



nonahood news®

CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA

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THE ARTIST: CAPTURING THE PERFECT IMAGE
ON PAGE 15



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NONA MEDIA

EDITOR'S NOTE

Home, Sweet Home

BY ELAINE VAIL



This month marks four years since we packed up our home in Indiana and left everyone and everything we'd known as a family for more than 20 years. It was exciting and scary all at once. I couldn't wait for my Midwestern daughters to see palm trees and experience the roar of waves hitting the beach, both for the first time. The only stop of many that I remember during my years as a young Navy brat is Norfolk, Virginia, and I was anxious for my girls to have a similar experience.

It was crazy moving so far so quickly. I had nightmares for two years. Even after months of living here and being settled in, I would sometimes wake up feeling disoriented and taking a few moments to remember where I was. Despite the anxiety of such a dramatic change, we embraced our new adventure as a family, searching for new beaches, springs and parks to explore every other weekend. The enchantment of having banana trees in our backyard and the startling, prehistoric-sounding Sandhill cranes only added to the surreal feeling of our new home.

I wondered how long it would take for Florida to feel like home. We travel every summer for a family reunion on my mother's side, and for the first three summers, when locals would ask where we were visiting from, I would catch myself starting to say "Indianapolis" instead of "Central Florida." I love it here, but I think for those first three years, it just felt like a strange, extended vacation where I still had to earn a living while visiting.

Well, something has finally clicked. We traveled to Gatlinburg, Tennessee for this year's family reunion. The Smoky Mountains feel like a second home since that is most often where our reunion takes place with a variation every few years. It's lush and green and beautiful there. I truly love it. We had a wonderful time visiting with my 88-year-old grandfather who I adore, along with my sweet mother, two of my aunts, a handful of cousins, my incredible brother and



Great Smoky Mountains National Park, Gatlinburg, TN,
Photo Credit Elaine Vail

his wife, and my very cute nieces and nephew. We played games together, took many laps on the lazy river together, ate together, laughed together (we can be quite obnoxious) ... it was so great and much needed.

We took the route home that includes driving through Cherokee, North Carolina. We stopped to eat there and spent many hours taking photos of the mountains, walking through parks, and pulling over to creek stomp and watch butterflies. It was one of the best days I've had with my husband and youngest daughter since our oldest daughter left for college, which has been a huge adjustment. I'm trying to say this was an amazing, beautiful trip that I won't soon forget.

And then, after two days in the car, we started seeing familiar sights. The palm trees. The Orlando Eye (or whatever its current name is). The Volcano. The lights. Familiar street names and exits. Ahhhh ... HOME!

Orlando, Central Florida, St. Cloud ... it all finally feels like not just an extended vacation, but it's home! What a great feeling!

What changed? We've loved it here from day one, so it wasn't a lack of affection. Maybe it's just the time that has passed. Maybe it's the people we've gotten to know and work with. Maybe it's the lessons we've learned and the experiences we've gained. Maybe it's the trials – and hurricanes – we've endured and the strength we've gathered as a result. Maybe it's a little bit of all of those things combined.

Whatever it is, I know that Lake Nona – its innovative approach to living and the outstanding people here – is an integral part of this tropical paradise finally feeling like home. And I'm so grateful for that!

Welcome home, Lake Nona!



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New Program Offers Med Students More Hands-On Training

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



Dr. Deborah German

Seeing patients for the first time can be a nerve-wracking experience for medical students. So, a new UCF College of Medicine training program geared toward giving third- and fourth-year students additional practice time on “dummy” patients is providing them with the skills to tackle challenging procedures.

The students practice on patient “manikins” – or jointed models of the human body – that can mimic symptoms, bleed, and even speak.

The program, titled “Procedures & Skills



Practice Sessions” or “PSPS,” began in response to students requesting more clinical experiences before treating real patients during their rotations in area hospitals and clinics. It offers five procedures: venipuncture, IV placement, lumbar puncture, central line placement, and intubation.

In the lab, instructors can control the heart rates, oxygen levels, blood levels and breathing as well as simulate real-life medical emergencies on three different manikins – adult male and female patients as well as a child.

“I found the clinical skills session very helpful,” third-year medical student Tu-leagh Innes-Gawn said. “It was very useful to get to learn practical skills on a manikin before performing them on a real patient.”

Dr. Christopher Gallagher, professor of anesthesiology, said the complexity of the patient cases changes based on the education level of the student, and he helps students work through each case to prepare them for the real thing.

“If you make a mistake ... it’s not going to hurt them,” he said. “We can take a timeout and figure it out.”

Dr. Analia Castiglioni, assistant dean and medical director of clinical skills at the College of Medicine, said that it’s always important to give students as much exposure to medical procedures as possible while they’re in the safety of the simulation lab.

“It gives motivated students, or those interested in procedure-based specialties, a chance to review the equipment and steps involved in different advanced medical procedures,” she said.

The program is part of our 7,500-square-foot Clinical Skills and Simulation Center, which provides clinical settings for students to gain hands-on experience to learn and practice essential skills.

Students can train on a virtual simulation patient, who is programmed to represent particular conditions, or the manikins that help them distinguish particular heart, lung and bowel sounds – all important clues in a diagnosis. Rounding out the experience are more than 100 standardized patients – actors trained to provide a specific medical history so that students can reinforce their exam and communication skills.

The center serves an average of 300 medical students on a weekly basis throughout the academic year and also serves other medical institutions by training residents, nurses and physicians.

Thanks to advances in technology and medical education, the Clinical Skills and Simulation Center gives our future doctors more opportunities to practice their clinical skills in a safe environment before they ever reach the hospital wards or clinics. That’s good for learners and their future patients.



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



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Nona Church Serves Lake Nona During Summer Serve Day

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF COLLIN OUTERBRIDGE, LEAD PASTOR OF NONA CHURCH

Pastor Collin Outerbridge was at home one day reflecting on the impact that Nona Church's annual Be Rich event has on the community. Be Rich is an annual campaign where the church raises money and gives all proceeds to local partners. As he contemplated this, a new idea came to him. Getting to see the ways that the money raised by Nona Church's congregation had impacted community partners was inspiring but begged the question: How could the congregation reorient themselves to tangibly help their community?

On Sunday, July 7, Nona Church cancelled all regularly-scheduled services and set out to serve the community in a new event called Summer Serve Day. Planning began about three months ago and took more than 100 hours and a team of about 25 people to bring to fruition. The task was not a small one, but Nona Church took it on.

Summer Serve Day is an event where members of the Lake Nona community

come together to serve and love their neighbors. The day presented members with an opportunity not to go to church, but to go and be the church out in the community; to bring the love, joy and hope out into the Nonahood and inviting other residents to do the same.

Everyone who came out to Summer Serve Day got the chance to serve and share an experience with members and organizations in the Lake Nona community with different service projects. For members of Nona Church, church is not just a place that you go, it's a people who serve. They emphasize an intention to live in a way that serves the community and to live in a way that makes their community better, whether or not those who are receiving help believe what they believe. Through Summer Serve Day, the congregation was able to help people know and take the next best step toward following Jesus.

More than 250 people came out to serve community partners such as the Central Florida Children's Home, NorthLake Park YMCA, Fire Stations 15, 76, and 77, the Somerby Senior Living Community, and Choices Women's Clinic. Volunteers disassembled furniture and other items and moved items out to storage containers at the Central Florida Children's Home to prepare them for a week of renovations. At the NorthLake Park YMCA, volunteers were able to participate in sanitizing, landscaping, cleaning up trash in the area, and other general cleaning.

Fire Stations 15, 76, and 77 received homemade and store-bought goods and appreciation cards for the firemen and women who serve the community. Volunteers were able to thank firefighters for their service and for keeping the community safe, demonstrating how much we, in the Nonahood, care about them.

Choices Women's Clinic received help with clinic upkeep via Nona Church's volunteers. At Somerby



Photo Credit Melissa Hanley

Senior Living, volunteers presented residents with homemade and store-bought goods. Volunteers were given the opportunity to connect with and spend time with residents, listening to their stories and learning about their lives.

Somerby Senior Living Community presented 4-year-old Adalyn and her family with the opportunity to pass out cards and to meet 94-year-old Jeanette, a resident in the community. During her visit, Adalyn gave Jeanette a kiss on the cheek. This small gesture fulfilled

exactly what Summer Serve Day set out to do. Jeanette mentioned that she could not remember the last time she had been kissed on the cheek. Other residents were grateful for Nona Church's volunteers because they had not had visitors in months or years. Summer Serve Day gave people like Adalyn the opportunity to go out and brighten someone's day.

Participants described Summer Serve Day as joyful, encouraging, and impactful. The event inspired many participants to find ongoing ways to invest in their community on their own time. Rather than making these kinds of contributions something that happens every few months, many volunteers felt that they would like to continue serving Lake Nona each week. Bringing together people from all walks of life and opening up the event to anyone made it that much more impactful. Everyone, including children and nonmembers of the church, was able to serve and to express their love for Lake Nona through their actions.

Nona Church aims to host Summer Serve Day each year. With more communication and community engagement, they aim to have even more volunteers at each coming serve day and to create even more of an impact in Lake Nona. The event will con-



Photo Credit Tim Moon

tinue to be open to anyone.

"No matter who you are, what you believe, or where you're from, we can all work together to make a difference," said Pastor Collin Outerbridge.

Summer Serve Day will meet people where they are and bring the love of the church to them. It's all about everyday people making a big difference in people's lives by giving an hour or two hours of their time. Recognizing the impact that each and every individual can have on their community is exactly what Nona Church aims to highlight.



Jeanette and Adalyn, Photo Credit Lauro Soto



Photo Credit Lauro Soto

If you are interested in participating in an event like Summer Serve Day, there will be another serve day hosted in November. Ultimately, Nona Church is a place where everyone is welcome. For more information about Nona Church, please visit www.nonachurch.com/.



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A Tee Time With Your New Rotary Club: Why Should You Join?

BY DAVID PAVLIK, PUBLIC RELATIONS CHAIR



There's an African proverb that says: "If you want to go fast, go alone. If you want to go far, go together."

Relationships are key to the success of any business, but not all relationships are created equal. It's rare to come across people who will open their door to you, take your call, or invite you to

coffee without being suspicious, closed off, or expecting something in return. In this day and age, it's even harder to find an individual, let alone a group of people, who will invite you into their inner circle to do life together.

In a world of scarcities, many times, Rotary is one of those places. If you're not aware, Rotary is an organization; no, actually, Rotary is a family that spans the globe, united in a common goal to live life with the motto: "Service above self." Officially, per the Rotary.org website:

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Rotary is where neighbors, friends and problem-solvers share ideas, join leaders and take action to create lasting change. Action is a keyword as you can see. What actions are we taking, you might ask? The Rotary family understands that you have to live this life for something greater than yourself. You have to have a vision that is much bigger than you. I've often said that if your "WHY" is not scaring you then you need a bigger "WHY."

Well, Rotary doesn't disappoint. What's the "why" we are trying to tackle? Here are a few:

- Promote peace
- Fight disease
- Provide clean water, sanitation and hygiene

- Save mothers and children
- Support education
- Grow local economies

There are over 35,000 Rotary clubs in the world working together to tackle these Big Hairy Audacious Goals (BHAGs), and we are excited to announce another club to add to that list of groups doing their part to impact the world!

Debra Lowe, Terri Turner, Dan Kirby, Tweet Coleman, Rhys Lynn, and David Pavlik are spearheading the launch of this new club, which will have an outreach emphasis on supporting our military community and anti-bullying solutions for students. This new club will be meeting at our very own Drive Shack in Lake Nona.

For those who would like to learn more and ask questions about this specific club, or Rotary in general, there will be a Rotary informational session every Wednesday in the month of August from 5:30-6:30 p.m. at Drive Shack in Lake Nona. Everyone is welcome to attend these informational sessions at no cost.

I have been a Rotarian now for a few years, and it's been one of the best decisions I've made. Not only will you have a "why" or vision that is larger than yourself, you will join an organization that gives you access to a network, a fraternity, a family that is invaluable.

If what I've already mentioned wasn't reason enough already to join this elite group, let me share a few more things that will benefit you by joining:

- **FRIENDSHIP**
 - Rotary provides one of the most basic human needs; it's one of the two reasons why Rotary began. These friendships will last you a lifetime.
- **BUSINESS DEVELOPMENT**
 - The second original reason for Rotary's beginning. Everyone needs to network. We love to do business with one another, and we'll help in any way we can.
- **PERSONAL GROWTH & DEVELOPMENT**
 - Rotary continues one's growth and education in human relations and personal development. Being around such high-caliber individuals causes one to grow and level up. As it's said, "Your net worth is calculated by your network."



- **LEADERSHIP DEVELOPMENT**
 - Rotarians learn to motivate, influence and lead leaders. We challenge one another and support one another.
- **CITIZENSHIP IN THE COMMUNITY**
 - The average Rotary club consists of the most active citizens of any community. In addition, Rotarians are welcomed at 29,367 clubs in 200 nations.
- **CONTINUING EDUCATION**
 - Programs keep Rotarians informed about the community, the nation, and the world.
- **FUN**
 - Rotary is fun ... club projects, social activities, meetings, and service are fun.

There are many more I could add to this list, but hopefully this is enough to spark an interest and have you come check us out. I can tell you from personal experience that you won't be disappointed. With that said, a Rotary club is like anything else in life. You get out of it what you put into it.

That's all I have for now! Pack your 9 iron and your driver and let's get to work. See you soon.

For more information, please contact Dan Kirby, GM at Drive Shack at 808.256.6398 or Tweet Coleman at 407.361.4552. David Pavlik is the Public Relations Chair and can be reached at 407.758.9867.



The Lake Nona Life Project

Lake Nona provides you with a number of opportunities to enhance the health and wellbeing of your family. As a Lake Nona resident, you have the unique opportunity to gain insights into your health and contribute to the future of our knowledge of health and wellbeing strategies. You can accomplish this by becoming a participant in the Lake Nona Life Project.

What is the Life Project?

The Life Project is a long-term health study that investigates lifestyle behaviors that optimize wellbeing. This research project is designed to study patterns, predictors and strategies for improving human health and wellness. Basically, the Life Project aims to be the longitudinal study that

answers the question, "What keeps someone well?" Similar to the Framingham Heart Study (which provided key insights into heart disease and heart healthy diets), information from the Life Project will provide you with unique health and wellbeing insights and could impact the health and wellness of future generations.

Some of the questions the Life Project is hoping to explore are as follows:

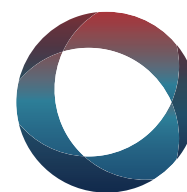
- How can sleep impact your performance?
- What are the most nutritious foods for your body type?
- Which strategies are most effective for lowering anxiety and managing depression?
- What role does personalized medicine (ex. genetic testing, microbiome) play in improving your health and wellbeing?

The Life Project Is Led by a World-Class Research Team

The Life Project has a history of collaborating with top-notch researchers. Johnson & Johnson was the initial research partner when the Life Project began in 2012. Today, AdventHealth is leading the study with principal researcher Patricia Robinson, PhD, ARNP, NE-BC. Dr. Robinson and her team will be analyzing the results of Survey 2.0 and providing key findings back to you and your neighbors in Lake Nona.

How Do You Participate?

By living or working in Lake Nona, you have already taken the first step. Many Lake Nona residents participated in an initial survey a few years ago. If you are one of these initial "Citizen Scientists" who completed the first survey, we thank you! The data you have provided has given valuable insight into the health and wellbeing that only



LAKE NONA LIFE PROJECT

living or working in Lake Nona can provide.

To obtain the most relevant and meaningful insights requires collecting data longitudinally over a number of years. The Life Project accomplishes this by gathering information through bi-annual (or once every two years) surveys. This fall, we are embarking on the launch of a second survey, or as we like to call it, Survey 2.0, and we need your help to make history.

Your participation in the Life Project is vital to understanding what factors contribute to better overall health. The survey only takes about 30 minutes to complete, and you can take it safely and confidentially on your home computer, mobile phone or tablet.

Find Out More

If you are new to Lake Nona or did not take the initial survey, you might have questions and want to investigate the project further. We encourage you to watch the Life Project video at vimeo.com/309495422 or visit the Lake Nona Life Project website www.liveworkparticipate.com/. There, you can learn about the project, areas of focus, potential sub-studies, Members Only experiences, and more about the AdventHealth Research Team.

Your Participation Will Make a Powerful Impact

Keep your eyes open for the launch of Survey 2.0 in *Nona-hood News*, on the Life Project website, and in your neighborhood newsletter. With your help, we can identify ways to live happier and healthier lives and provide insights for generations to come. We want to make history; will you join us?



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BUSINESS & REAL ESTATE

Creator Mindset: Routine

BY NIR BASHAN



People change jobs. They change spouses. They change where they live or what they drive. But people rarely change themselves.

I think perhaps we are all too absorbed in the routine of our day-to-day lives. I know I can often be. We think about what is directly in front of us without consideration for what might be coming. And we spend far too much time absorbed in our own perspective on whatever the issue is of the day. Our own analytical views.

It turns out that when thinking analytically about something, we tend to have a herd mentality. We think about things like most others think about things. A standard way of operating. And this outlook can be comfortable. The path of predictability and familiarity is one that is constantly worn. So much so that the path becomes clear. Because after so much traffic, just like a trail in the wilderness, a path begins to emerge that takes us through our predictable routine.

Routine is so ingrained in the human experience that we tend to do things the same way at the same time each day. While routine has some benefits, often breaking that routine can bring unexpected creative wealth.

Now, I have a strange example, but go with me on this if you will: Next time you are in the shower, stop for a minute to observe your routine. I bet you apply soap the same way each time. Start with the left arm and then to the right. Shampoo your hair in the same way. Start at the front of the scalp and work your way back. Or whatever it is that you do. It's your routine. And you do it the same way each time.

The thing is, we tend to stick to routines so much that we lose opportunities to think creatively.

While routine is the construct of the analytical, breaking it is the construct of The Creator Mindset. Because far too often we get stuck in certain channels of thought. Much like how water that carves through a canyon year after year defines erosion, so is your mind eroded by thinking the same way over and over again. It simply isn't challenging. It simply isn't brave. It is just not the type of thinking that will ever spark creativity.

And so we get stuck on why things are not the way we want them to be. And one thing we can try is to break the routine. We want things like more profitability, expansion, or better quality and meaning of our work, and thinking about eliminating the routines that you auto-pilot through are a worthwhile endeavor. Because not only should you challenge the assumptions of your own personal routines – like how your shower or order the same thing each time at the coffee shop – you should also look at the assumptions you are making at work. The shortcuts on your path are often long cuts in disguise.

Years ago, I worked in Hollywood. It seems like a different life ago. But I remember one key thing. I worked with actors quite a bit as a director. We worked on particular scenes within a movie or show, and I discovered that actors are like all of us. They are not immune from their routine as well. They are not different from all of us. They have their toolkit prepared and ready to go, full of shortcuts for getting the job done. And some of these actors were household names! People who were famous for their acting abilities! But no matter, they too had their own routines as well. And these routines led to the same old, same old predictability that you and I get stuck in, too, both in our work and at home.

Most people change lots of things but don't take the time to change themselves. It's easy to change something superficial, but if we are not changing how we approach routine, then we can never reach that state of creativity that will allow us profound solutions.

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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Get Traction: Throw the Flag, Ref!

BY CHRIS WHITE, ENTREPRENEUR, AUTHOR, AND CERTIFIED EOS IMPLEMENTER



Chris White

Reporting to training camp for NFL players marks the beginning of the new season. If you're a fan, whether it's Pop Warner, high school, college or the pros, you have either heard or maybe even yelled, "Throw the flag, ref!" when you see an illegal block, blatant unsportsmanlike conduct, or some other infraction by a player.

People at sporting events are always yelling at the refs, some with great zeal and passion, while others don't waste their breath because they think they can't be heard (and in most of today's professional stadiums, this may be true).

Why is it then when we're in a company or departmental meeting, nobody yells, "Throw the flag" when people continuously break the rules? We've all been in meetings where people are late, talk over one another, interrupt, repeat what someone already said, nod off, or play with their smartphones. Wouldn't it be great if you could say "throw the flag" when someone breaks a rule and causes your meeting to go off-track (no need to yell here, we're not in a stadium full of crazed fans)?

My clients have been taught to use a tool called the "Level 10 Meeting" to use as a guide to run their meetings. They also have been taught to call out "Tangent Alerts" when the meeting gets off-track. I recently attended one of my client's L10 meetings and got a good laugh when I heard someone yell, "Squirrel!" when the discussion on an issue they were dealing with went off-track. I didn't notice until that point that they had a stuffed squirrel sitting on the corner of the table serving as a reminder to everyone to follow the rules and call out Tangent Alerts.

So, when you're in your next meeting and someone breaks a rule, "throw the flag" and keep your meeting on track!



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.



Work Well: Finding Direction and Stopping the Drift

BY NATALIA FOOTE

What do you want?

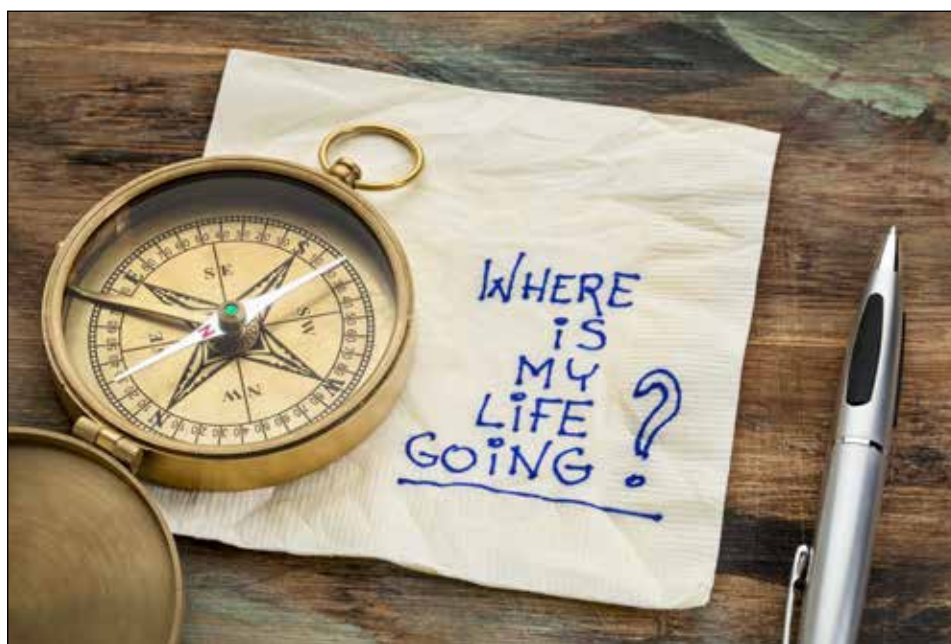
Close your eyes. Place your hands over your heart and take three big breaths.

Ask yourself: What do I want? What do I want? What do I want?

Do you have an answer? Is your mind blank and you don't know what you want? Can you quiet your mind to provide you with some clarity as to what you want? Did you judge your response? (Hint: try not to - whatever the response is, it's okay.)

We all want something. When we look at the core of what we want, it is generally a positive want. Perhaps we want more money, less stress, or better relationships. These are common "wants" in life. Stopping and assessing what we want gives us direction. It gives us a target to aim toward and avoid the "drift" that naturally occurs in life.

Life may sometimes feel as though it is the same stuff happening, just a different day; it may feel like the movie *Groundhog Day*, where each new day is a repeat of the last. We wake up and generally do the same things; as humans, we are also creatures of habit. We look forward to time off, vacations and special moments, and all the life in between is the "same stuff."



In the process of living the "same stuff," we drift. We may forget what our direction is and get trapped in the routine of life. Asking yourself what you want is a reminder, and it can prevent us from drifting so off-course that getting what we want seems impossible.

Answering the question of "What do I want?" is one step. Our life, however, is not lived in the mind, it is made up of action. What choices can you make to move you closer to what you want? For example, if you want to lose weight, what behavior changes can you make? Perhaps you join and attend a gym? Perhaps you change certain elements of your diet? Maybe you find a friend and ask them to be your accountability partner?

Now that you know what you want and have an idea of what you need to do, write it down. Write down what you want and what changes you will make. Every day for

the next five days, write down the changes you would like to make as well as how you will feel and how your life will be different after making said changes. Change takes time, but writing it down reinforces it in the mind.

In *Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want* by Michael Hyatt and Daniel Harkavy, a 5-step map is laid out for creating a life plan. Section 1 is your Purpose Statement, or a one-sentence statement stating what you want. Section 2 is a written visualization of your envisioned future where you allow your senses to experience what the future feels like once you are working toward what you want. Section 3 is an inspiring quote that works as a reminder for you. Section 4 is your current reality where you are honest with how you've ended up where you are. Make sure you are compassionate with yourself but honest and realistic; you

want to make a change for a reason. Section 5 is specific commitments where you write the specific actions that will propel you forward by creating SMART (*Specific, Measurable, Actionable, Realistic, Time-bound*) goals.

Write your plan for five days. This has to make sense to you; it is your map for direction. See how you feel and adjust as necessary. Allow your plan to be flexible as time passes. It is okay to change what you want. Reconnecting with what you want allows you to maintain a focus on what is important for you, and that may change over time.

Creating a life plan, as suggested in *Living Forward*, requires some time, but to begin the process you must know WHAT YOU WANT. Hyatt and Harkavy say it best by using a GPS as a metaphor for life. A GPS requires you to input your destination. Nothing happens until you decide where you want to go.

Natalia Foote is the owner of threeR, a company bringing mindfulness, meditation and yoga practices to the workplace. Her mission in life is spreading love and light in the world. When not spending time with her family, you can find Natalia taking and teaching yoga all around Lake Nona.



Business Spotlight: The Top-Notch Amenities and Service-Minded People of



BY ELAINE VAIL



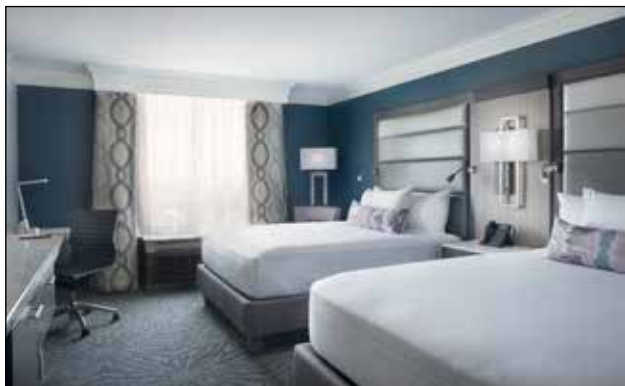
Rosen Centre, Photo Credit Elaine Vail

In a world where warm and inviting customer service often feels like a thing of the past, a stay at the Rosen Centre is a refreshing and memorable change of pace. With nine different dining options, endless spa treatment package choices to mix and match, live music at the pool courtyard, and so much more, you could stay here for weeks and have a different experience every day. It's perfect for local residents for a date night, staycation, or even just a day of pampering – which you'll want to schedule at least monthly once you've had a taste!

The Rosen Centre hotel is adorned with original artwork on nearly every wall of the facility which includes 150,000 square feet of meeting and special event space. It is ideally situated on I-Drive among six theme parks and more than 30 different attractions, and was founded by entrepreneur, visionary, and philanthropist Mr. Harris Rosen. Comprised of the ultimate convention hotel trio – Rosen Centre, Rosen Shingle Creek, and Rosen Plaza – the debt-free hotel and resort company just celebrated its 45th year in the competitive Orlando hospitality industry in June.

Mr. Rosen has made calculated efforts to create a rewarding and empowering work culture. As a result, this huge family of service-oriented individuals are happy (and the company has the lowest turnover rate in the industry), making it easy to cater to Rosen guests' every need, lending to a delightful and relaxing experience while feeling like a very important guest. I've never experienced such a large group of joyful, service-minded individuals in my life. Allow me to share with you my exceptional experience at the Rosen Centre.

Accommodations



Guestroom, Photo Credit Rosen Centre

My husband, daughter and I had the opportunity to stay in one of the 1,334 stylishly upgraded guestrooms. Rooms include complimentary Wi-Fi, a mini refrigerator, a coffee maker, a wall-mounted 50-inch flat screen television, and (probably my favorite) an updated and streamlined dresser-desk made of quartz and stretching almost completely across one wall of the room. It's not only beautiful, it's highly functional and in step with today's technology needs. The multi-outlet connectivity bar made it easy for me to plug in my phone and laptop and left plenty of room for my husband and daughter to do the same. There are USB and electrical outlets scattered throughout the room. The color palette is refreshing and calming – the grays and blues are among my favorite colors.

If you can spring a little extra for a room on the 23rd or 24th floors where there is a private club lounge, it's well worth it! The lounge is filled with a large selection of newspapers and magazines, a huge flat screen TV, computer and printer, complimentary drinks, and a stunning view of the city (especially at night). The Club Lounge includes a continental breakfast in the morning, hors d'oeuvres from 4:30-6:30 p.m., and a beautiful display of "petit fours,"

which I believe translates to mean really pretty desserts (just kidding – they're tiny French confectionery), from 9-10 p.m. every evening. This was such a nice treat!

Everglades Restaurant



Everglades, Photo Credit Rosen Centre

Aside from our spa experience, which I'll share about momentarily, this was the highlight of our visit. Celebrating the South Florida wetlands, this fine-dining venue boasts fresh and local ingredients while incorporating Florida flare into otherwise traditional dishes. Surrounded by stunning artwork and sculptures depicting the protected Everglades, you can expect a rather extensive menu of gourmet steak and seafood options.

As someone who has debilitating reactions to wheat, barley, and rye, I was relieved to see plenty of gluten-free choices clearly marked on the menu. Then, I was delighted (almost to tears) to receive my own plate of freshly-made gluten-free rolls without even asking, which were brought out shortly after my husband and daughter received their bread basket. I've got to tell you; they were the best gluten-free rolls I've ever tasted!

We had the most amazing waitress I've ever had the pleasure of spending an evening with. The food was crazy good! Absolutely delicious! Presentation, taste, texture – all on point! I about fell out of my chair when the waitress brought over a full-sized dessert trolley! I thought they only did that in the movies! I was pleased to share a delectable (gluten-free) crème brulee with my family to finish off the night. As an added bonus, if you dine at Everglades or any of the Rosen Centre restaurants, valet parking is free.

Harry's Poolside Bar & Grill



Harry's Poolside Bar & Grill Salad, Photo Credit Rosen Hotels

A Florida resort wouldn't be complete without a lively, Caribbean-inspired, poolside restaurant! The fun – but elegant – atmosphere reaches past the indoor seating to the pool deck. It's especially beautiful at night with the colorful lighting and the live music. The people and atmosphere here are just outstanding and a lot of fun!

Be sure to check out the Harry's Sip & Savor Craft Beer Pairing Dinner, a Poolside Pairing Series featuring multiple craft beers by Central 28 Beer Company, on Aug. 16 beginning at 6:30 p.m. For more information and to make your reservations, visit RosenCentre.com/harryssipandsavor/ or call 407-996-3970.

The Spa at Rosen Centre



The Spa at Rosen Centre

Aside from our elegant dinner at the Everglades restaurant, this was the best part of our stay! Where to begin?

This full-service spa has a private entrance (so you don't have to go through the hotel lobby), includes complimentary valet parking, offers custom spa packages to accommodate the needs and wants of any guest, and includes a steam room and a relaxation lounge. The coolest part? When you purchase any service at The Spa, you get a pass to stay all day! After your spa treatment or massage therapy session, you not only get to hang out in the dimly-lit relaxation lounge as long as you want while in your plush spa robe, but you also have unlimited use of the pool and fitness center! There's even a

private spa entrance to and from the pool, so you get to take advantage of the peaceful bathroom, locker, and shower area throughout the day (from 9 a.m. to 8 p.m.)!



Ashiatsu Massage, Photo Credit The Spa at Rosen Centre

Ashiatsu massage, an exclusive service offered at The Spa, requires a special license. This is a deep-tissue, barefoot massage technique in which the therapist, with gravity in her favor, uses her feet and body weight to deliver the deep pressure approach. Perfect for chronic pain and back issues, this is an intense massage therapy service that releases toxins and increases lymphatic drainage with soothing full-body strokes including full front and back

body massage.

Recently, The Spa partnered with Kevin Harrington, licensed practitioner and owner of Face-Time Aesthetics, to offer their clients aesthetic injectables. Harrington, who has been a nurse for nearly 30 years, offers complimentary consultations (by appointment only) and then recommends a treatment plan. It's such a nice option to be able to receive this service in a more relaxing atmosphere rather than a medical clinic, and then take advantage of the pool and fitness center while on campus, making it a full day of pampering. The Spa at Rosen Centre is the only resource spa in Central Florida combining full-service spa and relaxation services with these aesthetic services; not to mention, Mr. Harrington is the best injection specialist in Florida and possibly the nation. Just an incredible option for local clients!

The day before my spa visit, I interviewed Jocelyn Caceres, spa director and health club manager, who has been with Rosen for almost seven years. I asked her to tell me a little bit about her staff. She shared, "We really pride ourselves with having top-notch service providers. All of our service providers are certified and licensed to do not just one area ... for example, my [massage] therapists are not just therapists, they are also aestheticians, so that's a plus that benefits them and benefits the spa. ... My cosmetologists can do hair and nails, but they can also do facials and waxing."

One of several package options is called the Spa-tacular Stay. For \$279, the package includes all the amenities I already mentioned that comes with any spa service, plus a one-night deluxe accommodation, a 50-minute massage, and 25% off any additional services. I'm thinking a luxurious girls' weekend ... or a romantic "getaway" weekend ... or even a weekend of quiet solitude to refresh and rejuvenate!

Locals can take advantage of the "I Love Rosen" card, which is designed specifically for Central Florida residents and gets the cardholder a 25% discount on guestrooms, spa treatments and services, golfing at Shingle Creek, and select dining options. Mention that you would like to sign up for an "I Love Rosen" card when making reservations to get your discount. You can find more information here: www.rosenhoteles.com/i-love-rosen/.

My daughter and I had such a great experience here! These packages, services, and day passes are offered only by appointment, which you can easily set up by calling 407-996-1248 or visiting spaatrosencentre.com/.

The Rosen Difference

I had the pleasure of meeting with Phil Coronia, general manager of Rosen Centre. A kind and generous man, his philosophy is this: "At Rosen Centre, we have a special place in our hearts for our fellow local residents. As a locally 'grown' luxury hotel, we feel that we are truly a part of the community. It's an honor and a pleasure to host local charity galas, business luncheons, weddings and celebrations, as well as locals looking for a relaxing spa break, unique dining, or an incredible staycation. We would love to get to know more of our Lake Nona residents and hope they give us the opportunity to show them a wonderful time!"

Of course, Rosen Centre has what it takes to cater to the needs of thousands of travelers, convention attendees, and the professionals attending business meetings every day. But, the relevance to us is that they also cater to locals. This is the perfect venue for relaxation and entertainment, just minutes away from Lake Nona.

I promise you, it's an encounter you won't soon forget. You'll feel like royalty and family all at once. You'll experience firsthand what is meant by "The Rosen Difference." You will, indeed, have a wonderful time!

The Rosen Centre is located at 9840 International Drive in Orlando, is connected to the Orange County Convention Center with a convenient covered skywalk, and is in the center of all our famous theme parks, attractions, shopping, and dining. For reservations or more information, please call 407-996-9840 or visit www.RosenCentre.com.

For the full, uncut version of this story, check out the online article at www.nonahoodnews.com/rosencentre.



Business Spotlight: Fish Window Cleaning

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF
RICHARD ZANELLY

Whether you're at home or at work, you may find yourself daydreaming and gazing out the window, but nothing's more distracting than those smudges on the pane of glass separating you from the outside world. Fish Window Cleaning (FISH) is here to help!

Fish Window Cleaning specializes in cleaning, including ground-level storefronts, one/two/three-story office buildings, banks, churches, schools, restaurants, and even homes. And even though window cleaning is in the business's name, other cleaning services the company offers include pressure washing, roof cleaning, gutters, ceiling fans, chandeliers, and more!

FISH was founded in St. Louis in 1978 by Mike Merrick, who has ensured that the company is truly dedicated to its customers. The business is now the largest window cleaning franchise in the country, with over 275 locations in 44 states. With such expansive coverage of the country, Fish Window Cleaning still manages to maintain its core values – family, tradition and customer service – and believes that dedication contributes to the company's widespread success.

"Window cleaning is one of the few needs all homes and businesses have in common. Brightening them with unwavering reliability, quality and customer service is what sets FISH apart," stated Richard Zanelly, owner of the local Fish Window Cleaning that serves the Lake Nona community.

FISH serves more than 200,000 commercial and residential customers throughout



the United States, including the famous Tom Fruin Glass House right here in Lake Nona! Tavistock has asked FISH to clean the glass house on a monthly basis.

"Since its inception over three decades ago, Fish Window Cleaning has been dedicated to being a considerate and respectable neighbor in the communities where we work and live. FISH partners with non-profit organizations on an ongoing basis to support causes across the United States. Through volunteering, leadership and charitable giving, FISH lives its mission to be the best and most respected window cleaning company in the world," continued Zanelly. "I am a proud member of [the] Lake Nona community. I enjoy watching my kid play on many of the different recreational areas the community has to offer. One of his favorites is the glass house. He love[s] to play at the glass house after school, and the glass house has become the must stop before any big family event for taking pictures. Then, I realized that I shared the same feeling with many of our community members. That was how FISH volunteered to clean this work [of] art as a way to support a community that has given us so many memorable moments."

You can find Fish Window Cleaning's office in the center of its service area in downtown Kissimmee. The local franchise serves more than 16 zip codes in all of South Orlando, Kissimmee, St. Cloud, and Davenport, including the Lake Nona area.

So why choose Fish Window Cleaning over the competition?

"We are a team committed to our customer's satisfaction. It is a company you can rely on with more than 40 years experience, and [our] group of professionals [are] able to meet your window cleaning needs. One of the things that stand[s] out [at] FISH is the integrity of their staff. Everyone is prompt to provide a professional service. Our team members are proud to belong to the largest window cleaning company in the nation, [which is the] reason why they focus on delivering a superior service every time," Zanelly explained. "Our goal is to enhance the quality image of our customers and to make a huge difference in the atmosphere of your home, so our customers can [be] rest assure[d] that their windows will be cleaned by an insured and bonded professional window cleaner."

Whether you are preparing for the holidays, conquering spring cleaning, selling your house, or tired of looking through dirty windows, FISH can help! As you begin your search for a reputable com-



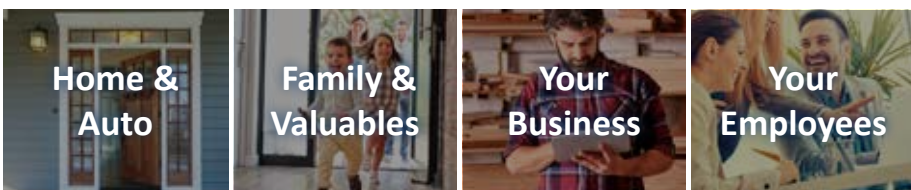
pany to serve you, make sure that you are looking for a reliable, bonded and insured residential and commercial window cleaning company, but look no further than Fish Window Cleaning. Consider hiring FISH for any of your home or business cleaning services today.

"FISH have cleaned millions of windows in the past 30 years, and if there's one thing we've learned, it's this: Sparkling windows are not only a reflection on your business; they're a reflection on ours. That's why we are committed to your satisfaction. Our exceptional quality and service are unmatched," described Zanelly.

To get started, you can request a free on-site estimate by visiting www.fishwindowcleaning.com or calling (407) 201-7882.



Contact us today to protect what's most important to you.



¡Hablamos Español!
laureateinsurance.com | 407.675.3880

A NOTE FROM THE CEO

BY DON LONG, PRESIDENT, CEO LNRCC

Many of you heard from our staff over the past weeks as we encouraged you to update your membership profiles for our web directory. I hope that you were able to complete your business profile not only to optimize your presence in our business directory searches but also for our upcoming regional map and directory published by *Nonahood News* later this fall. The more professional profiles will receive the most referrals as visitors continue to use and help us grow our web presence.

Speaking of the web, you can help with our growth by liking and sharing our social media posts. On Facebook alone, we grew to more than 3,000 likes on our Facebook homepage during the past month. Help us promote Chamber and member events by liking and sharing content or events that interest you. On Facebook, search for Lake Nona Chamber to visit and like our homepage.

Part of our continuing efforts to stay connected with you now includes the designation of Area Directors. These directors from our board will assume responsibility of four districts in the region with the responsibilities of maintaining open and personal contact with the members from each district. Please accept their visits, calls or emails, knowing their efforts are to bring your comments and suggestions back to the Board of Directors and staff so that we can better serve you. The Area Directors are Barry Brockway of GuideWell Innovation – Northwest region; Angie Amate of Luxury Realty, Inc – Northeast region; Austin Purkeypile of AdventHealth – Southwest region; and Brian Miller of Harbor America Payroll – Southeast region.

During the past month, our business membership grew to more than 350. We are thankful for the community support that made our growth possible. I also encourage you to thank our new Silver Partner, First Colony Bank of Florida, and our new Copper Partner, Chase Bank's three regional branches in the Nonahood.



Saturday, October 19

PARTNERS:



PRESENTED BY:



BAR SPONSOR:



**Now Available - Tickets, Sponsorships,
Silent Auction Donations and
Restaurant/Caterer Invitation to Participate:
www.lakenonacc.org or email Taste@lakenonacc.org**

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**FIRST COLONY
BANK**

Bronze Partners
**RONALD MCDONALD
HOUSE CHARITIES**
OUC
The Reliable One

UCF | **Lake Nona
Medical Center**
HCA NORTH FLORIDA DIVISION

Copper Partners
CHASE
Nemours. Children's Hospital
**Osceola County
Florida**
"Honoring the past shaping the future."
**INSTITUTE OF
Aesthetic Surgery**

EVENT GALLERY



June 18, Contagious Connecting – Dr. Linda Travelute of Travelute Leadership and People Development along with Sam Eckerson of Keller Williams Advantage III Realty taught attendees "How to Network in Real-Life Situations So People Will Remember You" at the beautiful Ronald McDonald House. (Photo by Don Long)



June 28, Business Luncheon with Commissioner Jim Gray and OPD Chief Orlando Rolón – Chief Orlando Rolón with his team of officers. (Photo by Don Long)



June 28, Business Luncheon with Commissioner Jim Gray and OPD Chief Orlando Rolón – Our OPD Chief Orlando Rolón and Orlando District 1 Commissioner Jim Gray spoke to Chamber guests and members on Friday, June 28, at the Orlando VA Medical Center Auditorium. Attendees learned about local growth, its pros and cons, as well as developments in community safety. Thank you to the Veterans Canteen Services for a delicious roast beef lunch, our wonderful speakers, Harbor America Payroll & Lake Nona Youth Sports for sponsoring, and the VA for the gorgeous venue. (Photo by Felicity Gomer)



July 11, Breakfast Connections with Regine Bonneau – Cybersecurity expert and CEO of RB Advisory, LLC, Regine Bonneau spoke to Chamber members and guests about the significance of maintaining secure business practices and how to protect your business data and financial transactions. Attendees savored an All-American breakfast buffet prepared by Drive Shack chefs and relished their gorgeous event space. (Photo by Felicity Gomer)



July's Ambassador of the month is Brian Miller of Harbor America Payroll! – (Photo by Felicity Gomer)



July 11, Ribbon Cutting at Harmony Preserve Weddings & Events – Steve Fusilier of Fusilier Management Group cuts the ribbon at the newly renovated Harmony Preserve Weddings & Events. Harmony management welcomed us into their newly redesigned space, making every effort to impress and accurately express the extent of their abilities. Attendees were treated to gourmet passed hors d'oeuvres, free caricatures, top-of-the-line photo booth, beer and wine, tours of the space and neighboring lake, as well as live entertainment. Our Lake Nona Regional Chamber and the St. Cloud Chamber joined together to make the event a success for everyone. (Photo by Felicity Gomer)

CHAMBER 2019 CHARITY OF CHOICE: NEMOURS CHILDREN'S HOSPITAL

Q: Can I volunteer at Nemours Children's Hospital?

A: Yes! Volunteers at Nemours Children's Hospital are a valued part of our care team. We encourage adults and college students to apply. To learn more about how to become a volunteer, please email volunteerorl@nemours.org.

UPCOMING CHAMBER EVENTS

August 6

First Tuesdays After-Hours at Hyatt Regency Orlando International Airport
5:30 - 7:30 p.m.

August 8

Breakfast Connections -
"Gaining the Credibility You Deserve", Dr. Linda Travelute -
Eagle Creek Golf Club - Belfry
8:00 - 9:30 a.m.

August 13

Contagious Connecting - "GAINing
New Business Using a 5 Part Profile in
Every Conversation"
Ronald McDonald House
8:00 - 9:30 a.m.

August 23

Business Luncheon - "Strengthening
Partnerships for Our Success" -
Yolanda Londoño
310 Nona
11:30 a.m. - 1:00 p.m.

September 3

First Tuesdays After-Hours at
Courtyard & Residence Inn by
Marriott Orlando/Lake Nona
5:30 - 7:30 p.m.

NEW MEMBERS

A.C. ProMedia
Berlin & Denys Insurance
Blush Flowershop, LLC
Center for Advanced
Gastroenterology
CJ Cruise Vacations, LLC
Complete Immigration Solutions
HD Consulting & Marketing Inc.
Home Health Care Resources Corp.
Ingage Creative
McDermitt Davis
NuLife Ventures
Orangetheory Fitness Nona
Pencil Loft, LLC
Rukus Cycling Lake Nona
The Liz Team Real Estate
United States Postal Service
Wellcare Health Plans
WiseeyeDesigns

NEW PARTNER

Silver

First Colony Bank of Florida



**WHY YOU SHOULD
JOIN & RENEW**

THE LAKE NONA CHAMBER OF
COMMERCE, PART THREE

Knowledge – You don't have
time to stay on top of all the
local, regional, and state issues
which could impact your
business, but that's at the heart
of what we do. We keep you
informed so that you can
concentrate on growing your
business.

RENEWED MEMBERS

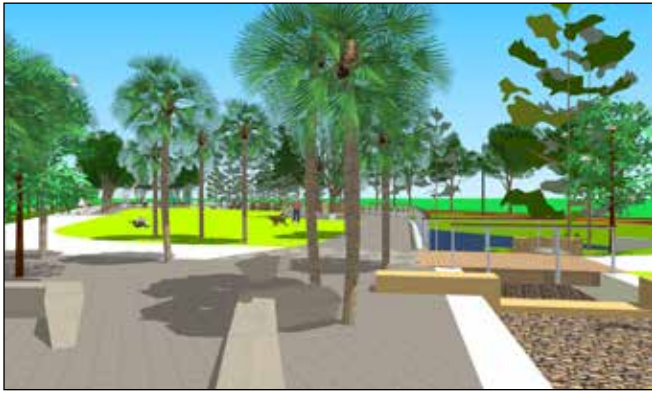
310 Nona
A Clear Choice Title
Central Florida Children's Home
Coldwell Banker Ackley Realty
Empire Office
Fish Window Cleaning -Next Pro, LLC
Friends of Fisher House Orlando
Orange County Property Appraiser-
Outreach Office
Barbara Ashley Jones Realtor, Premier
Sotheby's International Realty
Rhodes + Brito Architects, Inc.
Shamrock Auto Body & Service Center
USTA National Campus
Westfall Law Firm, PA

Lake Nona Will Be Home to Unique Linear Community Park

BY KYLE HAMM



New plans were unveiled on July 11 for a seven-acre park that is linear and next to an open waterway. This waterway will be designed to be an alternative for the management of stormwater. Featured in the surrounding areas of the waterway will be trails, pocket parks, and space for activities that stretch more than 100 feet wide.



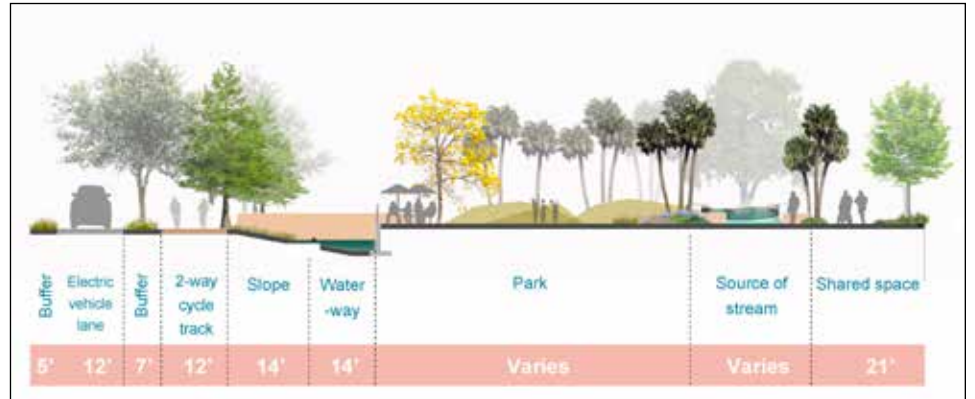
The length of the park will be a half-mile path from the Lake Nona Town Center to the heart of Laureate Park. Construction of the linear park is expected to begin next year.

“In Lake Nona, we’re always looking for ways to do things better,” said Tavistock Development Company President Jim Zboril. “We could have gone the traditional route of building a road and the infrastructure to manage stormwater underground, but instead we challenged our team to be resourceful and think differently. Creative thinking led to this linear park that not only provides a solution for stormwater but creates an amenity our residents and visitors can benefit from.”

This linear park will be a first of its kind for Southeast Orlando. With incorporated recreational activities and paths, including a stormwater management solution for Lake Nona, the innovative design of this stormwater solution will replace more than a half-mile of roadways with an open waterway and surrounding park. The flow of the water will go through a series of low-head dams called weirs, from west to east, leading into an existing lake. To ensure that the

water is flowing, the water from the existing lake will recirculate to a series of other sources.

“Tavistock continues to be a critical part-



ner in ensuring as our Orlando grows, it is done in a sustainable way, focused on innovation, while serving and benefiting our residents,” said City of Orlando Planning official Elisabeth Dang. “This proposed project shows some of that same vision, with potential to create not only unique places to gather, but to also preserve and expand green space, further mobility options, and increase water quality in one of the fastest-growing areas in our city.”

The new park was designed by a local landscape architect called Dix.Hite + Partners and will support multiple paths with lush landscaping, water features, and seating underneath canopies along the waterway. Included in the plans are transportation lanes to support the Move Nona initiative and a network of paths for walking, running, biking, and autonomous shuttles. A two-acre communal area will provide a

new space to host more community events with a large lawn, playground, and shaded areas for recreational activity.

In addition, the new linear park will provide several options to support two of Lake Nona’s growing community programs. The design of the park provides numerous options for new outdoor art installations. Also, the plans will further improve the quality and nature of green space, providing additional shade. In 2019, Lake Nona plans to relocate more than 200 trees.

Operated by Tavistock, the linear park will be one of three park projects commenced in Lake Nona. The other two parks include Heroes Community Park (opened July 13th) and McCoy Community Park, which is scheduled for later this year.



Tough Things To Talk About: We Are in a Student Debt Crisis

BY CHRISTIAN CASALE

Last month, the debate over how to solve America’s student debt crisis was reignited when Sen. Bernie Sanders, a Democratic presidential candidate, announced a plan to erase the country’s combined \$1.6 trillion of outstanding college debts.

Predictably, it set social media and the 24-hour news cycle on fire.

As a second-year college student, I found it extremely unsurprising that the vast majority of the talking heads spouting arguments like, “If you decide to go to college, it’s *your* responsibility to pay for it,” went to college at a time when all you needed was a No. 2 pencil and the change in your pocket left over from lunch.

Going to college in the United States has become both more expensive than ever, even with inflation, and more necessary for a high-paying job than ever. And it’s become a nearly \$2 trillion problem.

My father graduated from the University of South Florida in 1988, a year when tuition there was \$1,188 a semester – according to a report from *Florida College Access*. Adjusted for inflation, that should



have the buying power of about \$2,600.

In 2019, tuition at USF is \$6,410 a semester.

This may have to do with the demand for college education going up. According to the Department of Education, U.S colleges expected 5.1 million more students in the fall of 2017 than the fall of 2000. This, in turn, may be due to the widening gap in pay between those with college degrees and those without them.

A 2016 study from Georgetown University found that 65% of careers in the United States require at least some kind of college education. And in 2015, the Economic Policy Institute found that college graduates on average earn 56% more than high school graduates.

So, for young people like me, this is our situation we have to face. If we want a job in the profession of our choice, then we better have a college degree on our resume.

And all those costs just include tuition. Students need to eat, they need to be able to get around town, they need a place to live, and they need to pay for textbooks.

The importance of college also goes far beyond just class education; it’s both the great social mobilizer and the greatest lesson for young people in how to be an adult. College is where a young person from a small town in Kentucky can learn how to speak and act like the East Coast lawyer that he or she wants to be. And it’s also a transition from living with your family in high school to living on your own as a pro-

fessional adult, where you’re able to make mistakes without serious consequences.

And when we’re in this maddeningly stacked system where we have to pay a lot of money in order to make enough money to pay off the method which we used to make our money, it’s audacious to call it our fault.

So, what are the plans to fix the crisis?

Sanders’ plan calls for wiping out the student debts of 45 million Americans, regardless of race – certainly the most progressive from the 2020 Democratic field. He’s also called for public universities to be tuition-free.

Barring one of the most monumental changes of U.S domestic policy in history, it seems like a pipe dream.

One method would be to expand how long Americans are expected to have their loans paid back. In European nations like Germany or England, students have 20 and 30 years to complete their payments – which gives them far less of a burden in their formative adult years.

In Australia, a percentage of your paycheck goes toward your student loan payment – much like Social Security here. This ensures that the loan bills don’t swallow up people when there are fluctuations in their income.

No matter how we all feel about the exact method, we need to agree that something has to be done about the American student debt crisis. We can’t call ourselves a land of opportunity if we deny the great ideal of social and financial mobility to those who can’t afford it.



The Artist: Capturing The Perfect Image

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF JONATHAN DUGGINS



Blast Off Behind the Scenes

Jonathan Duggins is a photographer and videographer originally from Texas. You could say he's a LEGO buff, but with the way he utilizes LEGO bricks as a tool to create fascinating images in the setting of space, it's clear he's not just any ordinary fan making ordinary fan art. Let's get to know the artist behind the incredible photos in *Let's Build Space*.

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

Jonathan Duggins: Making art has always been a part of my life. I love to create. From a very early age, I've been making models, drawing, painting, and building with LEGO. It gives me life to take something I imagine and turn it into something tangible and real.

Along the way, I have had key influences like my grandma, who was a successful painter in Dallas, Texas. I was also curious. I saw others' artistic ideas, and I thought, "I wonder if I can do that? How can I combine ideas to make something new?"

I have worked as a videographer and photographer for a nonprofit for over a decade, so many of my projects there have served a purpose. However, I find that having a passion project outside of work challenges me and pushes the limits of my artistic abilities.

NHN: How often do you find yourself creating art?

JD: Creating art is pretty constant for me. If I'm not making it, I'm thinking about it and developing concepts.

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

JD: I don't know if I've "discovered" myself yet as an artist, but with this LEGO photo series, I feel like I have moved into a medium that comes naturally to me. It is the intersection of two passions, LEGO and photography.

NHN: Which of your projects would you consider to be your favorites?



Blast Off



Moon Paintbrush



Mae's Arrival



Low Earth Orbit

JD:

1. *Let's Build Space* – A LEGO photo series that celebrates historic moments in space exploration and playfully imagines everyday life as a LEGO astronaut.
2. *The Dad Workout* – A photo series and parenting blog that highlights the humor of being a father.

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

JD: *Let's Build Space* – There are so many variables that draw out the time to get a photo from idea to completion. I am continually searching for inspiration for photo ideas. A few photos include pre-designed sets made by LEGO, but I design most of the creations that are used in my photos. Sometimes I need to special order unique LEGO bricks from sellers in other countries. For many photo ideas, there are often reshoots to correct small details in order for the image to be just right.

NHN: What are some of your dream projects?

JD: I would love to collaborate with big brands to help tell their story through the medium of LEGO. I can capture a moment in a way that feels real, that connects emotionally but still embraces the fun and playful side of being LEGO bricks.

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

JD: I love building with my kids. We've played with LEGO

together for years. They're at an age when their imagination is set free to build anything. I love watching their joy as they play. I also want to bring joy to people's lives through my art. Whether it's on social media or in an art gallery or in a book, I want to create opportunities for people to stop and experience happiness in the moment.

NHN: Future goals/plans?

JD: I have saved every LEGO build that I have done for this photo series. My dream is to open an art exhibit with large-scale throughout, accompanied by the actual LEGO models on display. I think the contrast between the large images and the small LEGO models would be something



Splash Down



Behind the Scenes

unique for people to experience.

I'm also hoping to do a *Let's Build Space* photo book once I have created enough images. I want it to be educational so that people can learn about the history of space exploration and at the same time enjoy the images done in LEGO.

I look forward to exploring new LEGO photography ideas and bringing those ideas from my imagination to reality.

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



Behind the Scene: Central Florida Children's Home's 'Make This House A Home' Makeover

ARTICLE BY SOPHIA ROGERS
PHOTOS BY SHEA ROSE
PHOTOGRAPHY

A house full of strangers came together for a common purpose – to help make a house a “home.” The week of July 8, local churches, businesses and volunteers worked for five days to do a home makeover at the Central Florida Children's Home.

Located across from Valencia College in Lake Nona, the Central Florida Children's Home was founded in 1973 by Pastor Clyde F. Greene. The home is solely supported by donations and volunteers. Their mission is to care for children whose parents either cannot or will not provide for them due to certain circumstances in the child's life and/or difficulties in the parents' lives.

As a faith-based community, they provide a Christian atmosphere and a real “home” atmosphere by assigning children a “mom and dad.” This creates a secure environment where the children can experience unconditional love and nurturing. An emphasis is placed on academic achievement to insure that the children are well prepared for higher academic studies or vocational training for the job market.

The children are assigned chores and responsibilities to help develop character and discipline, skills that they can carry throughout their lives. The Central Florida Children's Home works with churches and counselors to rehabilitate the homes, and



the community is served by children who grow to become productive and responsible citizens.

The makeover included new bedding and designs in the girls' and boys' hallways and a new living room, kitchen, dining room, game room, playroom, and laundry room makeover. In the living room, walls were painted, furniture was updated or repainted, and new flooring was installed throughout the home. In the kitchen, old cabinets were removed, and new white cabinets were installed with a new granite countertop. The dining room walls and cabinets were repainted, and a fresh look was given to the dining table. The game room added new couches and paint, the playroom was freshly painted, and in the laundry room, shelves were added, walls were painted, and a pull-down staircase was added at the attic space.

As in any renovation, there were obstacles to overcome. Crews worked endlessly from 7 a.m. to midnight for five days to make the grand reveal a special one. And although volunteers each were from different groups, they helped one another. Across the house you could hear, “Can I get a hand?” or “Does anyone have a hammer I can borrow?” One of the biggest concerns was having volunteers working on top of each other, but that never was a problem.

As the week drew to an end, the home started coming together. Once the flooring was in, the living room crews brought in furniture and accessories – what a difference that made. Then the boys' hall came together, then the girls' hall. On the last day, volunteers overlapped to help one another.

This is a testament to how volunteering brings people together. Strangers who didn't know each other at the beginning of the week were friends by Friday.

RJ and Jordan Fontana are the house parents at the Central Florida Children's Home. As house parents, they live at the home full time and provide a structured parental environment. RJ took on the role of marketing the makeover weeks before the start. Sourcing donations and securing volunteers took place months before the makeover.

“It takes a village, and the village made it happen. Thank you for supporting our mission and making this house a home,” says RJ. The Central Florida Children's Home would like to thank the following sponsors for their time and donations:

Living Room

Nemours Children's Hospital ER Department (Sherwin-Williams supplied \$800 worth of paint and supplies; Sam's Club-Lake Nona)

Girl's Wing

Avalon Church

Dining Room, Kitchen and Study

The Rogers Team at Premier

Sotheby's International Realty (TOG Renovations LLC., Cabinets, The Dawn Brancheau Foundation, Ultimate Granite Solutions, StudioG Hair Salon)

Boys' Hall

ReThink Life Church–Lake Nona Campus (Harvey Plumbing)

Laundry Room

Expeditors International of Washington, Inc.

Food Vendors

Bolay, Moe's Southwest Grill, Pig Floyd's Urban Barbakoa, Culver's

Hotel for the Kids

Residence Inn by Marriott Orlando, Lake Nona, and Holiday Inn Express & Suites Orlando–Lake Nona Area

Other Vendors

Walmart Supercenter, Lake Nona-Narcoossee Road; Ace Hardware; Walmart Neighborhood Market Orlando-Curry Ford Road; Nona Church; PNC Bank; JUNK it PLUS LLC; Lake Nona Youth Sports; Lowe's Home Improvement; Harvey Baker Plumbing

Media

nona.nedia / Nonahood News, Shea Rose Photography, Fine d-Zign Signs



Did you know?

If you shop on Amazon for your personal use or business, you can add Amazon Smile to your account free of charge, and Amazon will donate to the Home every time you make a purchase. Shop at smile.amazon.com/ch/59-1553478, and Amazon will donate to the Central Florida Children's Home. All you have to do is shop.

Please follow the Central Florida Children's Home on Facebook to stay up to date on their needs list. Gift card donations to Walmart, Lowe's, etc., and restaurants are greatly appreciated.

Sophia Rogers leads the Rogers Team at Premier Sotheby's International Realty specializing in Lake Nona real estate. She can be reached at sophia.rogers@premiersir.com.



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USTA: Welcoming the US Open

BY DANIEL PYSER
PHOTOS COURTESY OF USTA

August marks the return of the highest level of tennis to the United States, as the North American hard-court swing begins, culminating with the US Open in Flushing Meadows, New York, which begins on Aug. 26 and runs through Sept. 8.

The lead-up to the US Open, known as the US Open Series, kicks off with a men's event in Atlanta in late July and continues with a dual men's and women's event in Washington, D.C., as well as a women's event in San Jose, California, the first week of August.

Additional stops include Cincinnati and Winston-Salem, North Carolina, as well as Montreal and Toronto before the top players in the world head to the USTA Billie Jean King National Tennis Center in New York for the year's final Grand Slam.

A number of the players who will be competing in the US Open Series later this summer live in Orlando and train at the USTA National Campus in Lake Nona. Those with high enough rankings will be directly accepted into the US Open main draw, while the next tier of players will be given the opportunity to qualify during the US Open Qualifying Tournament, which is the centerpiece of US Open Fan Week, Aug. 19-24.



Madison Keys

Leading the way for the Orlando contingent is Madison Keys, who is ranked No. 17 in the world following Wimbledon. Keys has enjoyed a strong 2019 campaign, winning her fourth career WTA title in Charleston, South Carolina, in April. She reached the fourth round at the Australian Open and the quarterfinals at the French Open and looks to build on her recent US Open success, which includes a run to the semifinals last year and the final in 2017.

In addition to Keys, a number of other Top 200-ranked women from Orlando will be in action this summer, including Alison Riske (No. 37), Jennifer Brady (No. 72), Allie Kiick (No. 139), and Ann Li (No. 173).

Riske is coming off a breakout grass-court season, in which she won back-to-back titles at Wimbledon lead-up events, the second of which marked her second career WTA title at the Libema Open, where she defeated world No. 4 Kiki Bertens in the final. She followed up that performance by upsetting world No. 1 Ashleigh Barty to reach the quarterfinals at Wimbledon, a career-best Grand Slam performance, before falling there to Serena Williams.

Brady notably reached the finals of the WTA 125K Series event in Indian Wells, California, and the semifinals of the grass-court WTA event in Nottingham, England, while both Kiick and Li have had success on the ITF World Tennis Tour this season.

On the men's side, 21-year-old Frances Tiafoe built on his breakout 2018 season by reaching the quarterfinals of the Australian Open in January, catapulting him to a career-high ranking of No. 29 in February. He also notably reached the quarterfinals of the Miami Open and is ranked No. 41 in the world following Wimbledon.

Orlando resident Mackenzie McDonald, who announced himself with a remarkable run at Wimbledon in 2018, reached the final of the ATP Challenger Tour event in Dallas as well as the semifinals of the Delray Beach Open in February. He reached a career-high ranking of No. 57 in April and currently finds himself ranked No. 96 after missing the grass-court season due to a hamstring injury that could sideline him for the US Open as well.

Bjorn Fratangelo, the other Top-200 men's player who trains in Lake Nona, qualified for the main draw at the Australian Open earlier this year and reached the semifinals of the ATP Challenger Tour event in Dallas. He is ranked No. 123 heading into this year's US Open Series.



Frances Tiafoe



Madison Keys

What Is a Sports Medicine Doctor?

BY MICHAEL SEIFERT, M.D.
- UCF HEALTH

The term sports medicine doctor is sometimes confusing, and some people are not sure when you should see one. The main goal of a sports medicine specialist is to get people back to the activity they love. You don't have to be an elite athlete to benefit from seeing a sports medicine doctor.

Sports medicine specialists are doctors who chose to complete additional fellowship training in sports medicine. This is a medical discipline focused on preventing, treating, and managing issues and injuries related to physical activity. They are highly trained in dealing with musculoskeletal injuries, far beyond the education that primary care physicians receive. They are also different than orthopedic surgeons because their training does not focus solely on bones and joints, and they do not perform surgeries.

When to See a Sports Medicine Doctor

There are many reasons to visit a sports medicine doctor. Some of the most common include:

- **Concussion evaluation/management**
Sports medicine specialists are highly trained to assess and treat concussions. They work together with other doctors, therapists, trainers and coaching staff to determine treatment and any restrictions on activity needed for the best recovery.
- **Non-surgical treatment for injuries**
Approximately 90% of all sports injuries are treated non-surgically. Specialists can recommend the best treatment plan for each patient or decide whether evaluation by a surgeon is warranted.
- **Return-to-play decisions for injured athletes**
After suffering from an injury, it's important to be cleared to play by a medical professional to avoid setbacks or reinjury.

- **Assessment of nutrition and performance issues**

A sports medicine specialist can identify how nutrition can impact performance and make evidence-based dietary recommendations.

- **Recommendations for strength/conditioning activities**

When engaging in strength or conditioning activities, it's important to ensure that you are doing so safely. A sports specialist can create a physical activity plan that works for you.

Some of the most common bone and joint injuries treated by sports medicine doctors are:

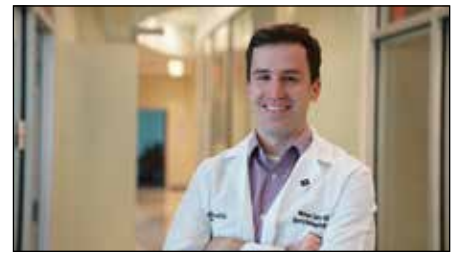
- Acute injuries (ankle sprains, muscle strains, knee and shoulder injuries, fractures)
- Overuse injuries (rotator cuff problems, Achilles and other forms of tendonitis, stress fractures)
- Tendon and ligament tears
- Chronic conditions in athletes (infectious mononucleosis, diabetes, asthma, gout)

For active individuals, regularly seeing a sports medicine doctor can be what keeps them in the game. However, patients who suffer from any type of muscle or bone injury, even if just from a fall or sudden movement, can benefit from seeing a sports medicine specialist as well.

Sports medicine doctors can also be great allies when it comes to adopting a more active lifestyle. They are focused on a wellness-based model of care and can help those who lead sedentary lives introduce exercise into their daily routines. This can prevent and sometimes reverse chronic medical conditions like diabetes, high blood pressure, obesity and high cholesterol.

If you are suffering from an injury or believe you may benefit from visiting a sports medicine specialist, schedule an appointment today.

Dr. Michael Seifert is a board-certified sports medicine specialist at UCF Health in Lake Nona. He enjoys helping the active adult population return to the activities they love by providing the most advanced care and therapies. In his spare time, you can catch him on the soccer field.



Namaste With Natalia: Wheel Pose Urdhva Dhanurasana I

Your Monthly Yoga Pose

ARTICLE BY NATALIA FOOTE
PHOTO BY MICHAEL FOOTE

"To everything, (turn, turn, turn)/there is a season, (turn, turn, turn)/and a time to every purpose, under heaven." - "Turn! Turn! Turn!" by The Byrds

As the year continues to roll, vacation season is ending, and we find ourselves ready for a change. Perhaps you are getting ready to start school again, begin a new quarter, and/or get your fantasy football teams set. August is the month where we want to begin to feel fall, but Florida weather tricks us and sends us storms and 100-degree heat. As we prepare for the change (whatever your upcoming change may be), make sure to have a steady hand on the wheel.

The pose of the month is wheel pose. This pose has many benefits but should be practiced after warming up the spine, the hips, and the heart.

1. Warm up the body, including, but not limited to, the hip flexors, the triceps, the shoulders, the chest, and the spine.
2. Begin laying on your back with your feet and heels near your hips and your knees bent. Maintain your feet and legs parallel to each other with your toes pointing away from your head.

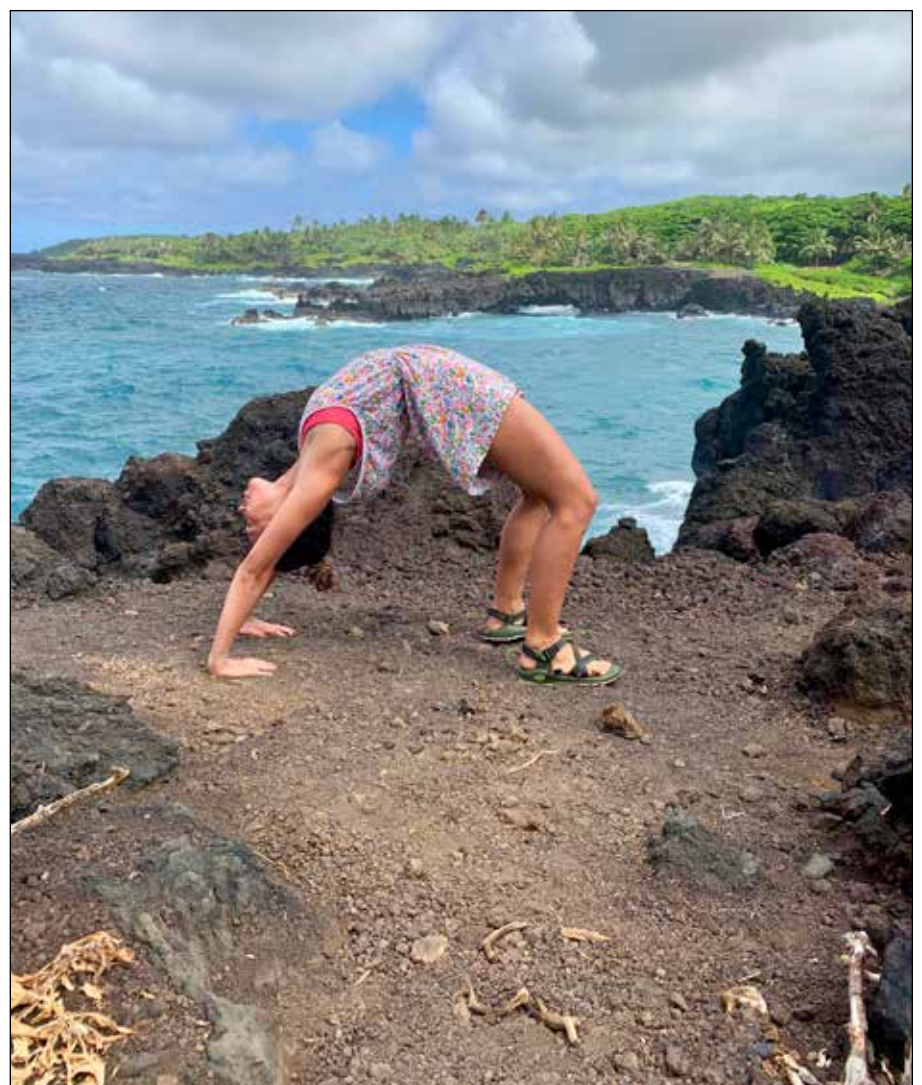
3. Bring your hands under your shoulders with the fingertips pointing toward your feet. Make sure your hands and arms are no more than shoulder distance apart.
4. Inhale and exhale. On your next inhale, press your feet and hands into the mat and lift your hips. Leave the crown of your head on the mat if you cannot lift it yet. Make sure your feet and knees are still parallel. Breathe.
5. If your head comes up, allow the head to hang and gaze behind you instead of down toward your hands or up toward the sky.
6. Bring weight into the hands and feet. If able, come up onto the toes and/or straighten the legs.
7. Press the heart to the sky and bring the navel toward the spine and the sacrum lifts up.
8. Stay here for 5-8 breaths.
9. On an exhale, let your hips come down.
10. Pause and allow your spine to readjust then allow your knees to move from side to side to release the lower back.

Wheel has many benefits. It is an invigorating pose and, according to yogajournal.com, it increases energy and counteracts depression. It also stimulates the thyroid and pituitary gland. Wheel pose stretches the chest and lungs and strengthens the arms, wrists, legs, buttocks, abdomen, and spine.

As the road of life turns, adjust your steering wheel.

"Think positive, because thoughts are like the steering wheel that moves your life in the right direction."

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.



Why Every Woman Should Listen to Her Heart

BY DR. TORALBEN PATEL, MD, MPH, FACC, RPVI, FACP



When you hear about someone who has a “broken heart,” you probably think of a relationship that’s recently ended. And when you read about heart disease, heart attacks and strokes, you may tend to think about these as men’s health issues – not something that could happen to you. But the fact is that heart problems are a very serious health issue for women, with more women dying from heart disease than men each year. In the U.S., over 265,000 women die from heart attacks annually; that’s more than six times as many who lose their battles with breast cancer. And ac-

ording to the Women’s Heart Foundation, worldwide, about one-third of all women’s deaths can be attributed to heart disease.

Know Your Risks and Lower Them

You know that smoking increases your risk for many diseases, including cardiovascular disease and cancer. But did you know that a woman who smokes risks having a heart attack 19 years earlier than one who doesn’t? That’s 19 precious years you could be throwing away by smoking. Meanwhile, if you have diabetes, hypertension, or are obese, your risk for a heart attack is also significantly elevated. Do what you can to mitigate these factors by regularly visiting your primary care provider (or your cardiologist if you’ve been referred to one), eating right, exercising regularly, and, if needed, entering a smoking cessation program.

Cardiac Health and Pregnancy

As noted above, hypertension – also known as high blood pressure – is a serious risk factor for heart disease in women. All women should pay special attention to their blood pressure, but this is particularly important in women who are taking oral birth control, have

gone through menopause, or who are pregnant. During pregnancy in particular, having uncontrolled high blood pressure can be life-threatening for both mom and baby.

If you are planning on getting pregnant, do what you can to lower your blood pressure ahead of time. This means losing weight, not smoking, exercising regularly, and taking your blood pressure medication as prescribed. Be sure to ask your doctor if your medication is safe to take during pregnancy and visit his or her office often during your pregnancy so your condition can be closely monitored.

Preeclampsia is a serious form of high blood pressure that can occur after the 20th week of pregnancy. Left untreated, it can cause low birth weight, premature delivery, and other serious risks for mother and baby. Tell your doctor immediately if you experience symptoms of preeclampsia while pregnant, including headaches, vision problems, rapid weight gain, and swelling.

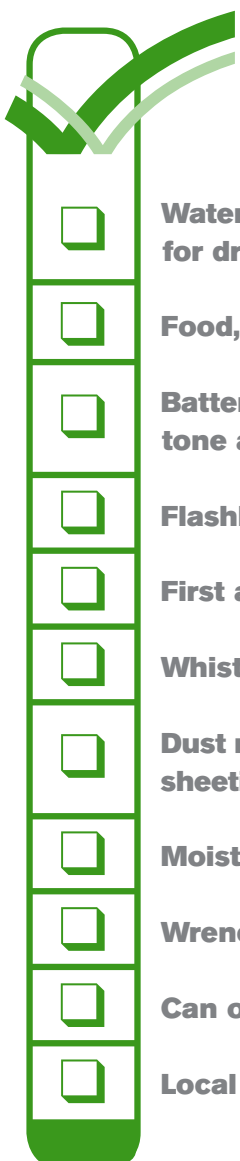
Good News

On the upside, women’s hearts have been shown to respond better to healthy lifestyle changes than men’s, and even small changes in your diet and exercise routine can make a real difference over time. So start showing your heart some love by visiting your doctor regularly, reducing your risk factors, and pampering yourself with healthy foods.

Dr. Patel is a non-invasive cardiologist with AdventHealth East Orlando. She is board certified in echocardiography, nuclear cardiology, cardiac CT, vascular ultrasound interpretation, cardiovascular diseases, and internal medicine. She has a special interest in women’s heart disease, cardiac imaging, and cardio-oncology. For more information and to make an appointment, visit AdventHealthCardiovascularInstitute.com or call 407-303-6588.



Emergency Kit Items – Hurricane Season 2019



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.



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For more info or questions
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ORANGE COUNTY PUBLIC SCHOOLS 2019-2020 SCHOOL CALENDAR

Monday-Friday	August 5-9	Pre-Planning August 7 Professional Development Day
Monday	August 12	First Day of School
Monday	September 2	Labor Day Holiday
Wednesday	October 16	End of First Marking Period
Thursday	October 17	Teacher Workday/Student Holiday
Friday	October 18	Teacher Professional Day/Student Holiday Teacher Non-Workday
Monday	October 21	Begin Second Marking Period
Monday-Friday	November 25-29	Thanksgiving Break
Friday	December 20	End of Second Marking Period
Two Weeks	December 23-January 3	Winter Break
Monday	January 6	Teacher Workday/Student Holiday
Tuesday	January 7	Begin Third Marking Period Begin Second Semester
Monday	January 20	Martin Luther King, Jr. Holiday (Schools and District Offices Closed)
Monday	February 17	Presidents' Day Holiday (Schools Closed/District Offices Open)
Thursday	March 12	End of Third Marking Period
Friday	March 13	Teacher Workday/Student Holiday
Monday-Friday	March 16-20	Spring Break (Schools Closed/District Offices Open)
Monday	March 23	Begin Fourth Marking Period
Monday	May 25	Memorial Day Holiday (Schools and District Offices Closed)
Wednesday	May 27	End of Fourth Marking Period/Last Day of School
Thursday-Friday	May 28-29	Post-Planning (2 Days)

**Have a great school
year, Lake Nona!**

SCHOOL UPDATES

INNOVATION MIDDLE SCHOOL UPDATES

BY CHRIS CLARK, PTSA

The Phoenix are ready to fly into the new school year. We are sad to see our “founding father” principal Dr. Maestre move onto a new role at Colonial High School, but we are proud of his accomplishments during our brief history. Congratulations to him on his well-earned promotion.

In preparation for the first day of school on Aug. 12, there are many pre-opening activities planned. Parents are encouraged to schedule a device pick-up appointment on Saturday, Aug. 3, from 8 a.m. to 4 p.m. or Wednesday, Aug. 7, from 12:30 to 6 p.m. See the website, tinyurl.com/IMSDevice2019, to schedule an appointment. Preliminary student schedules will be available during your pre-scheduled appointment. Parents and students are encouraged to attend Meet the Teacher on Aug. 8. Incoming 8th graders can visit between 10 and 11:30, 7th graders from 12:30 to 2, and 6th graders from 2:30 to 4 p.m.

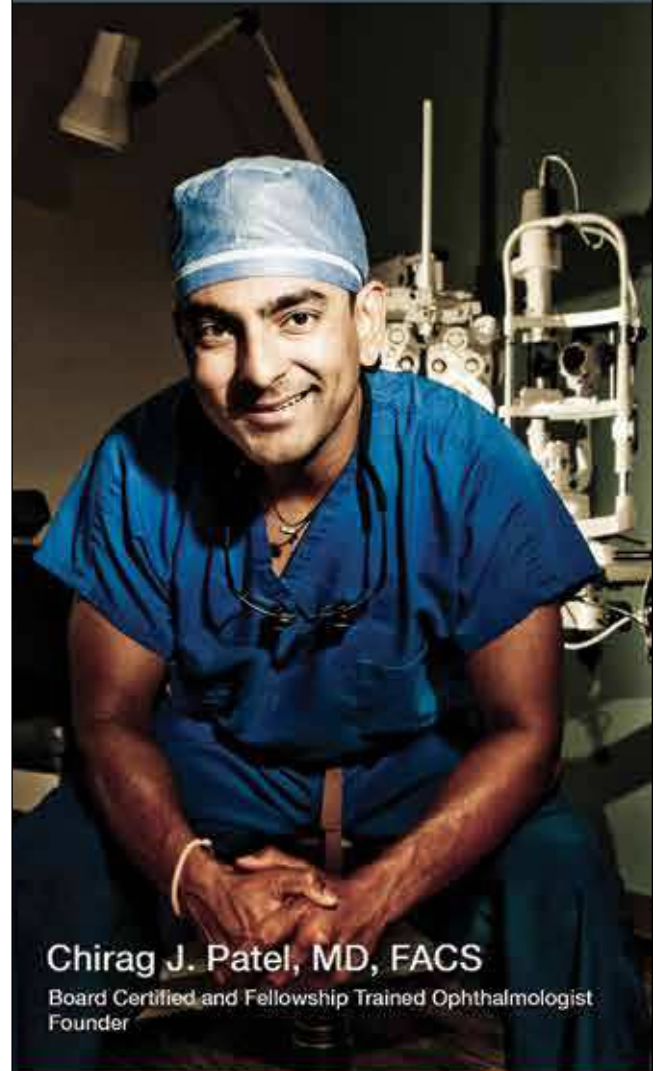
PTSA hosts many fun events and fundraisers during the year to help support the school. All parents and members of the community are encouraged to join. Membership is just \$10 and includes a discount card with special deals and local discounts for PTSA members. IMS STUDENTS are welcome to join and participate in meetings and events.

The first General Meeting of the PTSA will be in early September. Follow us on Facebook for breaking news.

Best of luck to our students and staff as the Phoenix soar into the new school year.



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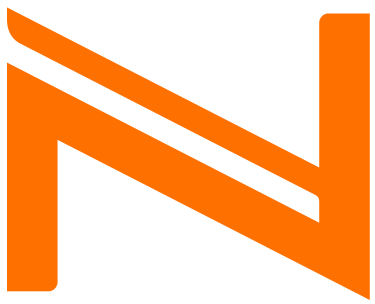
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entertainment

School, Volleyball, Repeat

E13



DAN DUREN
PHOTOGRAPHY



Kyle's Culinary Column: Thanks Shallot!

BY KYLE HAMM



The main difference between a shallot and an onion is their taste. Shallots have a sweeter, milder flavor with a hint of garlic and are also less crunchy and pungent than onions. A shallot looks like a small, long bulb with a reddish to gray skin. It is in the onion family, but it's also more formed like garlic than onions. When you peel the skin off of the shallot, it has cloves just like garlic.

Shallots require a rich soil for a proper crop and are traditionally planted on the shortest day of the year, then harvested on the longest day. You want to harvest the shallots before they flower, and then store them in a cool, dry area or hang them up in open weave bags.

The most tasty shallots are mainly in season from May to September, but you can find the dry shallots year round. When you're shopping for fresh shallots, look for firm, dry bulbs with no sprouts. The shallot should be well-covered with a papery skin like an onion and no sign of wrinkling or sprouting. You'll also find them available either freeze-dried or in a dehydrated form.

Weight-per-weight, a shallot has a better nutritional value than an onion. Shallots have more antioxidants, minerals and vitamins. Compounds in the shallot convert to *allicin* while chopping and crushing, and allicin is known for multiple health benefits. Health benefits, such as reducing cholesterol, decreases blood vessel stiffness and, furthermore, decreases the overall risk of coronary artery disease and stroke attacks.

Shallots have numerous methods of use in the culinary world. Substitute raw onions on your salad with shallots for a milder garlic flavor. Slice and give the shallots a quick pickling and add to her-t-coverts (green beans) with crispy bacon. Dice them up and roast them with new potatoes and dill, also very tasty with roasted butternut squash. My most favorite use with shallots is for a red wine and shallot sauce.

Caution: This recipe will cause crazy cravings and is not for those who are looking for the health benefits of shallots: The Red Wine and Shallot Sauce! Make sure your shallots are diced as tiny as possible, also called mignonette dice. Start with melting butter over medium heat, then add the shallots and cook until soft and translucent. Stir in sugar to make those shallots nicely golden and caramelized. Then stir in a little bit of garlic and thyme and cook together for a few minutes. Add your beef stock, red wine, and a splash of brandy with a bay leaf. You'll want to bring it up to a boil now for about



30 minutes, until the sauce is reduced by half. On the side, you'll mix together cornstarch and water, known as a slurry, and whisk into your sauce until it is smooth and thick.

This sauce will be for your amazing, premium four-pound beef tenderloin roast that has just finished roasting. Take the pan juices and add into your sauce, mix with more butter, and don't forget to season with salt and pepper! Serve on the side of your roast for flavor heaven.

Feel free to contact me if you have any culinary ideas of your own at kyle@nona.media! 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!



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Katie's Cucina: Pepperoni Pizza Toast

BY KATIE JASIEWICZ,
KATIESCUCINA.COM

I can't believe that school is starting this month! My little baby is off to elementary school, and I have such mixed emotions about it. I've now entered a new stage of life where for the next 13 years I will be setting an alarm, making early breakfast, packing lunches, and revolving my life around the school year calendar! It's definitely a bittersweet moment for me. If you are a planner like me, then you're already starting to think about school lunches and after-school snacks.

Growing up, I fondly remember making

English muffin pizzas with my mom as a kid. Within the past year, I've started making pepperoni pizza toast with my son. This recipe unexpectedly came together when he requested pizza for lunch. I did not have any flatbreads on hand nor English muffins, so I decided why not try it on a piece of toast. My children love eating toast with cinnamon sugar or jam, so why wouldn't they love to eat it like it was a pizza? From the first time I made pizza toast, it was an instant hit! I've now learned that my son can eat two to three slices of pizza toast in one sitting! It's also one lunch I can guarantee that my picky toddler will gobble up.

Making pizza toast is very easy and, best of all, takes about 10 minutes tops! First, you want to lightly toast your bread (you can do this in a toaster oven or conventional oven). While your bread is slightly toasting, gather all of your ingredients to make assembly a breeze.

Once your bread is lightly toasted, line a baking sheet with aluminum foil (hello, easy clean-up) and spray with non-stick cooking spray. Place the lightly toasted bread on the baking sheet. Then, top with marinara sauce. Next, add the shredded mozzarella cheese and finally the pepperoni. Repeat until all the toast is made. Bake in the oven until the cheese is melted and the pepperoni has cooked. Once the toast is done, remove from the oven, slice and serve immediately!

As long as you keep the four ingredients in your pantry/refrigerator at all times, you can easily whip up this recipe for an afternoon snack, lunch or even dinner! Wishing everyone (parents included) a safe and enjoyable school year!

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.



PEPPERONI PIZZA TOAST

Prep time: 5 minutes

Cook Time: 5 minutes | Total time: 10 minutes

Servings: 4

Ingredients:

- 4 slices of sandwich bread
- 4 tablespoons marinara sauce, divided
- 4 tablespoons shredded mozzarella cheese, divided
- 12-16 large pepperoni slices, divided (or 32 mini pepperoni slices, divided)

Directions:

1. Lightly toast the sandwich bread.
2. Once the bread is lightly toasted, line a baking sheet with aluminum foil and spray with cooking spray. Place the lightly toasted bread on the baking sheet.
3. Preheat the toaster oven to 300 degrees Fahrenheit.
4. Top each slice of toast with 1 tablespoon marinara sauce. Next, add 1 tablespoon shredded mozzarella cheese and finally 3-4 pepperoni slices. Repeat until all the toast is assembled.
5. Bake in the oven at 300 degrees Fahrenheit for 3 to 5 minutes or until the cheese is melted and the pepperoni has cooked.
6. Remove from the oven, slice and serve immediately.



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DECORATING DEN
INTERIORS

Nobel Notable Of Laureate Park: Niels Finsen, Faroese Physician

ARTICLE BY DENNIS DELEHANTY
PHOTOS COURTESY OF WIKIMEDIA COMMONS

This is the fifth in a series of articles that celebrate the lives of the Nobel Prize laureates whose names grace the 125 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.



Niels Ryberg Finsen by Wentoft.



Light therapy 1901.

Many of us often visit Google Street View, if only to compare the houses of former high school classmates with our own to see how well we're doing. In the Faroe Islands, the equivalent of that Google app is called Sheep View. Wait, what? Where?

Until recently, only avid stamp collectors seem to have heard of the Faroes, an archipelago of 18 islands positioned roughly equidistant from Iceland, Norway and Scotland in the Norwegian Sea. That is unfortunate because the 50,000 residents of this remarkable country (Faroe Islands) within a country (Denmark) enjoy the fruits of a highly developed, prosperous economy and a vibrant, productive democracy. Plus, allegedly, the world's fastest Internet, a fact that might make some Lake Nona residents swallow hard with humility.

One young Faroese lady, frustrated in her attempts to gain Google's attention to map her native islands in Street View, took matters in her own hands and affixed cameras to several of the territory's population of 80,000 sheep, dubbing her invention Sheep View. Her enterprise quickly gained fame worldwide and ultimately shamed Google into dispatching one of its camera cars to photograph the streets of the Faroes, thereby putting the archipelago literally on the map.

It was here, in this land of brutal beauty, that Niels Ryberg Finsen came into this world as the rumblings of Civil War stirred in this country. Finsen was of noble Ice-

landic stock, and his father served as what we would call elsewhere a governor of the islands. Finsen initially proved to be a mediocre student, first struggling at school in Denmark and Iceland but ultimately obtaining success at medical school in Copenhagen. After gaining his medical degree, Finsen stayed on at Copenhagen University, working as a prosector, where he dissected anatomical specimens for classroom demonstrations. Finsen pursued this job for only a few years for, by this time, he may have already suspected that he suffered from Niemann-Pick disease, in which excess fat forms in cells. Patients with this disease suffer from progressive loss of function of nerves, the brain, and other organs. So, in 1893, Finsen left this university post to pursue scientific studies full-time.

As Finsen's condition steadily worsened, he sought relief by sunbathing, which led him to undertake research on the curative effects of certain wavelengths of light in the treatment of disease, particularly Lupus Vulgaris, a form of tuberculosis that horribly disfigures the skin. Still in his 30s, Finsen founded the Finsen Institute of Phototherapy where, through the use of specialized equipment developed at the institute, he and his colleagues treated 800 patients, over 730 of whom responded favorably to the treatment. Through intensive experimentation, Finsen had discovered the bactericidal effects of ultraviolet light applied through crystal lenses in specified doses.

In his final years, Finsen was confined to a wheelchair. He left this life in 1904, at age 43, one year after obtaining a Nobel Prize for his discoveries related to light therapy, achievements that still resonate today in the field of dermatology. This remarkable man, still the only Faroese to win a Nobel prize, managed in such a brief lifespan to father four children while making contributions of historic proportions to medicine.

So, if you or any of your Lake Nona neighbors visit the Faroe Islands, please let the locals know that we have done our small



Faroe sheep Sumba.

part to honor that country's most accomplished native son, Niels Finsen, even if Google Street View is not yet available on our own Finsen Street. Perhaps several cameras strapped to the Longhorn cattle that graze Lake Nona's pastures might fix that, as we assert our own "Cow View." Then again, maybe not; although Google Street View has saturated the streets of the Faroe Islands, there is one place in the country that app has not yet penetrated, and that is the pedestrianized Niels Finsens Gøta (Street) in downtown Torshavn, the national capital. Only in Torshavn and Laureate Park (plus Copenhagen), and nowhere else, is Niels Finsen honored with the name of a street. Little did we know how much we share with our Faroese counterparts in our mutual admiration for a great Faroese Nobel laureate ... and our common aspiration to have Google Street View thoroughly map our neighborhoods!

Next month: Derek Walcott, Caribbean Homer

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. You can contact Dennis at donnagha@gmail.com.



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Dog of the Month



Maya

Owner: Milba Hurtado

Breed: Maltese

Age: 2 years old

Dog's Quirk/Story:

Maya is the most lovely girl. She is very protective of our family, loves to stay inside the house to stay fresh and clean, but is also very playful. Maya also loves to eat ice cream with her momma and get her hair done.



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: Stephanie Troisi

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
STEPHANIE TROISI

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: 25
Year Graduated: 2011
Occupation: Special Education Teacher
Current Location: Orlando, FL

Stephanie Troisi was in middle school when she moved to Lake Nona with her parents after her father retired. Her family has been in Lake Nona since then, while Troisi began her journey to where she is now.

When she was a student at Lake Nona, Troisi had a post-high school goal of double majoring at the University of Central Florida but wasn't entirely sure in which areas, something many students can relate to after graduating high school: "I was planning on going to UCF. ... I had an idea of what I wanted to study and do for a job but wasn't 100% confident and set in something."

But Troisi found her footing. She discovered what she wanted to major in, leading to her current career path. "I graduated in 2011 and did graduate from UCF with only one major in special education. I quickly learned that science wasn't my thing, so I detoured away from any double major in that area like I intended."

Now a UCF graduate, she was able to start teaching special education. "I quickly got a job in Lake Nona teaching. I went back



[to] UCF to earn my master's degree and moved out [of] Lake Nona. I still teach in Orange County; however, I work a little closer to home and will graduate with my master's in August."

Troisi says she rarely has free time since she works multiple jobs, but when she does manage to snag some free time, she has two special buddies with some pretty cool names to pass the time with her. "I like to hang out with my favorite people – my cat KitKat and my dog Snickers."

In the next five years of her life, she still sees herself continuing to be a teacher and hopes by that time that she'll only be working one job. She is close to accomplishing one of her current goals when she obtains her master's in Special Education later this month. Troisi also has a couple more goals set for herself before she enters the next decade of her life: "I'm focusing on being financially stable and not having lots of debt when I enter my 30s, so I'm working on decreasing that now in my 20s."

She also tells me about the milestones she's recently made after graduating from Lake Nona: "I purchased my own place in 2017. I adopted a cat in 2018 and a puppy just this year. I'll graduate in a couple weeks ... and am working on being the cool aunt to my two nieces." Being the cool aunt is no easy feat, but with all Troisi has accomplished, I'm sure she'll master that role in no time.



New Sunshades Installed Over Randal Park Playgrounds

BY CHRISTIAN CASALE

Playgrounds in Randal Park will be able to protect kids from the sun after a fundraising effort was able to deliver the money to install new sunshades.

The sunshades have already been installed over two playgrounds on Lovett Avenue and one on Gamemaster Avenue, and hopefully they'll prevent any unwanted trips to the store for aloe vera and encourage more time outside over the summer.

Katie Steuck is a Randal Park resident who helped get the funding for the sunshades. "We're thrilled," Steuck said. "Everyone in the community is really happy that this got done."

\$36,500 was raised for the sunshade structures. \$15,500 came from nearly 80 families in Randal Park, \$11,000 was donated by the City of Orlando, and \$10,000 came from Orlando Health, which is opening a three-story emergency room and medical



Three sunshades were erected over Randal Park playgrounds, Photo Credit Tony Firriolo



Three sunshades were erected over Randal Park playgrounds, Photo Credit Katie Steuck.

pavilion in the area that is scheduled to open in the fall of 2020.

Orlando Health also hosted a party on June 25 to unveil the sunshades.

"This was a way for [Orlando Health] to give back to the community," Steuck said. "And to start forming a relationship with the residents of Randal Park."

The remainder of the project was funded through the Randal Park Community Development District.

Randal Park is a planned community of mostly single-family homes southeast of downtown Orlando, right off State Road

417. According to Steuck, the community consists of nearly 600 single-family homes and two hundred townhomes.

Orlando Health's Randal Park location is planned to be 15 acres with a 42,000-square-foot emergency room, as a service of Orlando Regional Medical Center, with exam and treatment rooms, an imaging department, a lab, ambulance bays, a helipad, and parking infrastructure.

Adjacent to that will be a 60,000-square-foot medical pavilion with physician and ancillary services.

The sunshades are sure to be very wel-

comed by visitors to Randal Park playgrounds, especially as hot as this summer has been. According to the National Oceanic Atmospheric Administration, Florida's average temperature of 78.8 degrees in June was the warmest on record since climate records began to be tracked in 1895.

Needless to say, the sunshades should come in handy to park-goers that do brave the heat.

Nona Your Neighbor: Julie Everett

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF JULIE EVERETT



Julie Everett is a clinical documentation specialist and a mother. She is also a Nonahood resident. Read our conversation with her below!

Nonahood News: What is your job?

Julie Everett: I am a clinical documentation specialist, which means I have a clinical background in nursing. What I do is I review medical records from an inpatient setting to make sure they're accurate and reflect the person's health status. Most people don't know that your medical health record gets translated into quality scores for the hospitals and the physicians. We make sure that the information in the medical record is always accurate for the patient as well as from a reporting status.

NHN: What does your day-to-day schedule look like?

JE: My day-to-day schedule can start as early as 6 a.m. and go until 6 at night depending on how many meetings I have, how many physicians I have to talk to. I'm usually in between seven hospitals, so it depends on where my meetings are and what message I'm trying to relay for that

particular month. If I have a meeting at one hospital site, then I go out there for the day, hang out with the team. We are a team of 40 nurses, a couple medical graduates, and we have nurses at each facility. When I'm at those specific hospitals, I speak to the physicians, hang out with the team to make sure they don't need anything. I'm the educator over the department, so I go out there and educate them on new topics and trends that are going on in health care and new updates from CMS (Centers for Medicare & Medicaid Services).

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

JE: When a physician understands the initiatives the hospital is going for when it comes to accuracy and documentation. It's really rewarding when the physicians really see the impact they can have on someone else's life.

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

JE: Physician buy-in when it comes to clinical documentation because, in medical school, they weren't taught the terms and specific documentation that's required now.

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

JE: I work at Orlando Health. I used to be a NICU nurse on nights. I loved my job, but I wanted something different. Most of the time, nurses like to try everything in health care. I think this is just another chapter in my life. Also, it was new to the East Coast. It's like getting involved with something new, and it's about to take off. I like the thrill and building a program from the ground up.

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

JE: I used to play tennis at USTA (United States Tennis Association). I used to take classes. Sometimes, my friend and I get together, we play tennis here with the community. I like to paint sometimes. I like hanging out with my son at the theme parks. I attend Toastmasters. I just acquired the position of vice president over membership. I'm looking forward to bringing more awareness about Toastmasters for young leaders and people who want to work on their public speaking. I also love to travel.

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



JE: I see myself still in the same position but further along. Probably doing some side consulting in this area. Probably go back to grad school, attain my master's in leadership.

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

JE: I bought a house here like a year ago. Initially, I lived off of Lee Vista. I came to Orlando eight years ago. I went to college in Tallahassee at Florida A&M University. After I graduated, I worked for the Department of Health as the Influenza Coordinator for the state of Florida for years. From there, I went back to nursing school and then I got my first job at Orlando Health as a nurse. But I liked the [Lake Nona] area. It was new and it was growing, and my son was getting ready to enter kindergarten. Schools are very important to me. You want your child to go to the best schools in the area, so that's why I moved here.

NHN: Where are you from originally?

JE: Hollywood, Florida. That is between Fort Lauderdale and Miami.

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

JE: I like that it's family-oriented. I think that's what makes Lake Nona special within its own. It's not like that everywhere else. I like the fact that within the community, you know somebody. You can go to Publix and run into a parent or a child. It seems like everyone knows somebody who

knows somebody within the community. I think it's good for the kids to show them that this is how a community is supposed to be run, and this is how you treat people with respect. It just gives positive vibes. I also like USTA. I always loved tennis, so I was excited when USTA was built. I like taking class there when I have time. I like the different events that they do. For those who haven't been there, it's very pretty.

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

JE: You are moving into an area with a lot of hardworking families. People are really nice and welcoming. It's nice. You'll see kids outside playing, especially in the summertime you'll see a lot of kids around the pool. There's a lot of hospitals that are coming to Lake Nona, which is great for us because we have more accessibility to health care no matter what your insurance is. The healthier the people in your community, the healthier your overall community. You are welcome here. You have a second family.

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



Meet the Press: Demi Taveras

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF
DEMI TAVERAS

Demi Taveras recently joined the *Nonahood News* team as a staff writer and quickly took over the role of Copy Editor. She's a young soul who is so eager to learn, and she inspired the other members of the nona.media team upon her initial meeting.



Extrovert or Introvert? "Can I say extroverted introvert? I'm a little bit of both; I love meeting new people and socializing often, but I definitely take time out for myself to read, write and relax."

Indoors or Outdoors? "Indoors. Unless it's the beach or pool, then count me in."

Sun or Snow? "Sun! I've gotten accustomed to the Florida sun since moving here, and now I truly cannot handle anything under 50 degrees."

Dogs or Cats? "Dogs. I've always loved dogs but never got to have one growing up. Cats are a bit brooding, so I prefer the lightness and silliness of a cute, fluffy dog."

Vans or Converse? "Vans. Got three pairs sitting in my closet, and they just dropped a Harry Potter collection. I might have to spend some of my next paycheck on some Slytherin Vans."

Coffee or Tea? "Coffee! I drink tea, too, but coffee is a must every day, especially when I'm in school. If I don't walk into class with some Dunkin, something's off."

Adventurous or Laid Back? "I'm super laid back. A perfect day for me is laying on the beach, soaking in the sun, music in the background, and drowning out all requests to play volleyball."

Canon, Nikon or Sony? "Canon."

Books or TV? "Tough question, but as an English major, I'll have to say books. I love to read and get immersed in stories through that medium. Good writing can be powerful, and there's so many wonderful writers and writing styles out there. The possibilities are just endless with books! You can't go wrong."



What brought you to the Nonahood?

"So I graduated high school in Newnan, Georgia, and knew I wanted to go to university out of state. I really loved the University of Central Florida's campus, and UCF had the major I wanted, so I made the decision to enroll there. My parents always wanted to move back to Florida, so they saw it as their chance and bought a home in the Lake Nona area. I had originally been living on campus, but I moved back in with them after falling in love with Lake Nona."

What's your favorite hobby?

"I love to dance. I've always loved dancing since I could walk, and I studied jazz, hip hop, and a little bit of ballet and tap in dancing schools. Since I started college, I mostly go out to studios and dance Latin styles, but I'm always open to learning new styles and dancing the night away. And yes, I am that friend who dances around in public."

What's your biggest dream?

"My biggest dream is to work as an editor-in-chief one day for a publication or a publishing house. I'm graduating college in December, and I have a long way to go to master the ropes of editing and publishing. But I'm looking forward to starting that path and working toward that dream in order for it to become a reality."



Where do you see yourself in 10 years?

"Hopefully as an editor-in-chief! I'm speaking my answer to the biggest dream

question into existence. I also see myself married and having done a lot of traveling, as well as having lived in different places in the United States and maybe in Europe."

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Who's your biggest inspiration?

"My mother, without a doubt. There are many things to admire about her – her work ethic, her motherly instincts for everyone, her moral compass, her strength, her acceptance. My favorite characteristic about her is how unapologetic she is for being herself. Having someone like her as a mother makes me want to be a better person, so everything I do is to make her and my father proud."

What's your favorite book?

"It changes all the time, but right now, it's *In the Time of the Butterflies* by Julia Alvarez. It tells the true story of the four Mirabal sisters who were revolutionaries in the Dominican Republic during the dictatorship of Trujillo. Alvarez interweaves all four women's perspectives throughout the novel. Her language is gorgeous, her characters (based off the



actual sisters) are incredibly real, and as a Dominican woman, I was just so happy to read this book and see myself in these female characters."

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

"Moving from Georgia to come to Orlando, a place where I only knew a handful of people, and starting fresh in a new state at only 17 brought me extremely out of my comfort zone. I am so glad I took the leap and ventured out of what was comfortable for me. The experiences I've had here have shaped me into an entirely different person, and I'm very grateful for it."

Describe one of your most memorable experiences.

"My quinceañera. My fifteenth birthday when I had a huge, beautiful party with all of my loved ones. While it is traditionally the day a girl becomes a woman with the changing from ballet flats to heels (I did sneakers instead of flats), I felt that day was the turning point in my life where I gained confidence, maturity and security in myself and my future. And almost six years later, there's still much to learn and grow, but I believe it's only up from here!"

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



Mama's Turn: 50 Is NOT the New 30, and That Is Okay!

BY SHARON FUENTES



In a couple of weeks, I turn 50. I have sat at the computer for hours, staring at the empty screen trying to find the right words to express my thoughts about reaching this milestone. You see, I'm a bit confused as to how I am supposed to feel about turning the Big 5-0 and how I am supposed to celebrate this momentous occasion! While I am leaning toward the idea of throwing some wild soiree to start the new century (gosh, that feels weird typing that) off right, another part of me feels like hiding in a tent made from the hundreds of AARP pamphlets that keep showing up in my mailbox.

I don't feel 50. But I checked my birth certificate and did the math and, sure enough, I am turning it! I am not sure what 50 is

supposed to really feel like anyway. I guess that is what has me so baffled. Is 50 really the new 30, or is it permission to break out the elastic waistband sweats and surrender? While I must admit the idea of forgiving, comfy pants does have some appeal to me, I am certainly not ready to give up. In fact, I feel like I have just begun!

I don't want 50 to be the new 30, either. At 30, I was so wrapped up in the way I looked, being a good wife, social status, and trying to be super working mom. My need to be perfect was exhausting. Sure, my boobs were perky, my butt didn't sag, and I dyed my hair because I wanted to and not out of necessity. But I was so tired I couldn't see straight! Who would want to do that again? Not me. Heck, I need a nap just thinking about it.

I get why people would want to try to make 50 seem younger, though. In our society, aging is almost looked at as an illness instead of something magical. I know so many women who are terrified by the idea of getting older. To them, turning 50 is all about menopause, greying hair, and the inevitable sagging of neck skin. They seem completely unaware of the wisdom, poise and beauty that also comes with years of living. I am so grateful for being able to see these positive traits, at least most of the time. They make the popping sounds I hear while getting out of bed a lot easier to tolerate.

No, 50 is not the new 30! (Thank goodness.) 50 is 50! Fabulous, freeing 50! Filled with a sense of self, contentment, and an appreciation for life. I know what is important now, and worrying about my age and what others think about me is not! No longer do I feel the need to look backward with regret. My 50 years of living have taught me that forward is the only way to reach the top. And I plan on getting there with a margarita in my hand and a spring in my step. (But not too fast a step. After all, the knees are not what they used to be.)

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.



In the Garden: Is Your Summer Vegetable Garden a Producer or A Pest?

ARTICLE AND PHOTOS BY AMBER HARMON

How in the world does a summer vegetable garden in the Orlando heat become a producer? Well, you just need to know your climate and plant-heat-tolerant, pest-resistant summer varieties of vegetables. In zone 9b, I like to focus on many Asian varieties of vegetable plants that thrive in similar scorching environments. It can be a little intimidating to try new things when it's harvest time. I wasn't exactly sure what to do with the beautiful, but unusual, ruffles on the Asian winged beans. Fortunately, just like green beans, the winged beans can be steamed or sautéed with other veggies. They have edible flowers that taste like mushrooms, leaves that taste like spinach, and nutty-tasting roots that are sure to be a hit!



Winged Beans

I also grow things like okra, malabar spinach, longevity spinach, hot peppers, eggplants, winged beans, and other heat-loving vegetable plants. Plants that do not have these qualities will struggle, fail to produce flowers and fruit, and attract bugs to your garden.

On the other hand, if your garden is focused more on spring seasonal plants, around the end of June, you can see the spring plants begin to produce less as the days get hotter. Usually we're over 90 degrees steadily by July and for all of August. Leaves turn brown; bugs you haven't seen before just appear in your garden and take over their host plants. So, before all of that happens, remove the spring plants and either leave your garden empty or solarize your garden for the summer

months of July and August.

months of July and August.

The garden can also fill up with weeds in the summertime. Just like the bugs, the weeds appear where there was just black soil the week before. Then, gardeners either stay on top of weeding every few days, or the weeds just take over the entire garden. When pulling out weeds by hand, be sure to get them out by the root, otherwise those persistent ones will grow right back. Don't add the weed seed to your compost, either, or next season, guess who may just come right back when you add the compost back to your garden.

Even with the best of intentions, sometimes the summer can turn into a tangled mess of weeds and bugs. If that



Okra



Peppers

has happened and you want a fresh start, make the best of the heat and harness it to solarize your garden. Solarizing a garden is a process where we clear out all plant material, or at least cut it down so it can be covered. Get the garden wet and then cover it with plastic. From that point, let the garden cook for the next 6-8 weeks. Make sure that the garden is really sealed with the plastic so the heat doesn't escape. This will kill the bugs and weeds and get you to a lower maintenance garden for the fall season. Now, it also kills the good bacteria in the soil, so when you get ready for the next season, put some

extra compost and worm castings in to help build up that healthy ecosystem in your garden.

If you are interested in more information on the details of solarization, you can always trust the University of Florida to steer you right in your local garden. Their information is just for us in Florida, since we follow different gardening rules than the rest of the country: http://edis.ifas.ufl.edu/topic_soil_solarization

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!"



Family Shift: How to Get On the Same Page in Your Marriage

BY RODNEY GAGE, FAMILY COACH



RG RODNEYGAGE
YOUR FAMILY COACH

I have always been fascinated by watching the teamwork of rowing. At first glance, it doesn't look all that impressive watching eight people sitting on their "rears" going backward. However, the alignment, synchrony and precision of all eight blades hitting the water at the exact same time flawlessly is pretty impressive as they glide across the water.

It's the perfect example of the acronym **T.E.A.M.** (Together Everyone Achieves More). Imagine if we could get that same alignment, teamwork and synergy in our marriage, relationships or with our families as a whole. Unfortunately for many couples, what started out as the "ideal" turns into an "ordeal" simply because they have a difficult time seeing eye to eye and getting on the same page with the little things. These little disagreements (misalignment) can quickly escalate into becoming big issues that divide and derail marriages.

The decisions you need to make as a couple, whether it's agreeing on who is going to clean the house, how to discipline the kids, handle the finances, set boundaries with the in-laws, or who helps the kids with their homework, etc. are endless when it comes to dividing and conquering the many roles and responsibilities within the marriage relationship.

There are several factors that shape our attitudes, perspectives and expectations that can cause couples to feel like they are on two completely different pages or rowing in opposite directions:

- **Who did what in your home growing up.**

It's easy to transfer those same expectations into our own marriage.

- **What popular culture portrays through TV, movies, and social media.**

In today's ever-changing world, emerging trends within today's culture are redefining who does what and how things get done.

- **Our friends.**

It's easy to compare and expect our



spouse to do more of what our friends do and how they do it.

While there can be many "good things" or "best practices," we can learn from all of the above that benefit our marriage relationship; it is still important to discuss openly how you will agree to work together as a team in your marriage and home.

The question is, "How does a couple get on the same page?" Let me suggest several ways to do that.

1. **Think Who Before Do.**

At some point, a couple needs to decide this is how "we" want to do things. Make a list of things that are important to you. Title it, "This is what is important to us," or "This is who we want to become" as a couple or family. Knowing what is important to each of you individually will help you decide how to integrate your values collectively as a couple and family to ensure you get on the same page.

2. **We Is Greater Than Me.**

It's not about "me." It's about "us." It's about serving one another and putting the needs of your spouse before your own. This is called "sacrificial love." The more you are willing to serve each other and do what is ultimately best for the marriage and family, the faster you will move from where you are to where you desire to be as a couple.

3. **Agree to Disagree.**

Because everyone is wired differently, comes from different backgrounds, and sees things from their own unique perspectives, we will always have differing opinions as to who does what or how things should be done. However, when you think "who before do" and embrace the belief that "we is greater than me," it gives room to disagree on some things without it destroying your marriage because you are determined to not let anything stand in your way of "who" you are striving to become as a couple.

It's also important to allow each spouse to do what they do best and support and affirm each other's strengths. Knowing and understanding each other's strengths, weaknesses, personalities, goals and dreams will allow you to fight for your marriage and fight for each other because you have agreed upon who you want to become and the destination of where you want to go in your marriage and family. As the old saying goes, *it takes teamwork to make the dream work.*

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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Zen and the Art of Being Online: What Websites Can You Trust for News?

BY CHRISTIAN CASALE

I'm sure we all remember the American Wild West that was being online during the lead-up to the 2016 presidential election. Social media users were sharing dubious stories, websites were churning out sensationalist content like hotcakes, and everybody was extremely mad online.

What a time to be alive.

That time shaped online media into where it is now, with a lot of outlets choosing a side and catering to those who either like to be told that they're always right or want to feel like they're on the front line of some cultural battle of good vs. evil.

I'd like to posit a way to think through all of the news that we absorb on the internet and determine whether it is making us a more informed, well-rounded person or just constantly outraged and scared.

It's called PIE – and it shouldn't be too complicated, we all learned about it in grade school.

Typically, an author's purpose can be any combination of three things: Persuade, Inform, or Entertain. If we can think through the author's purpose of writing a news story, we may be able to decide if reading it

will make us a more informed individual or just outraged.

The ability to be a savvy internet user is becoming more and more important as we become dependent on it for our everyday life, including the news. A recent *Pew Research* report found that 53% of Americans get their news from either websites or social media.

How easy would it be to read or watch something online and be totally convinced of the point that was being made? Maybe you already had a view on it, or maybe it was your first time hearing about the subject – but either way, you've heard all the facts and your mind is set.

If only life were that easy.

When somebody tries to make their case to you about something like the gender wage gap, or the Electoral College, or immigration reform, there are a few factors you should consider.

Firstly, what type of website are you on? Do they tilt right or left, and how noticeable is it? It's important to know if you're reading a story through a partisan lens and what the extent of it is. You can still get good, substantial information from a website with a bias as long as you understand that there are multiple sides to every story.

To make sure that you're on top of things, I'd recommend something called lateral reading.

Say you read a story from *Vox*, which leans liberal, or *The Wall Street Journal*, which leans conservative. Before you think that you have all the facts on the subject, open a new tab, and look up the subject to find another story about it. See what one or two other outlets are saying about it, and you might come across a different view with different supporting claims.

Just because a writer is being technically factual doesn't mean that they are giving you a detailed outlook of every side of a

story; do some digging for yourself.

Rick Brunson has taught journalism at the University of Central Florida for 16 years, and he says that the reader has a lot of responsibility when it comes to absorbing the news online.

"It really comes down to critical thinking," Brunson said. "It comes down to what you think is the basis of truth; is it a fact, is it opinion, is it your own personal experience?"

It's important to be vigilant when reading the news online, to recognize good news from junk news.

Check to see if there are evidence and sources for the claims made in the story; who and where did the writer get their information from? You'll want to examine this for any partisan leanings – are they just quoting a mouthpiece for a political party or a think tank with clear political leanings? Remember that journalism is, at its core, about gathering facts and informing the public.

Evidence is essential in an article, but the presence of it alone doesn't back up a claim or mean you have the full story.

Ask yourself if what you're reading makes you a more informed voter or if it makes you see the other side's argument. You're not betraying anybody if you read and even empathize with something that you don't agree with. In fact, it'll probably be good for you.

Despite what some publications and politicians would like you to believe, people who have different political opinions than you are not blood-sucking villains hellbent on destroying America, and you aren't a brave foot-soldier on the front lines to stop them.



"To be a critical thinker takes a certain radical humility because you have to understand that the world is complex and life is complex and you may not have all the answers," Brunson said. "If you're already convinced of your own rightness, then you're going to find articles that confirm that."

You might also want to examine with yourself why exactly you clicked on that headline, shared that article on Facebook, checked that same website multiple times a day. Is it really because you think it makes you a more informed American, or because it might be entertaining to be angry or outraged at what the other side has done?

I always like to say, "Short-term decisions have long-term consequences." Feeding yourself a daily dose that makes you more cynical and more distrustful of other may seem harmless in the moment, but in the long run, it isn't good for any of us. We all need to take a hard look at how we digest the news and how we can do our part to be better at it.



SPORTS & FITNESS

Lake Nona's Local Golf Star, Briel Royce, Finishes Second at the National Drive, Chip & Putt

BY CAMILLE RUIZ MANGUAL



Briel Royce

Briel Royce, Lake Nona's very own golf star, came in second at the National Drive, Chip & Putt competition at Augusta National Golf Club. Drive, Chip & Putt is a free, nationwide junior golf development competition aimed at growing the game by focusing on the three essential skills employed in golf: driving, chipping and putting. The initiative was founded in 2013 by the Masters Tournament, the United States Golf Association, and the PGA of America.

Royce competed at three qualifiers – local, sub-regional, and regional – to earn her spot at the National Drive, Chip & Putt. At the national level, she competed against 10 girls between the ages of 7-9 from across the United States to earn her second-place spot. Royce is the only girl in this age bracket to represent Lake Nona at Drive, Chip & Putt since the competition's inception six years ago.

Royce described her time competing in the national tourney as "an experience like none other." She enjoyed the opportunity to enter the golf club by driving down Magnolia Lane, an exclusive entrance that is reserved for members and professional tour players only. Royce was also surrounded by other junior golfers and professionals who share her passion for the game. She was excited to meet the 2012 Masters Tournament winner, Bubba Watson, and to receive putting advice from two-time major winner Zach Johnson. Royce also received her trophy from 2018 Masters champion Patrick Reed and the first-ever winner of Augusta National Women's Amateur, Jennifer Kupcho.

This was an exciting competition not only for Royce but for her parents, too.

"It was a humbling experience seeing her on the exclusive Augusta National Golf Club course," they said. "Knowing the struggle of juggling time, she trained for the event with martial arts black belt training, prepping for the FSA, and volunteering in the community. Briel has only been golfing for two years, so we were extremely amazed with her accomplishment and composure on the course."

This year also marked a historical year for women's golf. This was the first time they competed at Augusta National Golf Club. Royce was able to meet many female play-



ers, including Florida native Alexa Pano. One of the highlights of her experience was being featured on the cover of the *Augusta Chronicle* with Jennifer Kupcho on the headline, "Championing the Future."

Royce began playing golf in an after-school program with the Roddy Golf Academy. She enjoyed the game, and it was recommended that she start competing. She loves golf because it allows her to be outdoors, play different courses that present new challenges, and meet people from all over the world on the course.

Now that she has come in second at Drive, Chip & Putt, Royce will continue to practice, compete in junior tournaments, and pursue a second opportunity to compete at Augusta. Her goal is to continue strengthening her game while enjoying the time she has on the course with friends.

As for advice that Royce would give to anyone interested in becoming a junior golfer or trying golf for the first time, she said, "Try out an after-school program where you can learn the basics. Have fun while learning and make many friends. Getting



out to golf is a great way to stay active, practice and have fun."



Briel Royce in the Girls 7 - 9 division drives during the Drive, Chip & Putt National Finals at Augusta National Golf Club, Sunday, April 7, 2019.

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

BY DEBRA LOWE, NONA CYCLE MEMBER

Nona Cycle, aka Nona Brew Crew (its original name), will celebrate its third anniversary as a cycling group later this summer. What began as a small group of local guys brought together by Lake Nona residents Spencer Phelps and Paul Pikel (who shared an appreciation of cycling and beer) is now a diverse tribe of more than 900 members who reside throughout the metro Orlando area – men, women and youth of all levels of cycling proficiency. But who are we beyond a pace line of colorful jerseys and spandex cycling the roads of Lake Nona and surrounding areas?

This month, you'll meet Lake Nona resident Tom Moscato and the non-cyclist, Nona Cycle Superfan Mike, whom we pass each Sunday during our morning Signature Ride.

Tom Moscato: Nona Cycle 'Changed My Life.'



Tom and Emmy, Photo Credit Tom Moscato

After living his entire life in Rochester, New York, Tom Moscato and his wife, Sonya, moved to Lake Nona in late June 2015. Their plan was to arrive prior to the birth of their first grandchild; however, she had other plans and arrived two weeks early. June 30 marked the next chapter of their life – they departed for Lake Nona the same day Tom retired after a 30-year career with Procter & Gamble. The Moscatos fell in love with the community, purchased a home, and have never looked back. When asked what he loves about life in Lake Nona, Tom shared that the community pays no regard to age; his friends, a diverse group of people bonded by a love of their community, range in age from their 30s to their 60s.

Tom was not a cyclist back in Rochester; he summarized his introduction to and



Tom and Levi, Photo Credit Tom Moscato

love of cycling in two words: "Brew Crew." Tom met Spencer Phelps, learned about his and Paul Pikel's then-small cycling group, then sat back and thought about joining for more than a year. One fateful day, he purchased a BMC bike, and the rest is history. Tom has been a regular with Nona Cycle since March 2018.

Reflecting upon his 54 years in Rochester, New York, as it compares to his five years in Lake Nona, Tom shared that he has three times as many friends now than he did in all his years living in his hometown. "Nona Cycle has been the nucleus of a vast majority of the friendships I have developed; it has changed my life," stated Tom. The two main benefits he has derived have been a sense of belonging – "the fellowship of Nona Cycle is like no other group" – and the substantial health benefits.

Tom shared that he is more a social than competitive rider; however, his riding skills are certainly enviable. That said, in true Nona Cycle fashion, he will be one of the first to encourage new riders – myself included. His positive attitude is infectious, and it's clear to all who meet him how much he loves cycling and his new home.

Superfan Mike From St. Cloud: 'Never Saw So Many Bikes!'



Superfan Mike, Photo Credit Debra Lowe

Nona Cycle's 30-plus mile Sunday Signature Ride initiates from Canvas Restaurant in Lake Nona, makes its way in to St. Cloud, crosses Highway 192, travels down one of the quaint "State Streets," and follows the St. Cloud lakefront before looping back to Narcoossee Road, where we convene at the Lake Nona Starbucks. The first time I rode with the group, I could not imagine why everyone was suddenly yelling, "Mike!! Mike!!" as we made our way past the homes on this particular "State Street." I looked to my right and saw something that at first did not sink in ... a home transformed into a Key West oasis with its owner standing outside his garage converted into a bar, waving a greeting to us all. This was my introduction to Nona Cycle's Superfan Mike from St. Cloud.

I caught up with Mike at his tropical oasis one afternoon to learn more about how he became our "Superfan" and what inspired him to transform his home into a Jimmy Buffet song come to life.

A lifelong resident of Osceola County, Mike is retired from a career he loved with the Southwest Florida Water Management District. He

purchased his home in 2004 and immediately began to transform his vision into reality. It would take hours to view the collection of memorabilia he and his girlfriend have acquired through their love of antiquing combined with mementoes given to him by visitors, so he pointed out some of his most treasured finds: the giant parrot and Tiki that was formerly property of Cypress Gardens; the Cowgirl Restroom door from the legendary Cracker House Saloon; a pirate he was drawn to during one of his antiquing adventures; dollar bills stapled to the ceiling reminiscent of Captain Tony's in Key West; the barmaid mannequin; and yes, even the Nona Brew Crew logo.

Mike shared that his unique residence attracts tourists who somehow have heard of his home and stop by for photos and a visit, how he's come out to his garage to find people seated at the bar ready to order a drink (he's a wonderful host but does not charge for his hospitality), and all the people he's met simply by bringing his dream to life. However, until the members of Nona Cycle began passing his home like clockwork on Sundays, he'd never seen so many bikes on his street at one time. So, one day he waved, and of course we waved back. We learned his name and the wave was accompanied by a chorus of "Mike!! Mike!!" ... and a tradition was born.

Given how some people view cycling groups as a nuisance, I asked Mike how he felt about so many of us riding through his neighborhood. "I think it's great!" he responded without hesitation. Spoken like a true Superfan.

Apparently, Mike's enthusiasm for Nona Cycle is infectious – we realized on a recent Sunday that we have new fans who stand outside their homes to wave a friendly "hello" as we ride by. We can only hope the Lake Nona community and beyond embrace us as a unique addition to the fabric of their neighborhoods, for we are after all your neighbors, friends and families.

"Bicycles are the indicator species of a community, like shellfish in a bay."
P. Martin Scott

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



Cowgirls Door, Photo Credit Debra Lowe



Mike's Bar, Photo Credit Debra Lowe



Mike's Bar, Photo Credit Debra Lowe



Tiki, Photo Credit Debra Lowe



Mike's parrot, Photo Credit Debra Lowe



Tom and Nona Cycle ladies, Photo Credit Debra Lowe



Tom, Paul, Spencer, Photo Credit Debra Lowe

Youth Sports: Let's Not Forget - Kids Must Do Kid Stuff

BY FABIO SILVA, FOUNDER OF
NONA SOCCER ACADEMY



Fabio motivating a Nona Soccer competitive U9 team,
Photo Credit Teri D'Amelio

I have three boys. Three athletes, three soccer players, and most importantly ... three kids.

I played soccer my entire life. In my college days playing at UCF, I came to realize that it was okay to NOT play competitive sports. I learned playing at a competitive level wasn't the end all be all in my life. I grew to understand it was more important to build healthy habits, stay active, be confident in who I was, have mental strength, be kind, and all of the positive attributes that we all know and want for ourselves and our kids.

But for kids, why are sports so important? Because of all of the above and much more ... plus FUN!

Our kids having FUN and enjoying playing and learning the game are the most important aspects of their involvement in their sport. However, being that I am present on the field and on the sidelines running a youth recreational AND competitive organization, I tend to observe parents and coaches, at times, taking the FUN out of soccer. Kids today are dropping out of youth sports more frequently due to the high pressure being put on them at such a young age.

Just this week I read one of the best quotes I have ever read on the challenging task of parenthood. The referenced quote is impactful:

"We worry so much what they will be tomorrow, that we forget who they are today."

In my opinion, this is the biggest truth in ALL of youth sports today.

Once, coaching high school, I went with my team to play in a city park in the Osceola County area. While there, I observed a father training his son right next to the playground. This little boy was approximately nine years old, and the practice was extremely well thought-out and intense! Lots of sprints, push-ups, more sprints, more push-ups, and when the little boy dropped his intensity, he had to pay with a full lap around the field. In one of the laps, this hardworking kid passed by my team of teenagers with tears in his eyes.

Let's not forget the boy was approximately nine years old.

This is just one true story. Sadly, this is happening more and more around the country due to the level of competition in all sports at all levels. I'm sure many parents can attest to observing a similar situation with a child. And one that hasn't even hit "double digits" yet!

In the last couple years, I've had the pleas-

ure to work with some professional soccer players and professional athletes from other sports. A similar story from all of them - what they liked the most about their younger years playing sports was not how many trophies they won, but the memories they built along the way. David Beckham said it best: "No one cared how many trophies I won when I was 10 years old."

I'm not saying that hard work is not important; it is! Building a great work ethic in every step of a career in sports or in "normal life" is a must. But, please remember that learned hard work must come along with a foundation of a lot of excitement, friendship and FUN! As parents and coaches, we are to set the stage by teaching our children this balance.

There are many ways to work with a child's mobility, coordination and fitness, and not forgetting to implement the FUN of the game, which is the main reason they started in the first place. As coaches, we need to be very careful on how we approach the development in the sport. The workout of a college player cannot be applied in the same manner to a child of elementary or middle school age. Physically, their body is not there, and mentally, even if they have dreams of playing at a higher level, they have to build up that mental stamina.

Spain has the top soccer academies in the world. They revolutionized the game a couple of years ago with soccer development for children. To make a long story really short, here is a brief summary of their development strategy:

Ages 3-6: Completely FUN and imaginary. The kids need to relate the physical activity to their own world. Let their creativity guide the practice. Guidance is more important than coaching here.

Ages 6-9: Fundamentals with FUN! At this age, they should be learning the basics of the game, lots of touches on the ball (soccer-specific), and small sized fields. The coaches must be actively involved at all times.

Ages 9-12: Lots of fundamentals and repetition. Lots of FUN! By now, some competition is implemented, but winning is NOT the most important thing.

Ages 13 and Up: Competition is implemented, but with the basics in mind still, enjoying the game, fundamentals are everything, win and lose as ladies and gentlemen.

At NONA, I consistently impress upon our families a simple non-negotiable:



Fabio with his 3 boys: Lehy, Moah and Luan,
Photo Courtesy of Fabio Silva

Kids play. Coaches coach. Parents cheer.

There is never a reason a parent should be yelling at their child or coaching from the sidelines. Never. No matter the result of the play or the game. The car ride home should be a safe place where he or she can openly talk about their practice or game because THEY are the ones wanting to play.

Remember, YOU are their biggest role model, and positive feedback is the most important thing you can do as a parent. And with that positive support, they will look forward to going back to the field or court for more ... because at the end of the day, the child does it for the FUN!

**Fabio Silva, Founder of
Nona Soccer Academy**

Recreational & Competitive
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Fabio with his 3 boys and wife Cris, Photo Courtesy of Fabio Silva

School, Volleyball, Repeat

BY CHRISTIAN CASALE



For Anna Davis, life is a balancing act. Traveling around the state and the country for beach volleyball competitions like the AAU National Championships and the Junior Olympics, maintaining a 4.6 unweighted GPA with a schedule full of honors and AP classes as part of Lake Nona High School's Class of 2020, and trying to lead a happy, normal teenage life.

Nonahood News caught up with Anna to find out how exactly she's able to pull everything off.

Nonahood News: What's it like balancing teenage life with a seemingly packed volleyball schedule?

Anna Davis: It's tough to find time to hang out with friends, but when I do have time, I make sure to fit in as many people as possible. The fact that a lot of my friends are also athletes makes scheduling even harder, but at least we all understand how valuable our downtime is.

NHN: How do your parents support volleyball and your overall lifestyle?

AD: My parents do pretty much everything for me. They support me emotionally, and they make so many sacrifices so that I can continue to play my best. My dad also used to play, so he coaches me, which has ups and downs, but overall it's great to have 24/7 help with my game.

NHN: How did you first get into volleyball? Do you or have you ever played other sports?

AD: It's funny because people assume I started playing because of my dad, but I actually came to the sport on my own. I started playing on Fort Lauderdale beach and then, after moving to Georgia, I played indoor volleyball for the club A5 while continuing to play beach during the summer and on my off weeks.

NHN: Was there ever a moment where you were like, "Oh, I'm good at this"?

AD: The feeling comes and goes as I continue to break down and build up certain skills. The biggest validation I got was when college coaches started to take an interest. My first sort of surreal moment with that was during my tour of LSU when I thought about how few people have the opportunity to play at such a high level.

NHN: Can you walk me through a typical day for you?

AD: During the week, I typically wake up at 7 a.m. to go to school until 1 p.m. I get out a period early because I have a personal trainer in Oviedo who I see three to five times a week. Then I go from Oviedo to Cocoa Beach, where I practice from 5:30 p.m. to 8 p.m. I typically get home around 9 p.m., then I shower, eat and do homework. If I'm lucky, I get about an hour to watch TV with my family. Tuesdays are my favorite because that's when *The Flash* comes on.

NHN: Do you ever feel burned out? How do you take steps to make sure you're always motivated?

AD: I definitely get that feeling, typically after a tough finish in a tournament or a bad practice. But I'm working on recognizing that and trying to take a day to just sit on the couch and binge Netflix for about 12 hours straight. After that, I'm well rested and eager to get back to work.

NHN: What are some problems that only volleyball players would understand?

AD: Well, first of all, sand gets everywhere! Clothes, sheets, ears, hair, you name it. Beach volleyball is also such a small community that playing people you know is always a problem. You hate to play your friends, but you gotta do what you gotta do.



NHN: What are your plans for the future, both in volleyball and life?

AD: Volleyball-wise, I definitely wanna play in college. Right now, I'm talking to [Division I] schools in California, Arizona and Florida, but I'm undecided at the moment. Once I'm in college, I plan to major

in pre-law, and from there I'll hopefully go onto law school where I can pick what field I wanna practice in. But I'm really excited for what's to come, and I hope volleyball will be a part of my life for as long as possible.



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Camp Gladiator Trainer Talk: Too Unfit for Fitness

BY VERNICE SALVERON-GASPER



"You don't have to be great to start, but you have to start to be great!" – Zig Ziglar

Have you ever heard someone say, "I'd like to exercise, but I'm just too unfit?" Or maybe this is something you say to yourself. As a fitness professional, this is a concern that I hear a lot! Fear of what people might think, fear of injury or being embarrassed of not being able to complete certain exercises – these are all genuine reasons for someone to avoid exercise altogether. But these fears limit your ability to engage in activities that are so beneficial to your health, and of course these fears are not true.

Telling yourself you are "too unfit" will never change your reality, and it's time to replace that negative self-talk with much more constructive words, like, "I may not be as fit as I want to be, but I am able to move, and over time I will improve!"

If you are feeling like this or know someone who may be feeling like this, please keep reading and share my recommendations for overcoming these fears.

1. Ignore Negative Self Talk

We are our own worst critics, and we often tell ourselves things that are far from reality. For example, I know that

some (women in particular) limit themselves from going to the gym, walking into the weights room, or starting a new fitness class because they think that people will stare or judge them. But in reality, most people are staring at themselves and are too worried about their own health, so other people are the last thing on their minds. The gym is probably one of the most ego-centric places in the world and, more often than not, I catch people staring at themselves and not at others.

2. Just Start

There will never be a perfect time to start exercising because starting should have happened months ago or even years. Don't wait for next Monday, or when you have a buddy, or when you get better workout clothes, **START NOW!** Exercises like running, walking, squatting, push-ups, lunges, sit ups, and stretching are all exercises that are 100% free and can be completed in the comforts of your own home. The most important part about getting started is to just **MOVE** the body and improve your fitness. Gradually build your own confidence with basic exercise movements, and move your body daily for about 30 minutes.

3. Invest in a Professional

If you are significantly worried about injury and have little knowledge on body mechanics, then investing in a personal trainer may be a good idea. This does not have to be a long-term commitment; however, gaining some basic recommendations and exercise tips could avoid the occurrence of injury. I also recommend that you research multiple fitness websites and reputable fitness influencers in order to help you with alternative exercises, tips and tricks. Please refer to my details below for any fitness and general health questions that you may have. I am more than happy to help!

4. Start Slow

Many people who are new to exercise start an exercise regimen that is too hard and too fast, which either leads to injury or burnout. If you are brand new, I would recommend that you schedule rest/recovery days and listen to your body during workouts. Pull back the intensity if needed and take things at your own pace. Your body will let you know when it feels good to push harder.



Location: Canvas Restaurant and Market | Photographer: Jim Uhing

5. Practice Makes Perfect

Like any other sport or activity, autonomy comes with practice and repetition. If you are new to exercise, things may feel awkward and uncomfortable at first; however, with consistency and repetition, your body will adapt and your skills will improve. Often, the things we are good at are the things we like, and the things we dislike are the things that challenge us. The only way to overcome this is to learn and become better at the things we are not so good at. I always tell my clients, "The exercise we hate the most is often the exercise we need the most."

Exercising for the very first time or the first time in a long time can be very daunting. Remember that you don't have to be great to start, but you do have to start to be great! You can always try out a free week with me at your local Camp Gladiator location (see details 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

Let's get you moving!



WHAT THEY SAY ABOUT COMMUNITY CONNECTIONS



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

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Lacrosse Casts Wide Net in Lake Nona

BY VALERIE SISCO

Kids in Lake Nona are picking up lacrosse sticks and joining one of the fastest-growing team sports in the country. Although interest in lacrosse is surging today, it's a sport played with a ball and stick that has existed since the 17th century. Originally played by men, it's been modified through the years with greater numbers of women

and girls becoming lacrosse enthusiasts.

As more girls want to play, Lake Nona Youth Sports is meeting the demand by offering its third season of SPEED Lacrosse™ for school-age boys and girls. SPEED Lacrosse™ is a simpler version of the sport, developed to appeal to both boys and girls and incorporate skills from basketball, soccer, hockey and tennis. It lets all players move around the field and interact with the ball more, with less standing and waiting that cause kids to lose interest.

"We've embraced the growing popularity of lacrosse by offering year-round lacrosse programs for the past two years," said Coach John Chin, director of lacrosse for Lake Nona Youth Sports. "SPEED Lacrosse™ has been very successful, too, and we now have about 80 kids playing

lacrosse in our community, gearing up for high school play."

Coach Chin and Chris Rullan, Lake Nona High School's lacrosse coach, recently hosted a Lake Nona community parent lacrosse meeting to answer questions and provide information. "We wanted to let parents know about our lacrosse programs and hear what we're doing to accommodate the growing demand for girls' lacrosse teams in Lake Nona," Coach Chin said.

A lifelong avid lacrosse player, Coach Chin is a Level 1 US Lacrosse Certified Coach and served as the boys' varsity lacrosse coach at Lake Nona High School during the 2016 and 2017 seasons.

Lake Nona Youth Sports started the Junior Lions lacrosse program four years ago after offering a free clinic to see if kids were

interested in playing the sport. In 2017, the Lake Nona Youth Sports Board of Directors decided to align the Junior Lions lacrosse teams with the Lake Nona High School boys' varsity lacrosse program.

"That helped prepare kids who were in middle school and enjoyed lacrosse to stay motivated and keep training and practicing for the opportunity for high school play," Coach Chin said.

Both the high school and Junior Lions programs are gearing up for the fall season of lacrosse after SPEED Lacrosse™ concludes.

Visit LakeNonaYouthSports.org for more details about lacrosse programs for young athletes in grades 1-12.



Photo Credit John Chin



LAKE NONA YOUTH SPORTS

"HOME OF THE LAKE NONA JR. LIONS"



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CURRENT EVENTS

- **Football & Cheer**
 - Register Now! 1st Game Aug 24th @ LNHS
 - JRLionsFootball@LakeNonaYouthSports.Org
- **Lacrosse Summer Speed Camp** – email us at:
 - JRLionsLacrosse@LakeNonaYouthSports.org
- **Wrestling** – Fall season coming soon
 - JRLionsWrestling@LakeNonaYouthSports.org
- **Baseball**
 - Partnership with SOBR. See website for updates and more information.

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

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The Lake Nona Book Maven Review

Title: *The Death of Mrs. Westaway*

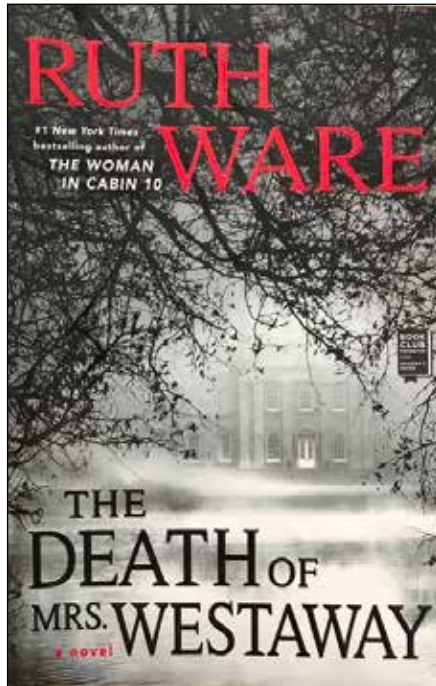
Author: Ruth Ware

Some time ago, I read Ruth Ware's *The Woman in Cabin 10* and liked it. And recently, a book club friend suggested I try Ware's newer book *The Death of Mrs. Westaway*, so I picked up the paperback. I had heard that Ware's *The Woman in Cabin 10* was a *New York Times* Best Seller and that her newest book, *The Turn of the Key*, due to be released toward the end of this summer, was praised by a PBS book reviewer. So, *Mrs. Westaway* seemed like a good choice.

Ware seems to write creepy, dark, suspenseful British mystery stories that are not really violent or too scary – just right

for a good summer read. This novel contains some of the traditional creepy story elements: an old, broken-down mansion where utilities don't always work, the only caretaker is miserable and sometimes frightening, the death of a relative the main character never knew, the prospect of an inheritance, and a long-buried family secret the main character must unravel – and then there are the magpies!

The story begins when one day, 21-year-old Harriet (Hal) Westaway almost misses a letter in the mail that informs her she is a beneficiary in the will of Mrs. Hester Mary Westaway, a relative Hal has never heard of before. Hal has no other family and is convinced they must have the wrong



Harriet Westaway, so she sets off to go to the funeral and perhaps to explain that she's not the person they're looking for. For a few days, Hal goes along with all the events still convinced they've got the wrong person. But as she meets the rest of Mrs. Westaway's family, she starts to question not only who she might be related to, but who she is herself.

The old family house where they all stay during the reading of the will and sorting out of the estate is the perfect setting. The main beneficiaries in Mrs. Westaway's will are an odd group of siblings who don't really get along. They were all quick to leave home when they could, and

all agree that Mrs. Westaway was a terrible mother who set them all against each

other when they were children.

The plot is a good one. Early in the book, you might think you know where this story is going and wonder how could this book continue for another 200 pages! Then, the tables are turned, and what we think are the facts turn out not to be true at all. As new facts continue to be revealed, the plot continues to turn. The main characters are well-drawn, although I did find myself referring back to be clear about which brother was which. I finished the book in a couple days, which by my standards tells me the plot is compelling.

Ruth Ware's books all seem to be traditional gothic, creepy novels. But they are all different from each other in setting, characters, and plot. This one has just under four stars on Goodreads, was a *New York Times* Best Seller, and was just suspenseful enough for me. It kept me reading but was not so dark or frightening that it would keep you up at night. If you're looking for a good summer book, this, or one of Ruth Ware's other novels, may be just the thing.

Sunny Side Up: Seasons

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.

We live where others vacation. This befuddles me.

I get calls at work. "Hey, Sweet Love of My Life, the kids and I are going to the pool, do you want us to wait for you, or should we go ahead?" – Call received November 13, 2015.

Yet Floridians grumble about the lack of seasons, to which I try to recount what seasons are actually like. I'm from the Midwest. Summer there is like a fire brick oven. There, even tumbleweed can't find the energy to tumble. Fall is nice for a few minutes until I realize that with the arrival of all the fantastic colors comes the pollen plague of nasal pollutants that sends you to every allergist within a 100-mile radius. I glare at doctors with bloodshot eyes pleading, "Please, I think I just sneezed up a Lego." Why a Lego? I have kids.

In the winter, they warned us not to go outside. If we did, we should cover our mouth, ears and eyes. Our eyes?! How terrifying the thought of eyeballs frozen in their sockets. Shudder.

Then came spring with its springy potential. Beware spring, it could seduce us into thinking that seasons were good. We had to remember that we were stuck in a never-ending cycle of meteorological doom, which could eventually lead to our demise. Or at least make us go see more allergy specialists. Same thing.

So I'll take Florida, with its wet season, gently followed by a dry season, and repeat. I'll take this reminder that we're where everyone else in the country, plus a few Germans and Brits, wish they could be at this very moment.

I mean, have you ever called into work to say, "Friends are visiting from out of town, and they want me to be their guide for the day at Disney." Or, "I'm not feeling so good today, I think I'm going to make myself a strawberry daiquiri, go sit by the pool, and read something terrible." Or, "I can't think



of a good lie right now, but all the vacationers are around and I just can't stand it anymore; I'm going to go play. Want to come?"

I've also lived in the Pacific Northwest, another vacation destination. However, it's a summer-only destination unless you like to ski. For those of us not paper mache-d out of money, non-summer in the PNW can make one feel like that drop of water oozing down the window pane of life.

I'm one of those who gets a little down with the weather. Happy people tell me to exercise. Have you ever gone for a jog where you don't need to bring water, as you'll simply inhale it, you won't need a shower, as you'll gently be misted (not Disney misting), no small dogs will yap, since they're too tired, and you might just see depressed birds falling out of trees? Don't try it.

When I was in the PNW, my folks suggested I get a lightbox to fight my drum-drops. My own personal box of cheer sounded nice, so I ordered it. A sterile white box arrived on my moist doormat. I set it up and flicked it on. As it glowed on my face, I felt I was in a sort of hospital prison, where the bad

cop turned the light on and asked, "For the last time, Philip, did you or did you not rob the convenience store with a squirt gun? We have you on record yelling, 'I'll squirt everyone wet since we're never wet around here, ha-ha. Come on, folks, we must eat ourselves happy, all candy is free!'"

Unreasonably happy folks in the PNW told me I just needed to go ahead and do everything I'd normally do, when the sky is falling. Or pitifully rising up in mist around me. So I bought a bunch of water balloons and pelted pale-faced kids poking heads out their front doors. They were probably checking to see if the sun was out. Hopelessly hopeful kids.

So, on the days when I feel blue-to-vermillion black, I'll take Florida. I can step outside and gaze at the bright ball of cheerfulness in the sky. At least it'll thaw out my frozen eyeballs from the Midwest.

As I type, I'll take looking outside our kitchen window at all the greens that make up our marshy mosquito haven of a backyard, with its maples, bald cypresses, ferns, and the treehouse I built in a fit of happiness.

"Oh look, kids, a hawk just landed on the treehouse, see that? What's it doing? It's pecking at something. Ugh. Wait, kids, don't look, I think it's a bunny. Argh. Yikes. Kids, stop looking. No, it's not playing with a big purple piece of gum. Everyone think happy thoughts. Pretty thoughts. I'm going to go cry in my room for a bit now."

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

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

Binge-Watching in the Nonahood: *Black Mirror*

Rated TV-MA

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
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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!

*Spoiler alert for Season 5 of *Black Mirror**

Since being bought by Netflix in 2015, the sci-fi TV show *Black Mirror* has been one of Netflix's major recurring series, known for its storytelling on how technology has catapulted our society into the unknown and how it can weaken our humanity. Last year, an interactive *Black Mirror* movie premiered on Netflix called *Bandersnatch*, and although it was an interesting experience to embark on a choose-your-own-adventure with a *Black Mirror* spin (I do recommend watching it once or twice), I was more excited for a new season of these radical, intense episodes. Sadly, in the new season, there were only three episodes for me to binge – I easily finished them in a day – but I was able to finally get my *Black Mirror* fix.

If you've never seen *Black Mirror*, it's important to note that the series is an anthology, so none of the episodes follows the same storyline. You can pick, choose and bounce around seasons to your heart's desire!

The episodes that I've seen the most buzz from are "Striking Vipers" and "Rachel, Jack and Ashley Too." "Striking Vipers"



focuses on an in-depth and realistic virtual gaming experience between two best friends that greatly affects their friendship and their personal lives. "Rachel, Jack and Ashley Too" features Miley Cyrus in a similar role to Hannah Montana, where she's a huge pop star with an alter ego named Ashley O; Ashley O's team makes miniature, robotic versions of her that her fans can purchase and interact with, as if Ashley O were right in their bedroom. It's not hard to imagine how that can go awry. However, I haven't seen much talk about the second episode "Smithereens," which is why I'm choosing to focus on it in this review because, in my opinion, it was one of *Black Mirror*'s most meaningful episodes.

In "Smithereens," we're following a man named Chris, a cab driver in London. Chris seems to be picking up people coming from one building: Smithereen, which we find out later is a social media company. At first, he gets discouraged when he's unable to pick up an actual employee of Smithereen, but then he finally gets his chance when he picks up a man named Jaden.

Chris kidnaps Jaden, and we start to see his motives unravel. While transferring Jaden to another car, he finds out Jaden's just an intern, gets discouraged once again, then decides to continue on with taking him hostage. As Chris drives to another location, Jaden sits in clear sight in the back seat with a bag over his head, and police obviously see him and begin to follow Chris' car. This starts a standoff between Chris and the police, since Chris threatens to kill Jaden if he doesn't get to speak to Billy Bauer, the CEO of Smithereen.

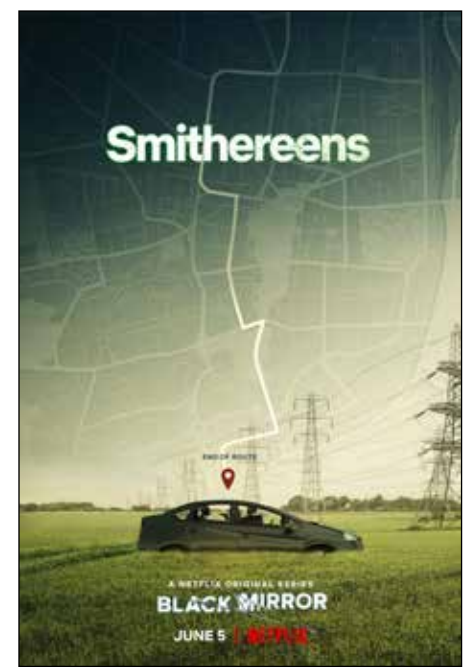
A chase to get Bauer on the phone with Chris ensues, even though it's laughable and pitiful how reluctant the Smithereen employees are to phone Bauer in this life-or-death situation. Since Smithereen

headquarters are in the U.S., the FBI gets involved, and those in Smithereen headquarters manage to find Chris' information through his old Smithereen profile, faster than both the FBI and the British police – not hard to imagine that happening in real life, either.

Finally, the COO contacts Bauer, and after constant protests from both her and the FBI, Bauer gets on the phone with Chris. Here is where Chris tells Bauer all he wants is for Bauer to listen, and he confesses to Bauer how addicted he was to Smithereen. His addiction led him to check his notifications while driving, and in that instant, he got hit by a drunk driver. His fiancé, who was in the passenger seat, was killed. Chris tells Bauer he feels as if it's his fault and wanted to tell Bauer since it's his social media network. "Bit of user feedback for you there," Chris says.

Chris then says he's going to release Jaden and commit suicide. Jaden tries to stop him, now understanding Chris' thought process with this entire charade, but the British police get a clear shot of Chris, a shot is fired, and the screen goes black. Then, in a montage, we see the world's reaction – people getting the notification that the standoff is over and continuing on with their lives. One man checks the notification as he's driving and gets honked at from the car behind him. Even Bauer just closes his eyes and continues his retreat.

The lesson in this episode is important because this storyline is completely plausible. It's something that we might see in the news today or tomorrow. We have to remember to take a step back from our phones, to realize the people behind the screens are real, and that our attention shouldn't always be on social media. I highly recommend watching at least "Smithereens" in the new season of *Black Mirror* and to let it resonate with you like



it did with me. It reminds us that, more often than not, we need to do better for the sake of our humanity.

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: Summer 2019 Playlist

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
KACEYMUSGRAVES.COM,
MARCANTHONYONLINE.COM, AND
KEHLANI.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.

It's August, the last month of summer, although here in Lake Nona, it can seem like the summer stretches far past this month. But even in our Florida heat, those of us who start school or work again must leave behind the summer vacation – at least until the weekend.

For this month, I wanted to look back on some of my favorite songs that were on repeat throughout the summer days of 2019, during the pool parties, the beach days, cookouts, bike rides, everything. Check out this playlist of 10 songs that made the best soundtrack for this summer.

1. "Butterflies" by Kacey Musgraves: I'm kind of late on the Musgraves train, since "Butterflies" came out on her 2018 album *Golden Hour*. I really en-

joy how laid-back and breezy this country song is. I think it's the perfect song to listen to on a summer morning with a cup of coffee and the sun's bright rays shining through the window.

2. "Con Calma" by Daddy Yankee featuring Snow: A Spanish remake of Snow's "Informer" that makes for one of the catchiest songs to dance to this year. Even though I wasn't born when "Informer" came out, I'm a huge fan of it, and I think this remake does the original song justice. It's just too hard to stay still when this song plays.
3. "No Guidance" by Chris Brown, featuring Drake: I knew this song would be an instant hit when I first heard it. That's expected when it comes to Drake; as of lately, he's constantly had hits plague the summer charts. "No Guidance" is yet another one to add to his list.
4. "Borderline" by Tame Impala: Oh, Tame Impala, it's been too long – three years without new music. "Borderline" is one of the grooviest songs of the year. I love listening to this rock group and feeling like I've stepped into the '70s.
5. "RPG" by Kehlani, featuring 6LACK: This song has quickly become one of my favorite R&B songs. A solemn piano in the background and the vinyl crackles within the song give an old-time quality to these two modern voices.
6. "Boasty" by Wiley, Stefflon Don, and Sean Paul, featuring Idris Elba: So "Boasty" is how I learned that British actor Idris Elba can rap. His chorus makes this dancehall song so much fun to listen and rap along to. Also, who can resist those lovely DJ air horns?

7. "Blank Marquee" by Yuna, featuring G-Eazy: Sometimes I hear a new song at the most random time, and I have to stop, pause, and take out Shazam because there's no way I can continue on with my day without knowing the name. "Blank Marquee" is one of these songs, and I don't think I've gone a day without listening to it the entire summer. It has an overall feel-good vibe to it, and it's the most original-sounding pop song I've heard in a long time.
8. "Con Altura" by Rosalía and J Balvin, featuring El Guincho: A very hype reggaeton thanks to La Rosalía's Spanish bars. There's no way you won't feel ready to take on the world after listening to "Con Altura." It's also great to work out to.
9. "Soco" by StarBoy: Prepare to be swept away on an island vacation with this one. I can never get enough of Caribbean rhythms when summertime comes around. I'm always going to think back to summer with "Soco."
10. "Parecen Viernes" by Marc Anthony: I'm finishing off this playlist with the legendary Marc Anthony and the second single from his album *OPUS*. To translate a little, he says in the chorus, "With you, every Monday feels like Friday." And I can relate; summer also had me feeling as if every Monday was Friday, and every Tuesday, and every Wednesday...

I hope everyone has had an amazing summer and that the fall treats you just as well!



The Nona Film Review: *Murder Mystery*

Rating: PG-13

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
NETFLIX.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.

I'm a big fan of comedy movies; I'll almost always give any one a chance. I especially feel like comedies are perfect to watch on days when you want to get away from your daily routine, when you just need something silly and jovial to distract you. No matter how predictable the storyline might be, they're always fun, and you'll

be guaranteed some laughs. After watching *Murder Mystery*, Netflix's newest comedy film starring Jennifer Aniston and Adam Sandler, I decided to review it for August since it's the time summer is winding down; this movie can serve as a little break as we gradually start to enter the new school year.

You can guess from the title *Murder Mystery* that the plot of the movie is similar to one of a murder mystery novel, so I'm not going to give away too much about the movie so that I don't reveal the entire mystery. Aniston and Sandler play a married couple called the Spitzes who embark on a vacation to Europe that leads them into fiasco when a murder occurs on the yacht they've been invited onto. Having seen them together in a rom-com before, I enjoyed seeing their rapport on screen again, and I liked how realistic the Spitzes' marriage was, mostly due to their constant



bickering that made for plenty of good jabs and jokes. A majority of the time, it felt like watching your own parents leaving on a European vacation and, of course, getting themselves into some trouble.

The rest of the cast is comprised of a refreshing ensemble of actors and actresses that I've only seen in a handful of movies. The main characters include an actress, a viscount, a billionaire and his son, the billionaire's new wife, a Formula 1 race car driver, a colonel and his bodyguard, and a maharajah. I felt like I stepped into a live version of the Clue game when all these characters were introduced, which certainly piqued my interest as I started to wonder who would commit the murder with what weapon and in which place. But before I could begin to form a hypothesis, there would be a turn of events that left me scratching my head about what had just happened. This movie builds up the suspense really well in a short amount of time by

adding so many secondary storylines, and I'm already awful at solving mysteries in the first place, so my guesses were way off base. However, I didn't mind because *Murder Mystery* kept me guessing – and shaving down my list of suspects – until the last few minutes and made me feel that not only was the mystery worth it, but the ending was well deserved, too.

So, whether you want to have your own little murder mystery dinner right at home or just have an excuse to play detective for a bit, I recommend watching *Murder Mystery* on Netflix. Here's to hoping your skills are better than mine, and if they aren't, at least you get Adam Sandler's jokes!

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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**SUNDAY, OCTOBER 13, 2019
LAKE NONA TOWN CENTER**

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

AUGUST

events

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

- 2-6 Florida's Sales Tax Holiday Weekend
- 6 LNRCC First Tuesdays | After Hours at Hyatt Regency (5:30-7:30 p.m.)
- 7 Rotary Club at Drive Shack (5:30-6:30 p.m.)
- 8 LNRCC Breakfast Connections at Eagle Creek & The Belfry Restaurant (8-9:30 a.m.)
- 10 City of Orlando Crime Prevention and Neighborhood Safety Workshop (9:30-11:30 a.m.)
- 10 Boxi Park's Flashback Saturday '80s/'90s Night Featuring Switch! (7-10 p.m.)
- 12 First Day of School for Orange County Public Schools
- 13 LNRCC Contagious Connecting at Ronald McDonald House (8-9:30 a.m.)
- 14 Rotary Club at Drive Shack (5:30-6:30 p.m.)
- 15 Cars & Motorcycles Business Mixer at Canvas (6-9 p.m.)
- 16 Harry's Sip & Savor Craft Beer Pairing Dinner at Rosen Centre (6:30 p.m.)
- 17-18 25th Annual Harvest Grape Stomp at Lakeridge Winery & Vineyards (10 a.m.-5 p.m.)
- 18 EOCC 11th Annual Strike Out Breast Cancer presented by JA Edwards of America (1-4 p.m.)
- 21 Rotary Club at Drive Shack (5:30-6:30 p.m.)
- 22 EOCC Coffee Club Nona at Sam's Club (8:30-9:30 a.m.)
- 23 LNRCC Business Luncheon at 310 Nona (11:30 a.m.-1 p.m.)
- 24 (W)HOLISTIC EXPO at Regenerative Sport, Spine and Spa (11 a.m.-2 p.m.)
- 28 Rotary Club at Drive Shack (5:30-6:30 p.m.)

Save the dates

- Sept. 18 UCF Health Wellness Workshop
- Sept. 27 TEDx Boggy Creek
- Sept. 28 Run Nona 5K & Nemours Kids Run
- Sept. 28 Central Florida Children's Home Clyde F. Green Memorial Golf Classic
- 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



Category:	Winner
Best Brunch:	Keke's
Best Quick Bite:	Bolay
Best Dinner Date Night:	Nona Blue
Best Happy Hour:	Nona Blue
Best Bartender:	Natalie (Nona Blue)
Best Food Truck:	Cousins Maine Lobster
Best Social Gathering/Bar:	Nona Blue
Best Chef:	Jason Bergeron (Canvas)
Best Coffee:	Starbucks
Best Sweets:	Jeremiah's
Best Community Leader:	Fabio Silva
Best Nonprofit:	Nemours Children's Hospital
Best Doctor / Medical Professional / Doctor's Office:	Nemours Children's Hospital
Best Nail Salon:	Jacq & Jack
Best Small Business:	Sweet Mama's
Best Barber:	Raffy (Jaca's)
Best Hairstylist:	Aixa Bayala (Jacq & Jack)
Best Veterinarian:	Lake Nona Animal Clinic
Best Pet Groomer:	Stacy (Woof Gang Bakery)
Best Neighborhood to Live in:	Laureate Park
Best Office Space:	Lake Nona Town Center
Best Dentist:	Dr. Michael Oslund
Best Child Care:	YMCA
Best Local Sports Group / Team:	Lake Nona Lions
Best Activity/Entertainment:	Drive Shack
Best Art Installation:	The Beacon
Best Local Band:	Raydio Band
Best Local Artist:	Alyssa Raghu
Best Realtor:	Kevin Kendrick

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