your big toes in front of you.

5. Breathe for five breaths as you balance on your tailbone and sitting bones. Use each exhale as an opportunity to bring your navel toward your spine.

Happy boating, everyone!
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.



Boat A



Boat B



Boat C

Get Ahead of The Class!

BY DR. AMIT DESAI, MD



If you're like most parents, you probably greet the end of summer with a mixture of emotions. However, summer will be over before you know it, which means "Back to School" time is just around

the corner. Are you ready?

We can help by ensuring that your child has all of the necessary health checks and immunizations to participate in school, sports and club activities.

Any child who is being enrolled in school for the first time in Florida must have proof that they received a physical examination within the past year. Likewise, certain vaccinations are required for all kids entering Florida public schools at different levels, and your child's back-to-school physical is the ideal time to get up-to-date on those shots.

You can get your child's back-to-school and sports physicals from one of AdventHealth Medical Group's board-certified family doctors or pediatricians. The exam is covered by most major insurance plans and includes the back-to-school physical, vaccinations, and the physical-exam form that schools and sports organizations require.

Required Physicals, Vaccinations and Booster Shots by Age Group

Age	Well-Child Physical	Tdap	HPV	Meningococcal	DTaP, Polio, MMR, Chickenpox
4-6 Years	✓				✓
7-8 Years	✓	★			★
9-10 Years	✓	★			★
11-12 Years	✓	✓	(✓)	(✓)	★
13-15 Years	✓	★	(✓)	(✓)	★
16-17 Years	✓	★	(✓)	(✓)	★

✓ Required (✓) Recommended but not required ★ Should be given if a child has not previously received them

Accepting New Patients | Most Major Insurance Plans Accepted

Services and Specialties:

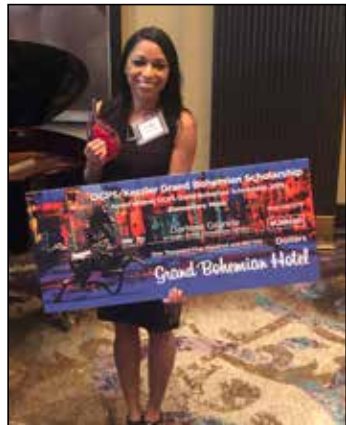
- School, sports and annual physicals
- Well-child care from birth through adolescence and preventive health visits
- Chronic disorders
- Development and growth evaluations
- Recommended immunizations and vaccinations
- Behavioral and developmental evaluations and treatment if needed
- Care for minor illnesses like the cold and flu, allergic reactions, and more
- Treatment for minor injuries

Dr. Amit Desai, MD, is a board-certified family medicine physician who provides comprehensive primary medical services for patients of all ages, from newborns to seniors, at AdventHealth Medical Group's family practice in Lake Nona. His clinical interests include preventive medicine, chronic disease management, joint injections, asthma and allergies, dermatologic treatments, and more. To learn more or to make an appointment, visit YourCentralFloridaDoctor.com/Desai or call 407-930-7801.



Two Lake Nona Art Teachers Take Home Scholarship Grant

BY CHRISTIAN CASALE



Darlene Grande accepts the Grand Bohemian Scholarship. Photo Courtesy of Osceola County Schools.

Two Lake Nona teachers, Darlene Grande of Eagle Creek Elementary and Gail Chase of Lake Nona High, were awarded the prestigious Grand Bohemian Excellence in Arts Award. Chase, second-time winner of this award, teaches theater. Grande teaches general music, K-5, and plans to use her scholarship to visit Austria and see the birthplace of Mozart and the Sound of Music tour.

The award is sponsored by Richard Kessler, a local hotel entrepreneur and owner of Orlando's Grand Bohemian Hotel.

The scholarship helps five arts teachers each year to further their passion by awarding them with two complimentary nights at the Grand Bohemian Hotel and \$1,500.

Both teachers spoke to *Nonahood News* about their experience winning the award.

Nonahood News: Do you want to tell me a little about what it's like to teach high school theater?

Gail Chase: It's a fun and wild ride every single day. It's getting to know my students who stick around with me for four years and become a part of my family. It's problem-solving and adapting and creating something that we all believe in every day. It's awesome.

NHN: How did you find out about the scholarship?

GC: This is actually the second time that I've won it. The last time was – I think – 11 years ago. It's advertised to arts teachers in Orange County, so the research teacher of the county for theater and dance sent out an email saying that it's time to apply for the scholarship. It's been on my radar



Gail Chase, fourth from left

for a long time because the first time I won it was such a surprise, and when you're a winner, you're invited to a luncheon every year for past recipients. Every year, I look forward to going to the luncheon and seeing the presentations because they're really beautiful and such a nice way to honor arts educators.

NHN: And part of your application was a written narrative?

GC: Correct. We had to fill out an application, and then there's a two-page essay that asks seven questions. You have to answer the questions in the essay.

NHN: Do you want to tell me a little about what you wrote in yours?

GC: They ask questions like, "What is your philosophy of education?" and "How do you run your classroom?" and I believe that, in a theater classroom, especially, it should be a very collaborative space. It should not be an expert talking at the front of the room who just talks while everybody else just listens. It's definitely a more interactive space where we're constantly giving and receiving feedback.

The students are equal in the classroom with me, and I always try to put myself in the space of "learner" so that I can also receive feedback from them and so they know their voice is valid and valued. It's very important to me that my students feel safe in my classroom and in the theater, so I work really hard to create an environment of family and a culture of understanding and respect. I don't think that's something that sets me apart from the other teachers at LNHS because I think that I work at a really outstanding school. But, it's not the way that I was taught. I was taught in that sort of old-fashioned way of quietly listening and taking notes. And that was just never an effective model for me.

I just wanted to thank [Mr. Richard Kessler] because he believes in arts education and continues to provide this scholarship. He gives out five awards every year and continues to invite arts teachers back to this beautiful event. I just think he's a model for philanthropy in our community.

Nonahood News: How did you win this scholarship? What is the selection process like?

Darlene Grande: I had to submit a narrative that describes my music program, and once I sent that in, it's a process of them reading all the essays that were sent through. [OCPS] notified me that I was a finalist, along with Justin Chase and Gail Chase [of LNHS].

NHN: What was your narrative about?

DG: Basically, I told them – and this is what they used in their speech when I won the award – that I wanted my students to leave their legacy through the fine arts. That I wanted them to tell their story through music. I can actually read some of it to you.

"I want my students to have a respect for learning technique and the process that it takes to become a great musician, such as rehearsals, the art of practicing, and stepping outside of their comfort zone in order to strive for achieving greatness in a creative world.

"I also want to give what my former music teacher gave to me, which is confidence, musicality, passion, and creativity."



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Emergency Kit Items – Hurricane Season 2019



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children


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Emergency Supply List



FEMA

www.ready.gov



Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.


Ready



FEMA

Federal Emergency Management Agency
Washington, DC 20472

Omar Mansy Joins The 14th Class of Stamps Scholars

BY CHRISTIAN CASALE



Among 218 students of the 14th class of Stamps Scholars was Omar Mansy of Lake Nona High School.

The Stamps Family Charitable Foundation Scholarship is valued at \$36 million, and they choose students based on “their academic excellence, leadership experience, and exceptional character,” according to the scholarship.

“This year’s group of new students joins us at a time when

our alumni network has grown stronger and more capable to be leaders in innovation across STEM, humanities, business and other fields,” Roe Stamps, founder and chairman of the Stamps Family Charitable Foundation, said in a press release.

We were able to catch up with Mansy for his reaction to being awarded the prestigious honor.

Nonahood News: What kind of value of education where you brought up with?

Omar Mansy: I think that education has always been a priority in my household. Nothing overbearing, but certainly a priority. I kind of came to mostly enjoy school and was motivated to succeed.

NHN: Walk us through how you won the scholarship.

OM: So, I suppose skipping the whole high school part of the process, I applied to Georgia Tech by the early action deadline in October of senior

year. I think I had heard of the Stamps Scholarship before but wasn’t too sure of what it was exactly. I got my letter of admission to Tech in January, and just a few days later, I received an email saying that, based on my application, I was named a semifinalist for Stamps and that I had a local interview in three weeks. I was honestly kind of shocked; I knew it was a possibility, but *me*? So, I submitted the requested résumé and prepared for the interview the best I could. The day came, and after a surprisingly fun 30 minutes, it was over. Two weeks later, I found out that I was selected as one of 100 finalists nationwide and was invited for an on-campus interview/activity weekend. That weekend was tiring, frankly a bit intimidating, but ultimately really fun. Everyone there was amazing, each with their own thing, many who later got into Ivies, and it was super easy to find bright peers who are overall just awesome to be around. I didn’t think I did as good in those interviews as the first round, but to my surprise, I was selected as a scholarship winner, joining the Stamps Scholar community.

NHN: What do you want to study in college and what inspired you to become passionate about it?

OM: I am studying chemical and biomolecular engineering at Tech. I would say I’ve always had the spirit of an engineer from building those “build your own” wooden cut-out cars, planes and dinosaurs when I was young to the many competitions I did in middle and high school, building model bridges, towers, helicopters, planes and



robots. I gained a passion for chemistry in the latter half of high school; I had an amazing AP Chemistry teacher (shout out to the “Tomlin-ator”), and I felt that I connected with the content easily. I enjoyed the labs and later competed in a chemistry event, and it became a passion of mine.

NHN: What kind of career do you hope to have after college?

OM: I am not 100% sure as of now. I plan on attending graduate school; I may pursue a research track or work in the industry. I’m really interested in pharmaceuticals, especially the prospect of implementing 3D printing and programmable, automated “chemputers,” which can democratize the industry and reduce drug costs exponentially.

NHN: Tell me a little bit about your high school experience.

OM: I didn’t have too much time since I was really busy with both AP and dual enrollment, especially in the second half of high school. More importantly, I was very involved in clubs like MSA, NASA, MAΘ, and science club, where I competed in a dozen science competitions. I grew a lot, made lifelong friends, worked hard, and had some fun while at it. I view it as a prequel to hopefully an even better next four years.

NHN: Give me a little background on your family: What do your parents do? Do you have any siblings?

OM: I was born in the Midwest, but my parents are ethnically from Egypt. I have two siblings, an older brother and an older sister. My dad is a professor in the mechanical and aerospace engineering department at UCF, and my mom is awesome – in terms of occupation, she’s mostly stay-at-home, but also subs at Lake Nona High School.

NHN: What do you like to do for fun?

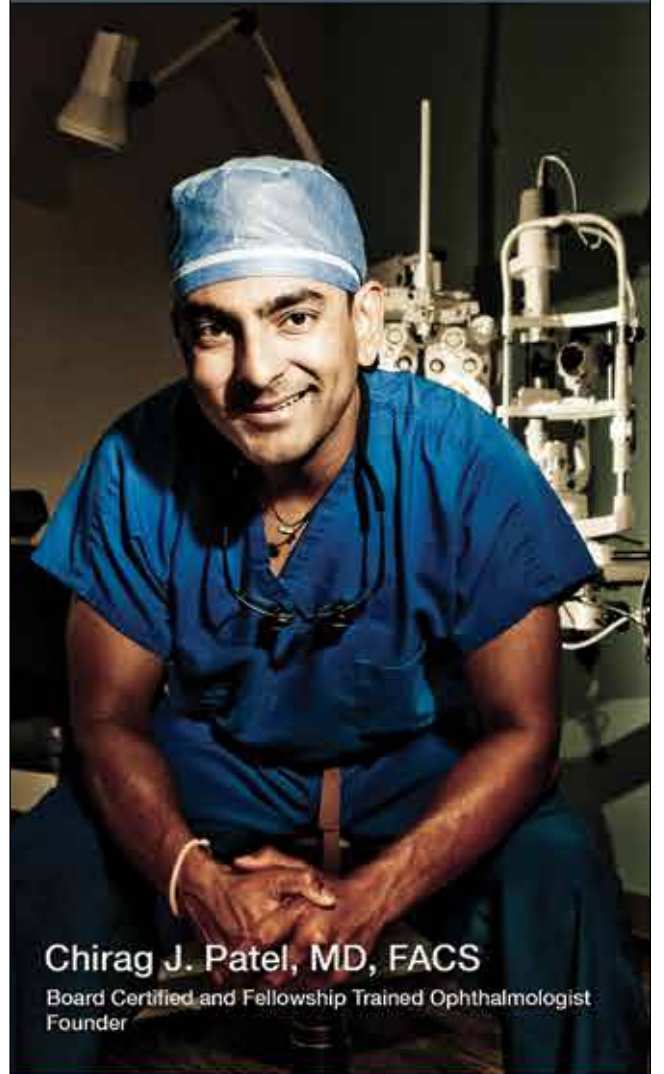
OM: I can always go for a session of tabletops with friends. Flashpoint, Risk, Pandemic, and traditional ones like Monopoly and Clue are always a blast. I like to go out with friends and also game every now and then.



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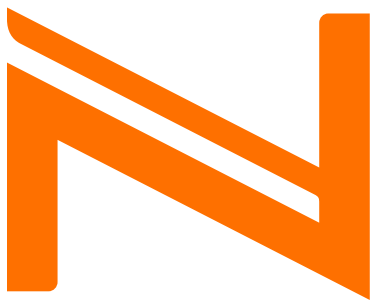
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Kyle's Culinary Column: It's Enough To Make a Mango Crazy

BY KYLE HAMM



Let's dive into this tropical stone fruit mouth first. Mangoes are sweet for the most part and have a varying texture depending on the type you have. Some might be pulpy and soft, while others are more firm like a melon with a sinewy texture. All around, this delicious fruit has incredible health benefits to your immune system, blood pressure, and many more.

Native to South Asia, this drupe is one of the most-cultivated tropical fruits, which is now led by India in cultivation with about 39% (19.5 million tons) of the mango production worldwide. Mango trees are an amazing species, too; they can continue to bear fruit after 300 years. The trees can grow up to 115 feet tall, with multiple stages of maturing, and the fruit takes four to five months to ripen from first flower. There's an array of over 500 known mango species all around the world, with the majority coming into ripe season during summer.

Mangoes have a widened, broad staple in the culinary world. They can be used basically in any stage; unripened and sour mangoes can be used for chutneys, pickles, or eaten raw with salt and chili powder. You should try it out! In some Asian cuisine, mangoes are pickled with fish sauce and rice vinegar. One of my favorites would be a nice, ripe mango blended with chamoy, a sweet and spicy chili paste, with a splash of orange juice and a hint of chili lime salt. It's surprisingly refreshing to have a nice, frozen mangonada on a hot day! In Hawaiian culture, mango is often served grilled and charred.

Some other favorite ways to use mango would be in juices, smoothies, milkshakes or, my all-time favorite, ice cream. Mango is a major ingredient for sorbet. Mango can also be dried and often mixed with tamarind to make fruit bars. Another popular dessert is a sweet glutinous rice, sweetened with coconut and served with fresh, ripe mango slices.

Mango fruit can come in a huge variety of sizes and colors. The skin of the fruit is typically smooth, waxy and leather-like with a large seed in the middle. There are several ways to prepare mangoes. To prepare the fastest way, slice each side just

past the seed. Slice the flesh without piercing through the skin on the other side and scoop out. I prefer to prepare by first removing the skin, slicing around and avoiding the pit, then dicing into large bites. In my opinion, this will yield the best results as well. There's also a special mango-cutting tool that can be used to make life easier.

There's countless uses for mango, and we're only going to get more and more creative! Take a look at trying out your own festive summer mango tart with other fresh summer fruits. On the nutritious side, the health benefits of a nice ginger mango smoothie will bring a zing and a step!

Feel free to contact me if you have any culinary ideas of your own! I've explored in many traditional and modern culinary techniques. I love to get my hands on fresh ingredients to make something memorable. Let's go on a culinary adventure!

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.



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Katie's Cucina: Grilled Lemon Garlic Red Snapper

BY KATIE JASIEWICZ,
KATIESCUCINA.COM

Baby, it's hot outside, and what better way to enjoy lunch and dinner than to grill! I'm so excited to share a Florida fish recipe that can be prepared on your grill (or in your oven if you don't mind heating up your house).

In Florida, you only have two long weekends (Friday-Sunday) to catch a red snapper. There's also a one-red-snapper-per-person rule. I'm sharing this recipe so that you can bookmark it for every July when snapper season hits. Don't worry – you can grab snapper at the fish counter at Earth Fare if you aren't into catching your own fish! You better believe that anyone who loves to deep-sea fish is on the water during those two weekends. According to the Florida Fish and Wildlife Conservation Commission, "2019 Federal Atlantic Recreational Red Snapper Season (private and for-hire vessels) opens July 12-14 (Friday, Saturday, Sunday) and July 19-20, 2019 (Friday and Saturday)."

My husband got to go last year. The first weekend, he went with friends and didn't catch a single fish. Insert very disappointed husband. I felt bad for him, so I encouraged

him to go the following weekend. You see, since having kids, he is lucky to go out deep-sea fishing a handful of times each year. I know some of you might be able to relate.

Thankfully, on the second time he went out fishing, he caught a nice 25+ pound red snapper. Between all the guys on the boat, he came home with 3 meals worth of red snapper!

I whipped up this Grilled Lemon Garlic Red Snapper for lunch and dinner a few times last summer. It was probably the fanciest lunch I've made for us in a very long time. Below, I'm going to share all the details about our red snapper meal.

I'll be honest – I wanted to bake this red snapper, but it was so hot out and my husband and daughter were swimming by the pool. I forced myself to keep our house cool and grill the snapper. I pre-heated the grill on high heat and then reduced down to low. You absolutely **MUST** apply non-stick cooking spray to your grill, or the fish will stick to the grill grates and the red snapper fillets will be ruined!

The time you will need to cook it depends on the thickness of your fish. I first started with 5 minutes on each side and then added an additional 5 minutes for a total of about 15 minutes. If you have a thinner, smaller piece of fish, the 5-and-5 method should work.

Not a fan of the grill? Want to bake the fish? No worries, follow this same recipe and cook at 400 degrees Fahrenheit for the same amount of time the recipe indicates. Another tip: I like to use a glass-baking dish when I cook fish in the oven.

Whether you're an avid fisherman/woman or simply love to enjoy fresh Florida seafood, I hope you'll give this recipe a try for your next (fancy) lunch or even dinner!

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



GRILLED LEMON GARLIC RED SNAPPER

Prep time: 10 minutes

Cook Time: 15 minutes | Total time: 25 minutes

Yield: 4

Ingredients:

- 1.5-lb. red snapper fillet
- 1 tablespoon olive oil
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ teaspoon garlic powder
- ⅛ teaspoon paprika
- ¼ teaspoon dried parsley
- 1 lemon, divided

Directions:

1. Preheat the grill to high heat. While the grill heats, begin seasoning the fish.
2. Pour the olive oil over the red snapper. Then sprinkle half the salt, black pepper, garlic powder, and paprika over the fish. Massage into the fish. Flip over and repeat. Flip the fish back over and sprinkle the dried parsley on top.
3. Cut the lemon in half. Juice one half of the lemon and drizzle over the fish. Then slice the other half of the lemon and place on top of the fish.
4. Reduce the heat on the grill to low. Spray the grill grates with non-stick cooking spray. Carefully place the



fish on top of the grill grates. Grill with lid closed for 7 minutes. Using tongs, remove the lemon slices from the top of the fish and place on the grill grate. Carefully, using a spatula, flip the fish. Place the lemon slices back on the fish, close the lid, and grill for an additional 7 minutes or until internal temperature reaches 165 degrees Fahrenheit and the fish is cooked through. Cut fish into slices (if whole fillet), divide among plates, and enjoy immediately.

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Nobel Notable Of Laureate Park: Ada Yonath, the Cheerful Chemist

BY DENNIS DELEHANTY

This is the fourth in a 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 to learn more about them.



Nobel Prize 2009 Press Conference

Ada Yonath (pronounced as Yo-NATT) wanted to take a picture of a ribosome. More precisely, Ada wanted an X-ray image of a ribosome from which she could build a three-dimensional model of one of those delicate intracellular structures, so infinitesimally small that millions of them occupy a single living cell, where they manufacture the proteins necessary for life.

To produce these proteins, ribosomes translate genetic code that originate in DNA molecules and are delivered to them by messenger RNA. They are the factories that make the cells of all living things grow and thrive. Ada burned with curiosity to understand how these miniscule factories function.

This was no simple task. Obtaining the X-ray image Ada sought required ribosome molecules in crystallized form. Why crystallized molecules? A half-century earlier, it was discovered that X-rays shot through a stable crystal, such as salt or copper sulfate, produced a scattering of refracted light which, when decoded, would reveal the structure of the molecules within.

By the early 1970s, several biologists had attempted to produce useful crystallized ribosomes, and all had failed. Consensus within the scientific community deemed Ada's quest, well, quixotic. "Can't be done, we already tried," was the prevailing attitude. Beneath the skepticism seemed to lay the unspoken judgment that such a major scientific achievement would not be accomplished by a woman.

Few, though, counted on the passion and persistence of Yonath. This was the young girl who had broken an arm measuring the height of the balcony of the family's apartment by stacking up chairs and tables, like *Dr. Seuss's The Cat in the Hat*, which then tumbled down upon her. In another experiment, Ada decided to test the speed of water against kerosene, a race that caused a frightening fire.

This exuberant future laureate, like many of her Nobel colleagues, grew up seriously poor. In 1933, her parents had managed to escape the coming horrors of Central Europe, emigrating from Poland to Jerusalem where, as Ada recounts, the family income hovered near zero.

Ada's father soon passed away, so the trio of Ada's mother, a younger sister, and Ada moved to Tel Aviv, where Ada possessed insufficient funds to attend school until a school principal, recognizing her superior intelligence, asked her to tutor her classmates in exchange for tuition. Thus began her education in science, as she obtained degrees from Hebrew University in biology and earned her Ph.D. from the Weizmann Institute of Science, both in Israel, before moving on to Carnegie Mellon and MIT as a postdoctoral fellow.

Crystallizing ribosome molecules is a devilishly difficult job. Ribosomes are unstable, devoid of internal symmetry, and dissolve quickly under X-ray bombardment. But in her quest to capture a ribosome crystal, Ada made a breakthrough when she learned that the ribosomes of hibernating polar bears settle down to a tidy structure, the type of molecular order needed for successful X-ray crystallography.

The behavior of ribosomes in the cold seemed to be key. Then, following years of trial and error, Ada developed a process now known as cryo-crystallography. In this process, ribosomes are exposed to extremely cold temperatures, as low as minus 185 C, an environment that produces ribosome crystals that do not disintegrate under X-ray exposure.

Armed with these crystals, Ada finally produced a three-dimensional model of a section, or subunit, of the ribosome of a certain bacteria. Building on this achievement, Ada began to focus on the interaction of ribosomes with antibiotics and ultimately made major contributions to the development of new types of these medications.

Suddenly, Yonath was not the crazy lady chasing an impossible dream. Her cryo-crystallography process quickly gained attention, and laboratories worldwide soon copied the procedure, expanding our mapping of ribosomes. For this singular achievement, Ada won the Nobel Prize in chemistry in 2009, together with fellow scientists Venkatraman Ramakrishnan and Thomas Steitz.

After gaining the Nobel Prize, Ada became the target of an unceasing procession of



Ada Yonath Weizmann Institute of Science

requests for interviews and lectures. But she saw a brighter side of her new celebrity, as she had become a mentor for young aspiring chemists and, I suspect, a beacon for young women wishing to make a career in science.

Ada's personality exudes pure joy, the pure joy of a life practicing a love of science. She is the lady you would want to adopt as a grandmother for your children, if you only could. After securing that picture of her beloved ribosome, this still coquettish octogenarian told her young mentees: "My advice is, don't look for advices. Do what you think is burning inside of you." Ada Yonath burned with curiosity about the factories of life, and in doing so bequeathed to us a greater understanding of the stuff from which all living things are made.

Next month: Niels Finsen, Faroese Physician

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.



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Dog of the Month



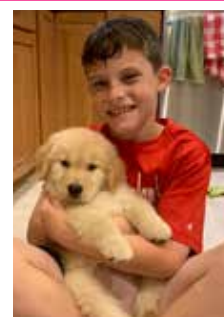
Daisy

Owner: Kelley Stanko
Breed: Golden Retriever
Age: 11 weeks

Dog's Quirk/Story:

Daisy entered our family in the last month. She is well-loved by all of our neighbors and is learning to be a good canine citizen by learning sit, stay, and good manners, as all puppies should learn at an early age. I am a veterinarian, and these are very important lessons for all puppies to learn and quite a lot of commitment for their owners. All of NorthLake Park is helping to socialize her as we love each other's dogs. I hope Daisy will inspire others to train and to raise their puppies well! Our 9-year-old, Stephen, is enjoying practicing photography and has taken several of these amazing pictures all by himself.

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 Mendez

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
MATT MENDEZ

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

Age: 26

Year Graduated: 2011

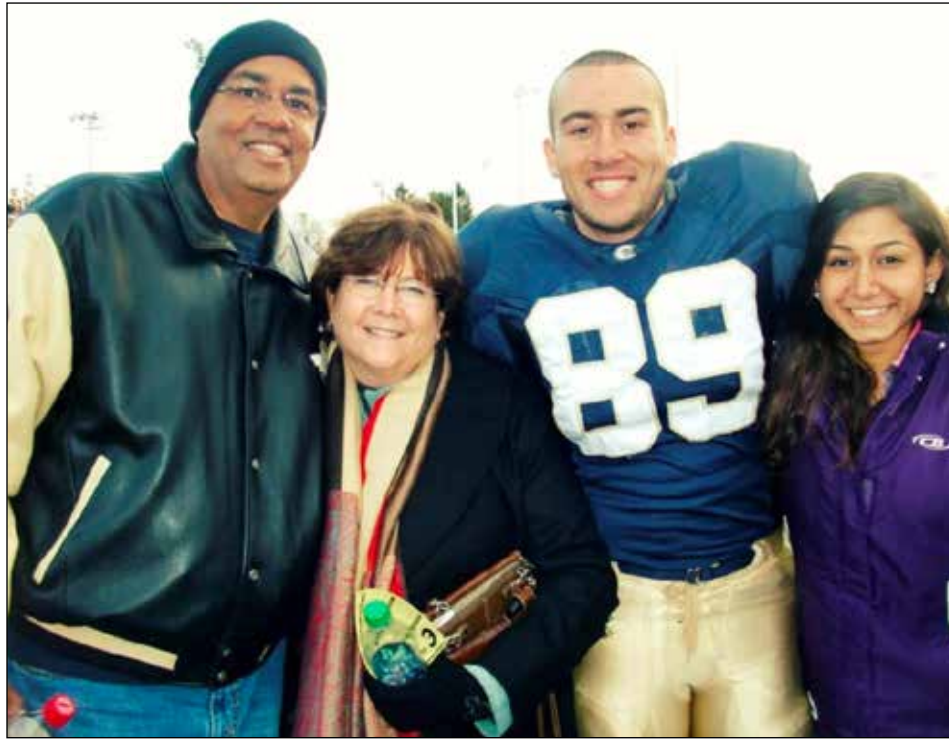
Occupation: Tight Ends Coach for the University of West Florida

Current Location: Pensacola, FL

Matt Mendez had lived in Lake Nona for the majority of his life. In 2004, his parents moved to the area and built their dream home by Moss Park. He began elementary school at NorthLake Park Community School and graduated high school at Lake Nona High School. Mendez is definitely proud to represent his class and says he "was part of the OG class! 2011! First class in school history."

When Mendez was a student at Lake Nona, his post-high-school goals included playing college football while also getting his degree.

"Short-term goal was to play college football. Always wanted to play college sports. Long-term goal was to get my degree. Knew I wanted to still be involved in sports after I was done playing, so I initially was thinking sports management or sports-specific training."



Once he graduated from high school, Mendez was able to achieve each goal he set for himself!

"Got the chance to play college football. Not at the level that I wanted, though the ACL injury my senior year hurt my chances overall, but God was good and still presented me with the opportunity to play at a small school in Wisconsin. It wasn't for long but still had a great experience."

After his time playing college football, he enrolled at the University of Central Florida to get a degree in Sports and Exercise Physiology. He also kept in mind his goal to still be involved in sports and thought of his high school – "Why not coach at Lake Nona?"

"Coached there for a couple years, while I was finishing my degree at UCF. While there, I developed new goals, new aspirations, and wanted to pursue this coaching gig a bit more."

After he graduated from UCF in December 2015, he began his path toward coaching college football. When telling about his journey from this point to where he is now, it's difficult not to admire Mendez's resilience.

"From January to May, everyday I would reach out to schools at every level just for an opportunity. I'd call, email, even walk in to their facilities to try and talk to someone about a possible opportunity. In May of 2016, I kind of started losing hope, then my sister told me that there was a new coaching staff at her school (Ave Maria University) and that I should reach out. Not even a day later, I get an email back from the head coach asking if I can come down for an interview. Went through the interview, and after, I was offered the tight ends coaching position, but there was a catch. The pay was \$1,000 for the year."

After the interview, Mendez discussed the offer with his parents, called his mentors, and prayed. He was faced with a tough choice where he would have to decide between his aspirations or being comfortable with the full-time position he had in Orlando. Here, he quotes the words his dad told him during this decision, and he relied on these words well after he took the job:

"To achieve your goals, you have to go

through the grind. It's going to be hard, uncomfortable, scary. It's supposed to be, you're pursuing something that is out of the norm. If it were easy, everyone would do it. People are going to question what you are doing, call you stupid for trying. But all that matters is how bad you want it! Keep faith, be strong, and know God always has your back."

Throughout the year, Mendez constantly thought, "God always has your back." He pushed himself to network and make connections with as many coaches as he could. Right before the 2017 football season at Ave Maria commenced, his networking paid off.

"A connection that I made at the University of West Florida reached out to me, and I had a phone interview for the tight ends position. The next morning, I get a call from them offering me the position. I don't think I said yes so quick ever in my life. And now I'm going into my third year here at UWF."

In Pensacola, Mendez says you can find him outside and active, whether it's at the beach, playing golf, or floating down the Blackwater River. When asked about where he sees himself in the next five years, he wants to continue coaching college football, eventually at a bigger school, and he sees himself starting a family as well.

Graduating college was a big milestone for Mendez, and another one approaches later this year when he finishes his master's degree. One of his major milestones was being part of UWF history as the fastest team in all of college football to play for a national championship, but Mendez doesn't forget his roots and credits graduating from Lake Nona as a milestone.

"A lot of people in our class are doing big things out here in the real world. Some of y'all are traveling the world, becoming entrepreneurs, doctors, nurses, actors, singer, models. Some of y'all took over the important task of teaching our next generation of kids (bless your heart). We all are out here grinding and achieving milestones, and I look forward to seeing all the new ones we will achieve. Oh, and remember, 'God has your back.'"

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



Nona Your Neighbor: Daphny and Joseph Feria

ARTICLE AND PHOTOS BY CAMILLE RUIZ MANGUAL

Daphny and Joseph Feria are the owners of JF Professional Painting Inc. They are also Nonahood residents. Check out our conversation with them below!

Nonahood News: What is your job?

Joseph Feria: I am a painter-contractor in Orlando. I have been doing it for 20 years. We do construction, we do paint. We do commercial buildings, we do garage floors, interior house, exterior house, new construction, renovations. We paint fences, we do electrostatic coating – that's a type of paint that we do. We do drywall, stucco repairs, texturing, tilework, demolition. We pretty much do a little bit of everything in the construction industry.

NHN: What do your day-to-day schedules look like?

JF: I wake up in the morning, I contact my painters – my contractors – and I make sure that we meet every morning in the same spot. We have a meeting, I send them out to the different job sites, and once that's done, I go ahead and do my estimates, meet the customer, find out their needs, do an estimate based on what they need. Once my job is done, I send it to the office. The office takes care of all the paperwork. Then I go and visit all my job sites to make sure all my painters are doing what they're supposed to be doing.

Daphny Feria: I'm at the office. I make sure that I answer all the emails, I do the quotes, I pay the bills, go through the insurance. All the management.

NHN: What would you say are the most challenging aspects of your job?

JF: The challenges of my job would be



making sure I have great communication with the clients. That's the key, having communication. If it's face-to-face, even better. I'm an old-fashioned guy, I like to communicate a lot. I like to communicate with my painters, and they're part of the family. I try to treat them the best I can.

DF: The most challenging aspect would probably be trying to get the answer for everybody. It's a little hard to get ahold

of Joseph sometimes because he is on the job, but that would probably be the one. Trying to get answers for all the clients.

NHN: What would you say is the most rewarding aspect of your job?

JF: The most rewarding aspect is when I see the happiness of the client when we went from Job A all the way to Job C, and they are happy and satisfied with the job. That is my satisfaction. Seeing that happiness, that smile, that appreciation of what we did for that particular client.

NHN: What got you interested in doing your current job in this area?

JF: When I was young, my grandma put me to paint. Every year, I had to paint her house, especially for Christmas. At that point, I was getting the hang of it. When my kids were born, my uncles had a painting company in Alabama, so we moved to Alabama and that was the first job that I had. I just liked it; I was good at it. We decided to move to Orlando and found this place like home. That's when I started my business. Since then, it's been a real job, and I'm happy doing it.

DF: To do it in this area was awesome because it was growing at that time. Fifteen years ago, there was not a lot here, so we knew that many communities would be coming up and that happened. Schools, communities, and all that. So we had a great opportunity.

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

JF: I like water. Anything that has to do with boats, jet-skis. Any activity with water.

DF: Fishing, scuba diving; he loves that.

JF: Anything that has to deal with water, I'm there. Other hobbies? Spending some quality time with different people, family.

DF: For me, I love biking. The trails here are amazing. I like them. I go all the way to Laureate Park, Nemours, go down VillageWalk, Narcoossee. I like it. I bike in the morning.

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

JF: I want to keep growing with the community like we've been doing, helping people. I want to have more employees and do

more stuff in the construction industry.

DF: Definitely Central Florida. We like to be close to the beaches. And definitely growing the company.

NHN: What brought you to Lake Nona and when did you move here?

JF: Back in 2000, I was in Hunter's Creek. I moved to Lake Nona in 2004, and it's been home. I've been invested in Lake Nona since 2004, it's been 15 years already. And I've been growing with the company when 15 years ago there was nothing here. It was only probably the Publix and the 7-Eleven and a few things, mom-and-pop businesses. But now I like it because the community has been growing. It's an active community, and I really like that. My kids went to all the schools around here from elementary all the way to high school. When I moved to this area, at that point it was just the projection of what Lake Nona had and the opportunity that Lake Nona has to offer.

DF: I liked that it was quiet, and I liked the schools at that time, so it was good for my kids.

NHN: Where are you from originally?

JF: I am originally born and raised in Puerto Rico. I moved from Puerto Rico in 1997-98 to Alabama. Then back in 2000, we moved to Orlando.

DF: I'm also born and raised in Puerto Rico.

NHN: What would you say is your favorite part about Lake Nona?

JF: All the communities have something different to offer, the people, the schools. At that point, when my kids were growing up, the schools were important. And now that we're growing so fast, the convenience of pretty much having everything. I like Lake Nona a lot.

DF: It's quiet, the restaurants are good, you don't have to go very far.

NHN: Do you have a favorite restaurant?

DF: Other than Yogurt Breeze? [Laughs] Side note, we founded Yogurt Breeze. Other than that, 407 Café. Tijuana Flats on Tuesdays, we love Taco Tuesdays.

JF: Wawa for morning coffee, Nona Blue. Now that we have Boxi Park, I love those burgers. Those burgers are amazing. We visit all the restaurants. Well, we're trying.

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

JF: It's a great place, lots of people, active community, and great schools.

DF: Definitely. Definitely amazing that there is a diversity of cultures, too. I like that. The schools are important, and they're good.

Want to nominate YOUR neighbor (or yourself) to be featured?

Follow this link:

nonahood.to/nonaneighbor



Meet the Media: Melanie Miller

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF
MELANIE MILLER



Melanie “Mel” Miller is nona.media’s Promotional Manager. Her high-energy and quirky personality are a boost of positivity we all needed. But don’t be fooled by this fun-loving individual ... she’s a boss when it comes to her job. She helps us continue to find the light and share it with the community, rather than dwell in the darkness.

Extrovert or Introvert?
“Extrovert – I meet everyone.”

Indoors or Outdoors?
“Outdoor girl – I love swimming and riding my brand-new bike. We moved from the Washington, D.C., area (growing up in Virginia, and it is amazing having warm weather all year long. [It] is fantastic.)”

Sun or Snow? “You can find me at the beach almost every weekend, and I am at our pool here in our neighborhood in Eagle Creek almost every day. It is such a blessing to have such beautiful weather with palm trees. When we moved here a year ago, I loved giving away my snow shovel to my neighbor!”

Dogs or Cats? “We are huge dog lovers! Right now, we have a four-year-old ‘Dorkie.’ Her name is ‘Dixie,’ and she is three-quarters Yorkie and a quarter Dachshund. She is eight pounds of hot mess that loves Florida, too. She is obsessed with the little lizards and thinks it’s her full-time job here to just chase them, not eat them, but make sure that [they] know they don’t belong on my patio furniture.”

Vans or Converse? “Vans all the way. I had a pink pair when I was in high school.”

Coffee or Tea? “OBSESSED with iced coffee. I drink a trenta iced coffee from Starbucks every single day. I have lost over 100 pounds on a keto diet, and it’s my reward for keeping it off for over four years now. I proudly was the first customer of the week here in Lake Nona at our Starbucks. I love the staff here, and last month when I had my heart surgery, they brought me a HUGE bag of presents to the hospital. If you go in there and ask for my recipe, they call it the ‘MEL.’ Here is the recipe for success – trenta iced coffee, seven packs of stevia, no classic, and a splash of heavy cream!”

Adventurous or Laid Back?
“Adventurous”

Canon, Nikon or Sony? “Canon”

Books or TV? “Netflix junkie who hides on the couch on the weekends to binge out on a series.”

What brought you to the Nonahood?

“My husband is a PGA professional. His name is Steve Miller, and he took the job as the director of golf instruction at Drive Shack prior to the opening and building completion. The best careers for golf are here in Florida. We knew that we wanted to be where it was warm and close to the beach.”

What’s your favorite hobby?

“I have an old planner. You know, the kind you really write in with your dates and journal in. I decorate my planner and have over 200 rolls of washi tape, tons of stickers, and erasable gel-colored pens that I keep track of my business life in. When we were little in class, our teachers would prepare us for the day by coloring a picture in the morning and getting our mind focused. I realized I love to feel prepared for the week just like the teacher would do every morning before class. This is a stress reducer for me, and it’s gorgeous [to] work in. The motivational sayings remind me of what I am working toward. It’s proof that life is so amazing to live; work hard, and God will continue to bless you.”



What’s your biggest dream?

“I have already achieved so much in my life that just living in Lake Nona and being a positive influence on the shape of the culture and helping businesses that are here or that are moving here to become a massive success is where my dream lies. I LOVE seeing people win at life, achieving their goals and dreams. I would love to be known as someone who loves to just participate in others becoming champions in whatever they desire. I believe being a partner and promotional manager through my marketing company with nona.media, meeting Rhys and Jenny, are a part of some of the greatest dreams of mine yet to be achieved.”

Where do you see yourself in 10 years?

“I see myself as a leader and as an example of a godly woman who took the time for others to build value in them. I will be here in Lake Nona supporting our community, running my business, and watching my husband definitely play a little more golf on the course. We will be grandparents this summer with our first grandchild. I see myself being in his life, being the kind of grandma that grandkids beg to come and see.”

Who’s your biggest inspiration?

“[I’m] so blessed to have Desire Monk [NFL Hall of Famer Art Monk’s wife] in my life for the last 17 years. As a young mom of two beautiful children, she always cared about me. She has been a rock during some of the toughest life challenges and my greatest blessings. She is a prayer warrior, supporter, encourager, beach buddy, and one of the best friends in life God has ever given me. When you become older, you realize it [is] not the number of friends, but having one who loves you unconditionally.”



What’s your favorite book?

“The Bible is my 100% favorite, and anything in the red lettering is the absolute best part.”

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

“The day I became the marketing director for the Washington Redskins alumni was the biggest step of faith I have ever experienced. NFL All-Pro and former Washington Redskin Ken Harvey hired me to run his marketing and the marketing for the NFL Alumni office in DC. I pulled up to FedExField where the Redskins play and, as I got out of the car, 1982 NFL MVP Mark Moseley was standing there. Ken told him I was gonna make a difference for the alumni office. I thought to myself, ‘I am?’”

“Then I followed the guys into the stadium to do a private event for the president of Bank of America. There were all [of] these guys that had been on TV, and I was like, ‘What in the world am I doing here?’ They had come to do a fantasy football game with Bank of America leadership. The former NFL guys handed me all [of] their Super Bowl rings to put on my fingers so they would not lose them during the flag football game. I remember standing in the middle of the field and looking at all that success those men had worked hard to achieve on my fingers. Then Ricky Ervins yelled, ‘Hey ... watch that girl. She is worth a mint.’ And I turned, looked up seeing



myself on the TV screens like you see during the football games with all those rings on scared out of my mind! But [what] I didn’t realize at the time is that I absolutely was meant to be there, and Ken saw leadership ability in me that I didn’t see in myself.

“In over a 15-year period, I was blessed to work with the biggest names that played for the Washington Redskins, started my own company with over 1,000 appearances, events and marketing for some of the biggest corporations. The best part was raising millions of dollars in charity with the help [of] these incredible men for a greater purpose than on the field. Combined, it has defined me as a leader, no longer that scared-to-death woman who didn’t understand her purpose but is now helping others to achieve their dreams and goals.”

Describe one of your most memorable experiences.

“One of [my] favorite memories is when my mom took me to my first concert – Duran Duran. We spotted their limo, and my mom took off following them. I thought that was so embarrassing until we got inside to the concert, and she started screaming like us young teeny boppers! She said the one with the drums has the biggest muscles, so I will scream for him.

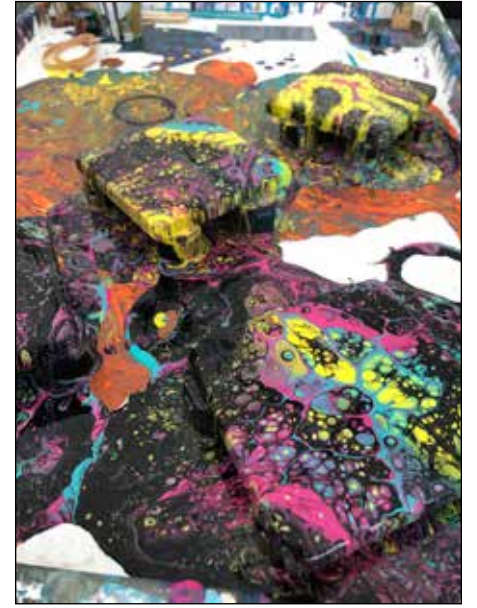
Oh, brother! Now I am just like her and I am the coolest mom even though my kids don’t think so. Their friends tell me instead! HA!”

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



Date Night in The Nonahood: Fluid Painting At Orlando Brewing

ARTICLE AND PHOTOS
BY KYLE HAMM



The process was fairly simple. First, you pick your colors of acrylic paint. For the coasters, the recommended maximum was four colors; the canvas can have as many as you desire. Second, the chosen colors are then mixed with a pouring medium and stirred thoroughly. Some water was used as well to get the right consistency. "The secret is in the sauce" is what they say! Tip: You may not need to use so much of the pouring medium if the acrylic paint is already liquid.

Third, after having all of our paints ready, we prepared our coasters (or canvas). They were suspended off of our tray using the paint bottle lids, which I thought was a nifty, innovative idea to reuse and recycle. Now, we were ready to get pouring!

Begin combining your colors into one single "pour cup," starting with your base color and pouring in the following right into the middle. Then we flipped our coasters upside down over the cup. While holding with pressure, they were flipped back around so the cup was upside down, and then the pour cup was lifted. What an amazing thing to experience! I'm completely blown away with the results of our paintings because I personally never thought I could create something like this. I knew my wife could; she's very good at these artsy-fartsy things.

It's no surprise that I am a big fan of beer, and Orlando Brewing has all of the beer to satisfy! The tickets for the class also offered "Happy Hour Pricing," so naturally we arrived a bit early. I couldn't make up my mind on which to try, so I went with a customized flight. And then another. ... They have some really tasty brews!

Another great event going on, that we didn't even know about, was the live "Old Folk Band" that played considerably the best folk music I've ever heard. Orlando Brewing also offers a free tour of the brewery on a weekly basis, except for Sundays. Since we went on a Sunday, we weren't able to take a tour ourselves, but it's going on the list!

I'm not at all crafty or artistic when it comes to painting or drawing, believe me, but fluid painting is a whole different ball game. It was an amazing experience, and a great time along with great beers. I would definitely recommend to check out the Dirty Pour Project to find where you can take the next class because it's something you don't want to miss out on. I know I'll be looking to go on this Dirty Pour Party



The Mrs. and I took a trip over to the Orlando Brewing for this month's Date Night in the Nonahood. They had an event there that is hosted by the Dirty Pour Project, which was an amazing experience. This was my second time doing a "Paint and Sip" class, but my first time ever working with what is termed to be "Fluid Painting."

The price of the class was \$50 per ticket, and this included a professional (and very kind) instructor, all of the paint, the canvas (or coasters like we chose to do), and all of the other materials needed. We were joined by another couple and a few other "classmates," so it's a very small and cozy class. We were then walked through the process of creating the fluid art pieces.

again! You can find some more information on their website at

www.DirtyPourProject.com.

LIFESTYLE

Mama's Turn: Stepping Back And Letting Them Fly ... LITERALLY!

BY SHARON FUENTES



I'm an overprotective mom by nature. Seriously, it's genetic, a horrible attribute passed down from a domineering Jewish mama who got it from her own "smother" and so on.

The only difference between me and my ancestors is that I am aware of this trait and try to make a conscious effort every day to not allow my innate desire to wrap my kids in bubble wrap and hide them safely away from the dangers of humanity take over. It's hard to swallow my fear and silence the "what ifs," but I know that my own anxiety cannot drive my parenting decisions. If I did, my kids would be locked up in a turret. Rapunzel's mother, while an evil witch, really did think she was protecting her, and we all saw how well that turned out. Rapunzel runs away with the first guy who climbs the tower ... and she did it without wearing any shoes. What's up with that?

My point, besides the importance of proper footwear, is that there is going to come a time when you, as a well-meaning parent,

are going to have to put on your big girl panties, swallow your own worry, and let your kids experience life, a little freedom, and maybe even take a few calculated risks! TRAVEL is the best way to do this, too. Be it summer camp, a school/church trip, or even a foreign exchange program, sending your kids packing – without YOU – can be a life-changing growth experience ... for you both!

Being exposed to new places, cultures, food, and people helps us grow and figure out our place in this great big world of ours. So why wouldn't we want our kids to

explore this, too? And while traveling as a family is wonderful, it's not the same.

If you are like me, then when your kids travel with you, they don't sweat all the details. I am the one who usually holds the boarding passes and passports and makes sure they don't sleep through the alarm and miss our flight. But when Mama was not on the recent New York trip that my then 15-year-old daughter took with her theatre troupe, she had to do all that on her own. Yes, I got a frantic text from the airport when she realized she forgot to pack her phone charger, but by the time she landed, she had already calmed down and had come up with a solution. Valuable life-coping skills that will serve her well for years to come. And had I been there to just hand her my charger, perhaps she wouldn't have learned that she could handle stressful situations?

And so, as I try hard to quiet my inner neurotic, overbearing, mama bear instincts while I help my son pack for his upcoming 12-day Eastern European adventure, I do so while knowing that he is prepared. And if something does come up that he wasn't prepared for, he will (just like my daughter did) figure it out. And in doing so, he will come back from this trip a bit more mature, with an increased sense of self, more independence,

and ready to head off to college.

But just in case, I am still double checking to make sure he has packed his shoes!

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.



Family Shift: The Power of Personality

BY RODNEY GAGE, FAMILY COACH



RG RODNEYGAGE
YOUR FAMILY COACH



There are over 7 billion people on this planet. Did you know there is not a single person like you? Every one of us is completely different from anyone else. Even identical twins are different in countless ways. You are the only one that has your thumbprint, voiceprint, handprint, footprint, heartbeat, DNA, personality, and personal experiences that are unique to you.

You are one-of-a-kind original. Why is this important to know? Because an original is worth far more than a copy. The truth is when you try to be somebody else or copy someone else, it only leads to frustration and disappointment in your life.

The power of knowing each other's unique personality will help you better understand why you think differently from others, make decisions in different ways, are energized by different things, and respond to conflict in different ways.

At familyshift.com, I have identified five basic personality avatars:

- **Ninja** - People may never see the NINJA, but they know you were there by the trail of completion left behind you!
- **Mastermind** - If you see a great team, you can bet there is a MASTERMIND behind it!
- **Trailblazer** - The TRAILBLAZER loves a challenge and will rise to it without fail every time!
- **Guardian** - The guardian is no wimp; just try to hurt those close to a GUARDIAN, and you'll get your behind kicked!
- **Social Genius** - Every time with the SOCIAL GENIUS is like the first time!

You can take the FREE avatar quiz at familyshift.com. You can have your spouse and kids (12 and older) take the quiz as well. I think you will have a lot of fun with these within your family. In fact, you might even start referring to each member of the family by their unique "avatar."

It's important to keep in mind that none of the personality types is necessarily better than the other. They all have strengths, and they all have deficiencies. I have seen four specific benefits of using these type of personality assessments.

1. You'll understand why you relate to others easily or with difficulty.

One of the main benefits of these inventories is that we get to look in a mirror and see ourselves more objectively. These tools also give us plenty of opportunities to talk to our spouses, kids, co-workers, and friends about our interactions with them.

We need to be careful to avoid pigeonholing people with labels, but labels can help us see people through clearer lenses. For instance, if you're an introvert and your spouse is an extrovert, how each of you feels at parties is very different, and how you feel when you're alone is quite the opposite. Understanding opens doors to communication, patience, kindness, affection and deeper understanding.

2. You'll understand why you respond to situations the way you do.

Some of us feel guilty that we need to take more time to make decisions than someone else. While others live spontaneously without guilt, others may regret decisions later. When both people understand their bent, they'll realize one of them isn't tragically flawed and the other supremely virtuous – they're just different in the way they process information and make decisions.

3. You can position yourself to live out your passions and accomplish your purpose.

We don't use a hammer when we need to drive a screw into the wall, and we don't insist on using a car when we're trying to cross the ocean to France. But some of us are square pegs trying desperately to fit into the round holes our parents or others have told us are our only option. As we discussed earlier, we are all different, and one of the adventures of life is discerning where we fit best.

4. You'll be more understanding and patient when people can't do what you can do.

Don't expect your math-challenged husband to do complicated calculations in his head. Give him a break ... and a calculator. And don't demand that your wife make decisions with only half of the information. That's not how she operates – and if you're lucky, she won't bring up all the times your quick decision turned out to be a bomb!

If you want to have a deeper understanding of yourself, your spouse, and children, learn how to harness the power of our personalities. Understanding our personalities can give us breakthroughs in our relationships and ignite our passions to be our best self.

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 drifting from each other and shift toward living with greater intention. To learn more, check out familyshift.com and rethinklife.com.



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Family Fridays: A Trip to Disney

BY KYLE HAMM

The Hamm Fam took a trip to Disney, more specifically Hollywood Studios, for this edition of Family Fridays. We've actually made quite a few visits to the parks this past month, but Hollywood Studios may be the most favorite. With such a magical place so close to home, why not take advantage? The attractions, shows, entertainment and special events have something that we all can get excited about. Plus, they've got a few new attractions that are adventurous and exhilarating.

Let's get started with all of the new Star Wars things going on over at Hollywood



Studios. The shows, attractions, events and entertainment really appeal to not just the kids but my inner-child, too! We love the interaction of the First Order stormtroopers parading down the main strip of Hollywood Studios, and you can catch others patrolling around, too.

Roan loves his thrills, so he just had to try the new Star Wars attraction, Star Tours - The Adventure Continues, which is basically a 3D space flight where you're travelling around to all of the legendary Star Wars destinations. He thought it was a blast! There's also the Launch Bay, where we got to meet BB-8 and Kylo Ren.

There are tons of entertaining shows, way too many to get done in just one day. But we all love to take a relaxing break from walking in the heat, and what better way than to enjoy a live show! On our list was the Beauty and the Beast - Live on Stage, the Frozen Sing-Along Celebration, and the Indiana Jones Stunt Spectacular.

Of course, the Frozen Sing-Along would be my daughters' favorite, and even though it was their first time with a live show, they were still very excited. The Beauty and the Beast show gets a little intense throughout the story, which had my daughters a little frightened, but toward the end they pulled through and loved it!

What an exciting spectacle to sit front row of the Indiana Jones show. It gets very loud with the display of explosions and gunshots, so the girls didn't seem to enjoy it too much. But what an exciting and entertaining show!

To fit in between all of the attractions and shows are the meet-and-greets with the characters. Kali would probably pick to see Vampirina time and time again if she could; that's her favorite. Then there's



Princess Sophia, Doc McStuffins, and tons of others. Seeing them meet their most-loved Disney characters in real life is something I can't even explain. The kids love it and always end with a big hug or high five.

Hollywood Studios at Disney is great fun for the Hamm Fam, and we'll be going as often as we can to visit all of the parks. But before you and your family take a trip, plan ahead to look online or on the Disney app to check out any special events or Fast-Passes. I definitely recommend the Fast-Passes if you're with young ones. So when you take your trip to Hollywood Studios, plan ahead, get FastPasses, and go have some fun with the whole family!



In the Garden: Certify Your Garden As A Butterfly Habitat

ARTICLE AND PHOTOS
BY AMBER HARMON

Here's what's happening now in the Summer Vegetable Garden. June was the last month for most of our spring vegetables to keep producing. The heat-sensitive vegetables like beefsteak tomatoes, cucumbers, and squash are all going to typically stop producing in June. Even if your plant still looks healthy when we are consistently in the 90s, the plants are just not able to produce the flowers that subsequently produce the vegetables. If you want to keep the garden growing through the summer, now is the time to make sure your heat-loving vegetable plants like okra, Asian winged beans, eggplant, peppers, and African blue basil are all planted in the garden.

These are just some of the very special heat-tolerant vegetables that will produce well into the summer. If they stop producing in August, then in September when the heat backs off a bit, they should go right back into production. The okra and eggplant will keep producing until it gets cold out, so depending on the year, it could be several months.



peppers



okra

Spotlight On Having Your Own Certified Butterfly Habitat

Would you like to have more cucumbers, squash and zucchini in your vegetable garden? Then, one solution is to attract more pollinators. It's a great way to add a variety of flowers to your garden for beautification, as well as deter unwanted pests. It also provides a comfortable environment for butterflies that are being relocated due to construction and other disruptions that remove their food source and force them to look elsewhere to survive.



ers to be the food sources for three different types of caterpillars, as well as having flowers that will provide the nectar needed for the butterflies. It is important to understand the different butterflies that live in Central Florida and then get the specific flowers that attract those butterflies.

Planting parsley in your garden or anything else in the Umbelliferae plant family, like carrots or dill, is a natural attractor of the black swallowtail butterfly, like the ones in the picture below. This is a beautiful caterpillar, and I wind up planting parsley for me and parsley for them. Five swal-

lowtail butterflies will devour a mature parsley plant in a matter of days.

The North American Butterfly Association actually has two certification programs. One is for creating a general butterfly habitat, and the other is specifically for the monarch butterfly. The certification program is not only a great guideline to learn how to set up a pollinator garden, but it also helps to track the monarch butterflies on their journey each year to Mexico.

It's very easy to get your garden certified; just make sure you have the right plants and flow-

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lowtail butterflies will devour a mature parsley plant in a matter of days.

The closest Butterfly Garden Guide I could find is for Tampa, and the list of flowers and butterflies to choose from is quite long. Once your flowers are planted, then just submit an online application and purchase a sign to help spread the word in your community. All of this information and more can be found at the NABAButterfly.com website.

Amber Harmon is the Owner of My Nona's Garden, where they 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 for more information.

"We make organic vegetable gardening easy!"



More than Spandex and Spokes: Meet The Members Of Nona Cycle

BY DEBRA LOWE, NONA CYCLE MEMBER

Cyclists tend to be nearly unrecognizable on the road; to some degree, we're disguised by a helmet and sunglasses. There are times when we know each other more by the bike we ride than anything else, particularly when most of us are wearing identical Nona Cycle jerseys. It's not uncommon to see a fellow cyclist in "normal" clothes and initially not recognize them.

We come to know each other post-ride at Starbucks or Nona Adventure Park; typical cyclist talk leads to conversations about family, what we do for a living, places we've traveled, and how we found Nona Cycle. Inevitably, we become friends on Facebook, and in typical social media fashion, get to know the person beyond the spandex and spokes.

The progression from riding with someone I only know by their bike and how fast they ride to truly knowing who this person is and counting them among my friends had me wondering about how people passing our pace line view us. Do they wonder what motivates us to ride on the road, where we came from, how far we're riding ... or do they view us as nothing more than a nuisance with no regard for the fact that there are bike lanes and the "three-foot" law?

This month's column is the first of a series profiling the "anonymous" cyclists you see riding around your community – the members of Nona Cycle. You'll find we come from diverse backgrounds and professions, became cyclists for a wide variety of reasons, and have a common thread that binds us together – love for the sport and a deep appreciation of our fellow Nona Cycle family members.

Kevin Addison and Daughter Taylor

Kevin is relatively new to cycling and Nona Cycle. An inline skater since 1994, he left



Kevin and Taylor

the sport for a time, returning to it in 2015. He took up cycling as a complement to his skating.

Like some of his fellow members of Nona Cycle, Kevin does not live in Lake Nona; he commutes to our Canvas roll-out point from Davenport. He's found the people, friendly atmosphere, and quality of the rides help make him a fundamentally better cyclist.

Kevin's had a new riding partner the past month or so; his daughter, Taylor, has taken up the sport and is Nona Cycle's youngest member at 10 years old. A natural athlete, she was an inline speed skater for two years, currently participates in track and field, and has been a student at Glenda's Dance Center in St. Cloud for two years.

Taylor got interested in cycling as something new and fun to do with her dad. Her orange and red specialized bike looks like a miniature version of Kevin's, but don't let her size fool you. She can reach speeds of 17 mph and wears the signature cycling shoes and cleats, meaning she is "clipped in" to



Kevin and Taylor riding

her bike. I couldn't help but think of the falls I took while learning this all important road-cycling technique when she clipped in and rolled out with us one morning just after putting her shoes on for the first time.

On a recent Saturday morning, a group of Nona Cycle ladies and friends headed out for our monthly Ladies Only Ride – joined by Taylor and her dad. To see her in the midst of the pace line riding effortlessly, sometimes behind Kevin and sometimes sprinting off with him in pursuit, brought an added sense of fun to the morning. We're witnessing the future of cycling, and she is awesome!

Garrett O'Neill

Garrett is well known to the members and friends of Nona Cycle for his gregarious personality; his love of cycling is rivaled only by his love of *Game of Thrones*. Encouraged to join by a work colleague, he has been a member of Nona Cycle for two years. While riding in a pace line was a new experience, Garrett certainly wasn't new to cycling; he's been a pedicab driver working in downtown Orlando since 2009. He lives in Orlando and commutes to ride in Lake Nona.

Garrett got into road cycling when his dad, a cyclist, gifted him with a road bike for Christmas in 2011; together, they have completed the MS 150 annual two-day, 150-mile ride that raises money in support

of a cure for Multiple Sclerosis. In 2013, Garrett began working in local bike shops, first in sales and now at his current position in assembly at Orange Cycle Works. I can attest to his knowledge and passion for bikes; it was Garrett who spent a number of months patiently answering my questions as I made the leap from beginning to advanced road bike (and, oh, how I love my new bike!).

The friends he has made, the opportunity to educate and encourage newer rides, and the joy of watching his fellow riders progress are what makes Nona Cycle special to Garrett. He shares the same sentiment we all do – there's no better way to spend a Sunday morning than peddling out from Canvas for 30-plus miles of cycling, followed by fellowship at our post-ride gather spots.

Another insight Garrett shared is something for anyone who sees us riding in our pace line and wonders what possesses us to do this: Cycling proves that exercise does not have to be a chore – it can be fun, improve your mood, and lead to new, unexpected friendships.

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

nonahood.to/nonacycle



Nona Cycle crew



Nona Cycle Sunday Signature Ride

Business Spotlight: Orlando Storm

ARTICLE BY JOCELYN DAVIE
PHOTO CREDITS: GETTYIMAGES



Ken Skupski

Make room, Orlando! A Storm is coming. World TeamTennis announced their expansion just ahead of their draft in March, adding two teams for the 2019 season: the Orlando Storm and the Vegas Rollers.

World TeamTennis, co-founded by Billie Jean King in 1974, is a professional tennis league that showcases some of the best professional tennis players around. It is the only professional league that heralds equal importance in roles of both men and



Madison Keys

women on a single team.

The league features some of tennis' biggest stars like you've never seen them before. The innovative format is much different than any other tournament. Every match comprises of a set of men's singles, women's singles, men's doubles, women's doubles, and mixed doubles, in any order!

The scoring differs from what you may see on TV, too. Each set is to five, and each game is won by only four points. The biggest difference is not the way the game is scored but the atmosphere of the matches. Fans are encouraged to be vocal throughout the match about great play, and music is often played between games to fire up the crowd!

The Storm will face off against seven other teams in the league throughout the month-long season: New York Empire, Orange County Breakers, Philadelphia Freedoms, San Diego Aviators, Springfield Lasers, Vegas Rollers, and Washington Kastles.

The USTA National Campus in Lake Nona will be the home of WTT's new franchise team, the Orlando Storm. The stadium will host some of tennis' hottest stars throughout the season in July. Orlando's new team is bound to strike excitement in the area with its roster.

Lake Nona resident Madison Keys joins the Storm with the accomplishment of making history in World TeamTennis as

the youngest player ever to compete in WTT in 2009 at 14 years, 5 months. Keys is currently ranked #17 in the world in women's singles and is the #3 ranked American.

The young American turned pro on her 14th birthday, becoming one of the youngest players to win a WTA Tour level match a few short months later in April 2009, the youngest since Martina Hingis in 1994. Later that year, playing her first season of WTT, she won her first set against then-world No. 2 Serena Williams. She saw her first major breakthrough in 2015 when she made the semifinals of the Australian Open as a teenager; she has since gone on to make the finals of the 2017 US Open and recently the quarterfinals at this year's French Open.

Keys will join the Storm at the USTA National Campus:

Wednesday, July 17

Thursday, July 18

Wednesday, July 24

Friday, July 26

Saturday, July 27



Feliciano Lopez

Florida native and former world No. 1 junior Whitney Osuigwe will also hit the court with the Storm this summer. The 2017 ITF Junior World Champion and Junior French Open Champion made her WTA main-draw debut in 2018 in Miami and claimed her first WTA win in her home state this year at the Miami Open at just 16 years old.

Although he hails from Chicago, Evan King will be right at home with the Orlando Storm since he trains at the USTA National Campus. King, 27, graduated from the University of Michigan, where he holds the record for most combined career men's singles and doubles wins. He was also a three-time ITA All-American ('11-'13), two-time Big Ten Athlete of the Year ('12, '13), and a four-time All-Big Ten ('10-'13). King holds 28 ITF titles, six from singles.

Darija Jurak will bring some doubles expertise on the women's side. Currently ranked No. 36 in doubles in the world, Jurak holds five WTA and 39 ITF doubles titles. Jurak also has the cherished experience of winning a WTT Championship, which she accomplished in 2016 with the San Diego Aviators.

Spanish star Feliciano Lopez will complete the lineup for Orlando. The lefty has a career-high singles ranking of 12 and currently holds six ATP singles titles and eight doubles titles. Lopez, who turned pro nearly 22 years ago, became the tournament director of the Madrid Open this year, a tournament he played for 17 years in a row. Lopez holds six career singles titles and four doubles titles, including a French Open Doubles title in 2016 with Marc Lopez.

Lopez will join the Storm at the USTA National Campus:

Sunday, July 14

Monday, July 15

Wednesday, July 17

Thursday, July 18



Ken Skupski (serving)

Brit Ken Skupski also joins the roster for the Storm. A Louisiana State University standout, Skupski was an NCAA Doubles finalist in 2005 and two-time Southeastern Conference Coaches Indoor Champion (where he remains the only player to win back-to-back titles). Ken currently holds five ATP Doubles titles, two of which were won with brother Neal Skupski, who he will face throughout the WTT season against the Empire.

You can learn more about the Orlando Storm team members, their schedules, purchase tickets, and sign up for their newsletter by going to their website at www.orlandostorm.com.



Whitney Osuigwe



Evan King



Darija Jurak

Camp Gladiator Trainer Talk: Exercising in The Heat

BY VERNICE SALVERON-GASPER



There is no doubt that summer is here! The weather is hot and humid, and for some of us, this may be a good enough excuse for completely bailing on exercising.

I believe that, for Floridians, this is probably the number one reason for exercise dropout, especially for outdoor fitness programs, runners, and people who like to take their fitness outside.

In order to help you maintain your outdoor fitness regimens, here are my top five tips for staying safe while exercising outdoors in the heat:

- 1. Incorporate an extended warm-up.** I recommend that your warm up is a minimum of 10 to 15 minutes in duration and should also be done in the same environment as your workout. So if you are exercising outdoors, then warm up outdoors. This will give your body enough time to acclimate and prepare for exercising in such conditions.
- 2. Lower your intensity.** This may be hard for some people, especially if you have a competitive personality. However, studies have shown that body temperature is an independent determinant of heart rate, causing an increase of approximately 10 beats per minute per increase of degrees Celsius. This means that, just by being in the heat, your body is already working harder. Putting greater stress on your heart could be very dangerous and should be avoided. I would recommend using a self-evaluation tool like the RPE scale (Rate of Perceived Exertion) to ensure that your exertion rating is approximately 7-8 out of 10 at all times.



3. Make sure you are hydrated and consider these protocols:

- Drink adequate amounts of water throughout the day, not just during your workout. Rule of thumb – take your weight in pounds, cut it in half, and that is the minimum number of fluid ounces you should be drinking in one day (even more on the days you work out).
- Sip water periodically throughout your workout, even if you are not thirsty. If you do become thirsty, this is a good indication that you are already dehydrated. Another dehydration indicator is the color of your urine. A hydrated individual should have light yellow/clear urine. Urine that is dark yellow may indicate significant dehydration. Other symptoms may include cramps, weakness, exhaustion and dizziness.
- Consider sports drinks with added electrolytes when working out for greater than 90 minutes.

4. Choose an appropriate time of day to work out. This might seem obvious, but early in the morning and later in the day are the best times to avoid the sun. This could mean additional planning and routine changes (possibly waking up earlier) in order to get your workout in.

5. Lastly, don't work out alone. Having a motivation buddy while exercising is always a good idea! They are able to encourage you to perform better, keep you accountable, and can execute an emergency plan if needed. Working out in a group fitness setting like Camp Gladiator ticks all these boxes.

If you would like to join us for a free month over July, please contact me.

See times and locations of your local Camp Gladiator fitness classes below.

TIMES & LOCATIONS

- 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



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In order to help you beat the heat, we've put together a guide full of tips to save money by using energy efficiently.

Every degree counts.

Hear that? It's the sound of your air conditioner running. Don't let air conditioning overheat your utility bill.

Lake Nona Youth Sports: More Than Just Sports

BY SOPHIA ROGERS



Sometimes, stepping out of our comfort zones helps shift our focus, giving us a new lens to see life from the perspective of our friends and neighbors. This summer, young athletes and their families from Lake Nona Youth Sports will take part in the Central Florida Children's Home Makeover Project, taking place July 8-12. It's an opportunity for students to volunteer to help renovate and update the home that offers care for kids whose families can't care for them or who are in the midst



House Dad and Jordan House Mom with their newborn baby boy Carson just three days old at time of picture. Photo by Bicole LaBosco

of difficult family circumstances.

"We believe it's so important for our young athletes to take part in activities in our community that help build character through helping others," said C.R. Dunnivant, president of Lake Nona Youth Sports. "We want our athletes to have life skills, not just sports skills, and volunteering helps them put into action the character traits that make a well-rounded adult who gives back to the community."

The Central Florida Children's Home, founded in 1973 by Pastor Clyde F. Green, is located on Narcoossee Road, across from Valencia College. The organization is solely supported by its donors and volunteers and does not receive state or federal funding. For the past 46 years, they've cared for children whose parents are unable to provide for them, offering a nurturing and caring environment, while helping their families get the support they need.



Photo by Bicole LaBosco

"We're looking forward to digging in and improving the landscaping of the facility," Dunnivant said. "The kids are going to be part of cleaning crews that will make the place sparkle and shine when we're done. We appreciate the opportunity to help make a difference in the lives of kids in our community who really need our support."

Look for the August issue of *Nonahood News* to see the work that the volunteers completed!

Sophia Rogers leads The Rogers Team at Premier Sotheby's International Realty and also serves on the board at Lake Nona Youth Sports as director of communications. She can be reached at sophia@nonahoodnews.com.

Editor's Note: If you would like to contribute to the Central Florida Children's Home House Makeover, please reach out to Sophia at the email above or email RJ Fontana (the house dad) at parents@centralfloridachildrenshome.com. They are still in need of supplies and donations.



LAKE NONA YOUTH SPORTS

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CURRENT EVENTS

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 - Conditioning Camp Tue. & Thurs. open now
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- **Wrestling** – email us at:
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- **Baseball**
 - Partnership with SOBR. See website for updates and more information.
- **Rowing** – Partnership with SORA. JR Lion Camp July "Learn to Row" SoraCrew.Com

OPPORTUNITIES TO HELP

"Sponsor a Child Program" helps local families in financial need. Email: C.R.Dunnivant@LakeNonaYouthSports.org

LION Level \$285.00 (1 Child)

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

Website: LakeNonaYouthSports.org

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The Lake Nona Book Maven Review

Title: *The Stolen Marriage*
 Author: Diane Chamberlain

Recently, I was looking for another good, quick read for the summer. One of the Orange County Library book clubs had just discussed *The Stolen Marriage*, so I am taking the opportunity to share it with you. Diane Chamberlain is a *New York Times* bestselling author of several books, and this one scored 4.23 out of 5 on Goodreads. It was published in 2017, so it should be easy to find a copy.

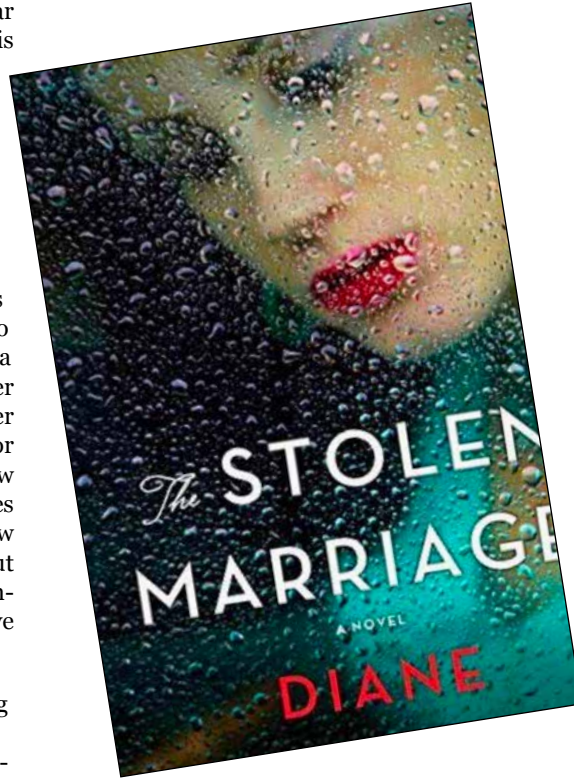
The Stolen Marriage is the story of Tess DeMello, a young woman from a close, Italian neighborhood in Baltimore, Md. In 1944, she is about to get her nursing li-

cense. Engaged to Vincent, a newly minted M.D., they plan a married life working in medicine together. In the midst of the rationing that occurred during World War II, as they plan for a wedding, Vincent is called away to work at a children's hospital in Chicago to help with the infantile paralysis epidemic that affected so much of the country at that time.

At a girls' weekend with her best friend in Washington, D.C., some unexpected consequences change the trajectory of Tess' life. Several months later, Tess finds herself in Hickory, N.C., married to a wealthy furniture factory owner. She is a social and cultural fish-out-of-water in her new surroundings and in the home of her new family. As Tess tries to fit in, minor and major tragedies affect her, her new family, and her new community. It takes Tess some time to find her feet in her new life. In the meantime, revelations about her new extended family continue to unfold, helping her to strengthen her resolve to return to her old life in Baltimore.

The history of the time, both surrounding rationing in the U.S. during World War II and the national infantile paralysis epidemic, have a major effect on the plot, so

we get some interesting and little-known cultural facts along with the story. Southern racial segregation and



prejudices in the 1940s also play an interesting part as the drama unfolds.

This story has its twists, turns and mysteries. Chamberlain's main characters are well written –

we can see more than one side of each of their personalities, and they change a bit over time. In particular, as Tess' character matures, she begins to follow her own maturing moral compass and starts to respond and react to events and other characters in a positive way. The plot is a good one, and I really was not expecting the turn of events at the end; in fact, I stayed up late to finish the novel. For book groups, there is a lot to discuss here, and as a novel for pleasure reading, it also fits the bill.

Diane Chamberlain has written several novels, all listed on Goodreads with at least four stars. So, if you like this one, there are others to select as well.



Sunny Side Up: The Beach

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.

A searing pain throbs in the back of my eyeballs, only outdone by the burning running up and down my arms, neck and shoulders. Ah, the beach, a place of comfort and relaxation.

When I was young, my family planned on getting out in the morning. But by the time we'd pulled wet, cold, and sandy bathing suits over our protesting skin, assembled boogie boards, beach balls, towels, snorkels, goggles, plastic sandcastle toys, umbrellas, chairs, and stow-away lizards, my dad would announce, "Who wants to lotion my back?"

My father is the type who can stand in front of a canvas, and all you'll see is a shimmer when he moves. So, Dad takes lotion seriously.

Dad stood in front of the mirror, waiting with lotion bottle in hand.

"Umm, I think I'm not feeling so well, Dad."

Now, I question this extended pre-beach ritual. Even as I sit typing, on vacation, my relatives have been prepping for the beach since pre-dawn. Looking at the clock, it's nearing 1 p.m. Looking out the window, I see the beach about 75 yards away.

Maybe nobody truly wants to go. Of course, no true family member, other than Aunt Mildred, would admit this, but it's plausible.

Here's a list of what may await my prepping relatives: skin scorched and welted, sandstorms, sand-blindness, swooping attack birds, weed spikes, tar and shells embedded in feet, rolled ankles, stubbed toes, jellyfish, stingrays, mouthfuls of saltwater. Phew. It continues: amazingly timed waves and strategically placed rocks that make you look like *that* idiot who's never entered a body of water, never enough shade because Aunt Mildred has a skin condition, heat exhaustion, hallucinations, and incessant whining from all progeny – "Make a sandcastle. Give snack! Need go potty."

"Number one or number two?"

Number two. Of course, it's the beach.

As a child, my dad would take us snorkeling. We'd see barracuda and lots of little, bright-colored fish. Every year, there were more barracuda and fewer colored fish.

The barracuda would just stare at us and roll their eyes at our stupidity. Why they didn't go for Dad with skin brighter than

most fishing lures, I'll never know. They could tear us apart faster than a hamster thrown into an Amazonian piranha melee. Obviously, they were still full from finishing off Nemo and friends.

When I was in college, I remember my brother coming into shore and peeling off his goggles, eyes the size of saucers. He'd swam with a school of fish and seen the barracudas feed. I cannot here relate what he said; it's too scary, but there were a lot of hand motions, jumping up and down, and facial contortions as he made squishy noises with his mouth. After describing it, my brother looked a little green, wobbled toward the family, found Dad's hand, and curled up in the shade of Aunt Mildred.

Although I missed being scarred for life like my brother, I've had my own brushes with terror. Visiting Jetty Park, I swam out along the, um, jetty. As I swam, I noted the fish were getting bigger. Part of me thought, "Oh, goody, maybe I'll see a shark." The other part of me ran off across the top of the water like a very sensible schoolgirl. When I reached the end of the jetty, fish did get big. I even saw a fish with a massive frown and what looked like a huge saw-blade running down his back. Apparently, it was a Goliath grouper.

Then I saw it. Yes, a shark! And phew, it was a sand shark. They feed on sand, right? I dove down to take a closer look. Then I surfaced to clear my snorkel as fast as possible. I wasn't scared, I just had images of it following and ripping off my leg scrolling across my goggles. In that millisecond, I heard a voice.

"Hello."

I nearly doggy-paddled out of my skin. Being a rather intelligent person, I quickly surmised that underwater creatures rarely talk. So I checked the heavens for God, and then I slowly turned so as not to attract an attack from below. Then I saw her, a prim little lifeguard perched atop her surfboard.

At 42 years old, it wasn't a barracuda insinuating I was dumb, but a 20-something girl saying it with, "You probably don't want to swim around here."

"Why not?"

"There are a lot of sharks out here."

"I know, I just saw one, it's awesome. Are you just saying this because you're a millennial and are immune to the awesomeness of things?" [I didn't really say the last sentence. I just thought it.]

"Like, I'm sorry, but with the boats and all, you shouldn't be out here alone."

"Hmm. Is there a rule or sign saying I can't snorkel out here?"

"No. No one ever has."

Hearing this, a surge of pride welled up in me that I was the first bold adventurer to brave these waters, but then cold current of reason flowed into my tiny brain informing me that there is a logical premise for, "No. No one ever has."

So, as I stand here now on the beach, actually I'm inside, watching my more sensible relatives put a puzzle together, while all the whiny, toddling, and barely-contained rage that is parenting young children suffer the beach.

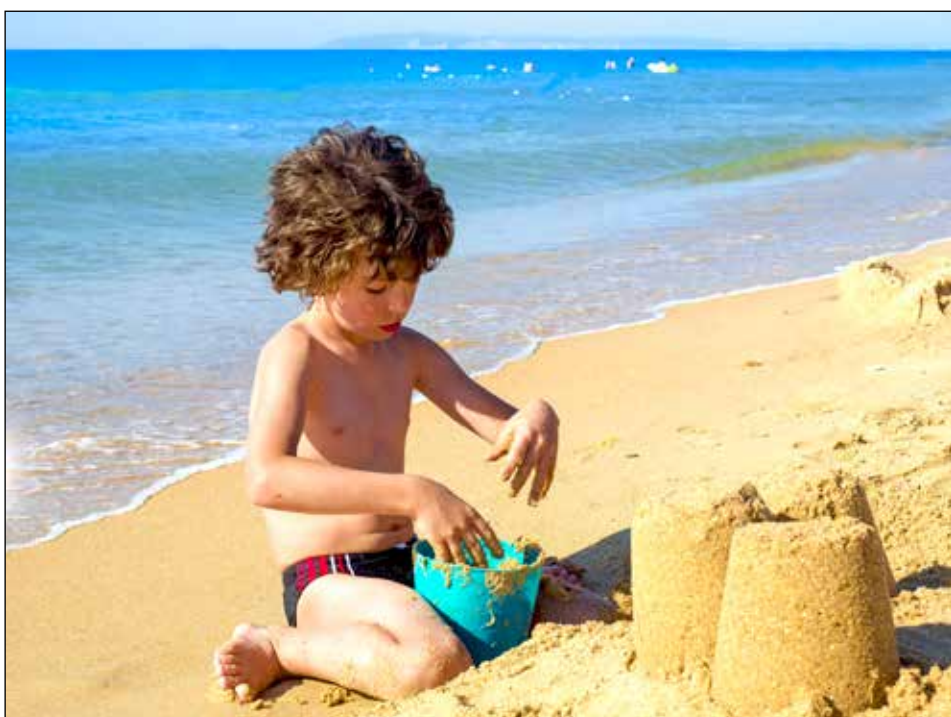
As I listen to the whir of the AC fan, the dishwasher, my father-in-law humming to himself as he clicks a puzzle piece into place, I wonder, is the beach a place we go just to get away from? Do we go there to realize that life isn't so bad anywhere else? If we didn't visit the beach, would we visit a Walmart parking lot and turn off our AC, or go in our backyards without mosquito spray, or simply leave work around five because we prefer the traffic, or, say, go to more weddings?

Yes, I believe we think of the beach as a place of comfort and relaxation, firstly because we've all listened to too many Yani songs and meditative wave CDs and, secondly, because the actual beach is torture. After torture, if one sits in a cool room, munching on a microwaved hot dog and playing Boggle or watching *I Love Lucy*, one might get their sentiments a little topsy-turvy.

If not, just remember, the beach is still there for you to find out for yourself, and now that my kids are all grown up, 11 and 13, and strong enough to swim out of riptides (or at least it's on them if they don't put in the effort), I can leisurely limp-walk across the gravel asphalt to the beach and find out for myself. Well, I'm off.

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

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



Binge-Watching in the Nonahood: *Game of Thrones*

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
WWW.HBO.COM

We all have those TV shows we feel the need to binge-watch. We also have those we wish we had time to. Luckily, binge-watching in the Nonahood has got you covered and does it for you first! Read about the shows reviewed here and find your new favorite show!

Spoilers ahead about the last season of *Game of Thrones*.

An era of TV has officially come to an end. The final season of *Game of Thrones* premiered on April 14, 2019, and the series finished a month later on May 19. For eight years, this show has graced television and become a legendary moment in TV history. It's cleaned out award shows.

The show, based off George R. R. Martin's *A Song of Ice and Fire* novels, generated millions of fans, and the final eighth season was long-awaited by all for a little under two years. Being too young to watch such a graphic show in 2011, I began binge-watching *Game of Thrones* right before the eighth season premiered, and I quickly fell in love with Martin's fantastical world, the dynamic characters, and the many twists-and-turns.

All the friends who had watched it before me were prepping me for episodes like "Fire and Blood" and "The Red Wedding" (will never, ever get over this episode). After binge-watching it all, I joined the world in their excitement for the ending of *Game of Thrones*.

The season began a bit slow with the first two episodes, as the characters prepared for the two nail-biting wars to come: The Great War and The Last War. Everyone



gathers at Winterfell to prepare for battle against the Army of the Dead, while Euron returns to Cersei, and they remain at King's Landing.

Samwell Tarly tells Jon Snow that he's actually Aegon Targaryen, and Jon eventually tells Daenerys. Jaime betrays Cersei and joins the forces fighting at Winterfell. The Army of the Dead approaches Winterfell, and there begins the "The Long Night," the third episode and halfway point of the series.

Watching "The Long Night" was absolute chaos, mostly due to the poor lighting throughout the episode. The two armies finally meet, and the fighting ensues. Lady Melisandre equips fire into the Dothraki's blades, but they're no match for the Army of the Dead. Bran wargs into ravens to summon the Night King toward the godswood, while everyone retreats into Winterfell and Lady Melisandre creates a firewall surrounding it.

Jon and Daenerys are atop their dragons, and Beric sacrifices himself for Arya and the Hound. Arya is reminded of her prophecy that she'll shut many eyes forever, including blue eyes. Drogon fires at The Night King, but it doesn't phase him. Jon and Daenerys are knocked off their dragons and begin to fight, leading to Jorah's death.

The Night King closes in on Bran, but Arya fulfills her prophecy by killing the Night King and the entire Army of the Dead. At the close of the episode, Lady Melisandre lets herself die of old age. An episode to leave you in awe in true *Game of Thrones* fashion.

One war over, one more to go.

The characters mourn their losses in the fourth episode, and news of Jon Snow's Targaryen-ness is spread, causing Daenerys' claim to the throne to weaken. Now, the

focus is returned back to attacking King's Landing. Daenerys loses one of her dragons by an attack from Euron and the Iron Fleet. Jaime plans to return to Cersei, leaving a heartbroken Brienne behind. At the height of the fourth episode, Cersei executes Missandei, and we sadly see Daenerys' descent into the Mad Queen begin.

Helping to feed Daenerys into becoming the Mad Queen, those closest to her betray her. As the Last War begins at King's Landing, the Iron Fleet is quickly destroyed, and it doesn't take long for Cersei's army to surrender and the bells to ring. Quite a short war, huh? But the bells were more like a ticking time bomb.

Daenerys, truly mad now, begins to engulf the city with her dragon's flames, and all of the characters watch in terror at the great destruction. The Hound finally faces his brother, and they reach their demise together, as do Jaime and Cersei. At the end of this fifth episode, we know Daenerys must be stopped. But who will take the throne in her place?

In the final episode, the characters are left to mourn their losses yet again. Tyrion is imprisoned being treasonous to Daenerys, and both he and Arya warn Jon about her. Always the hero, Jon finds Daenerys and, for the greater good, kills her. Daenerys' dragon, Drogon, appears and burns the Iron Throne, symbolizing the actual reason for Daenerys' death: her obsession with the Throne.

Tyrion faces all of the leaders of Westeros



after her death, and they all come to the conclusion that Bran (yes, Bran) should become the next king and that all kings thereafter should be chosen by the Westerosi leaders. Everything ties up nicely with this proposal of democracy. Jon heads North, Sansa becomes Queen of the North, and Arya sails for West of Westeros.

After the finale, there was much disappointment voiced about this ending, but I feel as if it fit the characters' storylines well. I will admit that packing these great conflicts into just six episodes made for a jumpy, fast-paced season (can't forget about the Starbucks and water bottle incidents), but the creators, actors, and crew put together such an extraordinary world for us to experience for eight seasons.

Through the tears, laughs, and fits of anger, it was such a whirlwind of a show unlike anything I've ever seen on television. And for that, I think I will always be grateful for *Game of Thrones*.

Demi is currently a senior at UCF, studying creative writing. She is a lover of the arts and always eager to discuss films, TV and music. Send in shows to be binge-watched at demi@nona.media!



Music Review: *Happiness Begins* by The Jonas Brothers

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF [HTTPS://JONASBROTHERS.COM](https://jonasbrothers.com)

Music can hold so much power and can transport us back to certain memories or moments. It often tells some of the best stories! So, sit back, pop in your earbuds, and enjoy listening to the music featured in this column for Nonahood News. I hope to introduce you to some unforgettable new tunes.

In the beginning of 2019, a pop boyband that most thought went their separate ways for good got back together. The twitter of the beloved band, The Jonas Brothers, went completely blank and had fans playing detective to find out what they were up to. Shortly thereafter, the band announced on March 1 that they would be

releasing music for the first time since 2013 with the single called "Sucker."

After that, they released a second single ("Cool"), and news of an album quickly spread. Their fifth studio album, *Happiness Begins*, released June 7, and this album is a gift for those who grew up with their music. And if you never liked The Jonas Brothers' music, you might want to give *Happiness Begins* a try; you might not even recognize these new Jonas boys.

Joe, Nick, and Kevin solidly start off the 14-track *Happiness Begins* with the first single "Sucker." "Sucker" is easily memorable for its dynamic guitar riffs and catchy lyrics: "I'm a sucker for you." Accompanying this song is an iconic music video featuring all three of the boys' wives, and it instantly became a hit.

Feel the true summer vibes with the next song, "Cool," and question why you aren't laying out by the pool with an umbrella drink in your hand. "Only Human" is one of the many groovy songs on this album. This song reminds me of a scene out of a



movie where the main character cruises beside a beach in a convertible, letting the wind breeze through their hair ... (you'll catch me pretending I'm doing the same down Lake Nona's streets this summer). And when I listened to "Used to Be," I half-expected Post Malone to appear; it sounds very similar to his chill rap songs.

My personal favorite off the album is the song "Every Single Time." It has a little reggae feel that I like to hear in songs of the summer, and Nick's vocal range works well for the song.

All of the brothers' vocals shine on "Don't Throw It Away." The song showcases how far they've grown from their younger voices and sounds of the past.

Halfway through the album now, "Love Her" is a sweet ballad professing the promises and compromises made for a great lover. Definitely a waving-lights-in-the-crowd song.

"Happy When I'm Sad" is the embodiment of its title. It's a cheery song about putting a really good mask on when you're actually upset. "Happy When I'm Sad" is so happy-go-lucky that when you stop and listen to the lyrics, you go, "Wait ... what is he saying?"

In the Apple Music description of

the album, Joe comments that the 11th track, "Strangers," is the song you'll most recognize as the original Jonas Brothers sound. It sounds like a mash of their older, more alternative songs and seems as if it was especially tailored for those die-hard JB fans.

"Hesitate" is the second and very emotional ballad of the album. I like how with every song dealing with love on this record, it deals with the intensity and heaviness of the feeling while keeping a positive outlook on it. Sometimes you feel like giving up on love, but with this album, we remember that giving up shouldn't always be the case.

Just as strongly as it began, the album ends with "Rollercoaster" and "Comeback." "Rollercoaster" is a triumphant reflection of a crazy journey called life, something we can all relate to with our own personal rollercoasters. And The Jonas Brothers solidify their "Comeback" with the last track. A church organ plays in the background, and they sing, "Come back to me, baby, I'll come back to you."

And boy, are we glad to have them come back to us!



The Nona Film Review: *Aladdin* (2019)

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF [HTTPS://MOVIES.DISNEY.COM](https://movies.disney.com)

In this new column, our favorite flicks from the big screen are brought to the page, whether they're blockbusters, indies, or anything in between. Grab some popcorn and a drink, and let's dive into these films together.

Spoilers ahead!

We have been gifted yet another live-action adaptation during this unprecedented era of Disney remakes. I still don't know exactly why and how this trend began, but I'm not really complaining since I grew up with these classic Disney stories and love to see them transcend to the big screen in a realistic way.

The latest one that has hit the box office is *Aladdin*, an adaptation of the animated 1992 film. When I first heard the news of this movie, I wasn't exactly thrilled about it. I mean, how could the Genie character ever be played by someone other than Robin Williams? Was Jafar actually going to be the creepy, power-obsessed villain he was in the animated movie or just a handsome, suave version that he appeared to be from the photos released prior to the movie? And exactly how CGI-ed was this movie going to be?

Like I said, not too excited. But when the trailers started releasing, my anticipation began to build as I saw one of my favorite stories unfolding, and I knew I just had to go see it for myself, at least for the sake of 7-year-old me.

The plot is more or less the same, with a more modern spin, similar to how *Beauty and the Beast* was adapted in 2017. It begins with a man telling his two children about Aladdin's story, and then we enter the world of Agrabah to find Aladdin already encountering a disguised Princess Jasmine.

Aladdin helps her escape the palace guards, and they begin to take a liking to each other, with the pretense that she is one of the princess' handmaidens. She returns back to the palace, where Jafar is trying to control and overthrow the Sultan. Aladdin gets captured sneaking into the palace while trying to find her, and Jafar tells him that she is actually the princess and not some handmaiden.

Jafar pressures Aladdin into pursuing a lamp for him in the Cave of Wonders, in return for all the gold he could ask for. The same action scene ensues as in the animated film – Aladdin retrieves the lamp as his monkey Abu touches the forbidden treasure. They are on the brink of escaping, but Aladdin gives Jafar the lamp, causing Jafar to snatch it away and leave Aladdin to die in the Cave.

In the nick of time, Abu snags the lamp from Jafar's bag; Abu and Aladdin are buried underneath the Cave. At this point, we haven't deviated much from the original story, and I'm greatly impressed by how stunning the movie is with the gorgeous



setting of Agrabah, especially in 3D where the cinematography is made all the more spectacular.

Aladdin then summons the Genie, who's portrayed by Will Smith. Smith's performance is probably the most awaited one in the entire film because of the legacy Robin Williams left with his Genie. While Smith uses a bit of Williams' style to influence his character, his humor is still very himself and depicts the Genie well with his characteristic sassiness and quick wit.

Once they're out of the Cave, he gives Aladdin his first wish, to be a prince, and Aladdin is presented as Prince Ali from Ababwa when he returns to Agrabah. I would say here is where I was most impressed in all of the film. The new renditions of "Friend Like Me" and "Prince Ali" are incredibly infectious; I couldn't help but sing and dance along in my seat. Both numbers are full of innovative choreography, and the songs greatly appeal to the modern radio listener's ear.

But that extravagance doesn't impress Princess Jasmine, and Aladdin works through many blunders to try to court the princess. Finally, when he takes her to "A Whole New World," he wins over the princess' heart. Meanwhile, Genie in his human form courts Jasmine's actual handmaiden Dalia, giving him an added romantic storyline that we don't see the original film. I thoroughly enjoyed seeing how the secondary characters interacted.

Jafar figures out Aladdin's actual identity, and he throws him into the sea to drown. Of course, Genie saves him, taking up Aladdin's second wish. They tell the Sultan about Jafar's villainy. Jafar gets arrested, and the Sultan proposes that Aladdin become heir to the throne. This causes a debacle between Genie and Aladdin, since Aladdin tells Genie he can no longer use his third wish to free him because he needs him to keep up his act of being Prince Ali.

Iago, Jafar's parrot, helps Jafar escape and steals the lamp for him. Jafar becomes Genie's new master and wishes to become Sultan. The power of Jasmine's character shines through, as she convinces the head of the palace guards not to kneel before Jafar. I loved to see the power she exuded in this moment and how she refuses to let Jafar get away with controlling her fate.

Because the Sultan and Princess Jasmine refuse to kneel before him, Jafar wishes to become the greatest sorcerer in the world. Aladdin tries to stop him and gets banished to the ends of the earth.

Jasmine agrees to marry Jafar so that he won't kill the Sultan. While they're preparing to marry, Aladdin returns from banishment on his magic carpet. After Aladdin returns, the movie takes a different path to get to the same ending; rather than a battle directly between Jafar and Aladdin, an action scene ensues between several of the characters.

However, no matter the opposition he faces, Jafar still maintains his power. Finally, Aladdin tricks Jafar into wishing to become a genie. Now a genie without a master, Jafar gets confined to his lamp, taking his dear parrot with him. Genie throws the lamp into the Cave of Wonders, where Jafar will be spending a thousand years or so cooling down.

As promised, Aladdin uses his last wish to free Genie. The Sultan declares that Jasmine will be the next Sultan, which was definitely my favorite change to the story!

As the Sultan, Jasmine is able to change the law and marry whomever she chooses. Aladdin and Jasmine are married, as well as Genie and Dalia. Then, the movie closes out with an awesome dance scene with all of the characters.

I have to say, I was impressed with the way this movie turned out, and I'm glad this movie was adapted as a live-action. The only question I was left to ask was this: Will I ever be able to get the soundtrack out of my head?

Demi is currently a senior at UCF, studying creative writing. She is a lover of the arts and always eager to discuss films, TV and music. Have any movies to recommend? Shoot her an email at demi@nona.media.





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September 28, 2019, Registration at 7:00 AM

Shotgun start at 8:00am

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Save the Date!
The 13th Annual
Sleuths Mystery Dinner Show



Who-dun-it!

Saturday, July 27th 2019

Reception from 5:30 pm-7:00 pm

Show starts at 7pm

Early Bird Special until July 1st : \$50 Single Ticket / \$90 Couples
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WHAT THEY SAY ABOUT COMMUNITY CONNECTIONS



I always learn something that I can incorporate into my neighborhood.

Great informative information and look forward to other workshops.

Presented valuable information in an organized manner.

Keep these workshops coming! I learn something new every time.

2019 WORKSHOP SCHEDULE

WORKSHOPS HELD AT BEARDALL SENIOR CENTER
800 SOUTH DELANEY AVENUE, ORLANDO, FL 32801

- January 12: HOA & Condo Board of Directors Certification Training
- February 9: Behind the Badge
- March 9: What is That? Curious Facts of Orlando and Orange County
- April 13: Neighborhood Wellness Challenge
- 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

Looking forward to the next workshop!

Great presentation! Excellent speaker and informative.

To register, go to orangecountyfl.net/NeighborsHousing/CommunityConnectionsWorkshops

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JULY

events

VISIT WWW.NONAHOODNEWS.COM/EVENTS FOR UPDATED EVENTS AND DETAILED INFORMATION.

- 3 Ladies' Day at Nona Adventure Park (11 a.m.-8 p.m.)
- 4 Happy Independence Day!
- 4 College Day at Nona Adventure Park (11 a.m.-8 p.m.)
- 5 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 9 EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)
- 9 Floral Workshop at Lakehouse (6-8 p.m.)
- 10 Ladies' Day at Nona Adventure Park (11 a.m.-8 p.m.)
- 11 LNRCC Breakfast Connections at Drive Shack (8-9:30 a.m.)
- 11 College Day at Nona Adventure Park (11 a.m.-8 p.m.)
- 12 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 14 World Team Tennis Match: Orlando Storm vs. Vegas Rollers (5-8 p.m.)
- 15 World Team Tennis Match: Orlando Storm vs. Orange County Breakers (7-9 p.m.)
- 16 EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)
- 17 Ladies' Day at Nona Adventure Park (11 a.m.-8 p.m.)
- 17 World Team Tennis Match: Orlando Storm vs. San Diego Aviators (7-9 p.m.)
- 18 College Day at Nona Adventure Park (11 a.m.-8 p.m.)
- 18 World Team Tennis Match: Orlando Storm vs. Philadelphia Freedoms (7-9 p.m.)
- 19 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 23 EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)
- 24 Ladies' Day at Nona Adventure Park (11 a.m.-8 p.m.)
- 24 World Team Tennis Match: Orlando Storm vs. Washington Kastles (7-9 p.m.)
- 25 EOCC Coffee Club Nona at Sam's Club (8:30-9:30 a.m.)
- 25 College Day at Nona Adventure Park (11 a.m.-8 p.m.)
- 26 LNRCC Business Luncheon with Coach Lou Holtz at GuideWell (11:15 a.m.-1 p.m.)
- 26 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 26 World Team Tennis: Orlando Storm vs. Springfield Lasers (7-9 p.m.)
- 27 World Team Tennis: Orlando Storm vs. New York Empire (6-8 p.m.)
- 30 EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)
- 30 Best of Nona 2018 at Drive Shack (5-9 p.m.)
- 31 Ladies' Day at Nona Adventure Park (11 a.m.-8 p.m.)

Save the dates

- Aug 1 RMHCCF Key Initiative's Battle of the Brains
- Sept 28 Run Nona 5k & Nemours Kids Run
- Oct 13 10th Annual Ride-For-RMHCCF in Lake Nona
- Oct 19 RMHCCF Bubbles & Blackjack

Weekly Events

LAKE NONA FARMERS MARKET
Saturdays 11 a.m.-3 p.m.
Lake Nona Town Center
www.facebook.com/LakeNonaFM

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/

LP YOGA
Mondays & Wednesdays 6 p.m. & 7 p.m.
LP Fit in Laureate Park
www.facebook.com/learnlakenona/

MORNING MEDITATION
Wednesday 6 a.m.
Lakehouse in Laureate Park
www.facebook.com/learnlakenona/

CYCLE & CORE
Tuesdays & Thursdays 6 a.m.
LP Fit in Laureate Park
www.facebook.com/learnlakenona/

CHESS CLUB
Wednesdays 3:30 p.m.
Lakehouse in Laureate Park
www.facebook.com/learnlakenona/

LIVE + LOCAL
Thursdays 6-8 p.m.
Crescent Park in Laureate Park
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/

YOGA NONA Sponsored by Lake Nona Life Project
Saturdays 10-11 a.m.
Crescent Park in Laureate Park
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/

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

10TH ANNUAL

RIDE FOR RMHCCF

www.rideforrmhccf.org



SUNDAY, OCTOBER 13, 2019
LAKE NONA TOWN CENTER

Join us for a great day of cycling, walking, or running at the Lake Nona Town Center on Sunday, October 13, 2019, all to benefit the 2,600 families that will turn to our three Houses this year!

The logo for 'BEST OF NONA 2018' features the word 'BEST' in large, bold letters. The 'B' and 'T' are orange, while 'E' and 'S' are white with black outlines. A large black arrow points from the 'S' towards the 'T'. Below 'BEST', the words 'OF NONA' are written in white on an orange rectangular background. To the right of this bar, the year '2018' is written in large, bold black font. The entire logo is set against a large black arrow pointing upwards.

BEST
OF NONA **2018**

FIND OUT WHO WON

**July 30th
5-9PM**

Drive Shack

**Event Tickets:
<http://nona.link/best>**

**Sponsorships Available:
<http://nona.link/bests>**