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## THE ARTIST: THE SACRAMENTAL IMAGINATION

ON PAGE 16



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# EDITOR'S NOTE

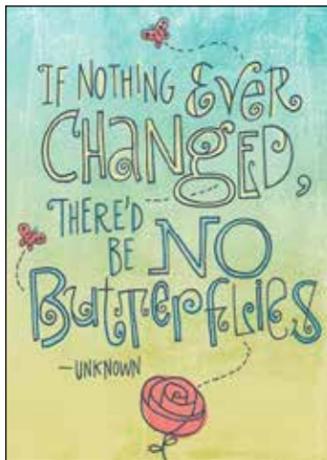
## Wings of Change

BY ELAINE VAIL



It was 11 months ago that I wrote my Editor's Note about change ([www.nonahoodnews.com/editors-note-change-air/](http://www.nonahoodnews.com/editors-note-change-air/)). A heck of a lot has happened in that time. I'm learning to embrace change as a vehicle for opportunity, improvement, self-reflection, and discovering what I'm really capable of and what I really want in life.

I have many favorite quotes, but one that has been prominently displayed on my fridge door for more than six years – has been a constant reminder to me that painful moments can stretch us to become more than we anticipated was possible. "If nothing ever changed, there'd be no butterflies." Who wants to live in a world without butterflies? Not me!



I definitely do not want to become rootbound or stagnant. I thrive on learning and growing. But, I've struggled to reconcile this need and desire with the accom-

panying growing pains, uncertainty, and stepping outside of my comfort zone. Nothing is more consistent, certain and inevitable than change itself. So, I've decided that embracing it – even expecting it – is the only way to lessen the pain and find joy.

We often treat change as the enemy, and we resist it without even knowing the results of the prospective changes. It's human nature. But, without change, we cannot progress. It is a fact of life, and we are better off if we learn to use it to our advantage and recognize the good that comes from it. If we are thoughtful, careful and mindful, change can be profound and rewarding.

In his book *Mere Christianity*, author C. S. Lewis taught the value of change, albeit in our limited vision at times, by sharing the following analogy: "Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and

so on: you knew those jobs needed doing and so you are not surprised. But presently he starts knocking the house about in a way that hurts abominably and does not seem to make sense. What on earth is He up to? The explanation is that He is building quite a different house from the one you thought of – throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards. You thought you were going to be made into a decent little cottage: but He is building a palace" (C. S. Lewis, *Mere Christianity*, New York: MacMillan Co., 1960, p. 160).

Have you ever felt that you were happy with being a cottage but were being pushed to become a palace? What could you do with another wing in your "living" house?

Speaking of wings, I've always been fascinated by the metamorphosis of butterflies and moths. As they emerge from their cocoon or chrysalis, the intense struggle pushes the fluid from the body of the insect to the wings. Without this struggle, the insect would be doomed to have shriveled wings and never fly. The butterfly is vulnerable during this radical transformation, but the end result is undeniably one of the most beautiful things in nature. What a tragic experience it would be to interrupt this dramatic change prematurely and destroy the magnificent creature. No rational human would do that intentionally to the insect ... so why do we do that to ourselves?

Perhaps it's a lack of understanding. Maybe it's a low tolerance for the pain and a desperate desire for the pain to stop. I agree that one of the biggest challenges in life is to have the vision and foresight to relax long enough for the process of change to come to completion.

I suppose I could prepare a long speech on the subject as I am still researching and trying to wrap my head around it all myself. I think it's a lifelong learning process, really. But, I've at least resolved to embrace change and allow it to happen while clinging to the idea that, while progress is often accompanied by growing pains, the wings that we create and develop with the changes will be well worth the effort and patience.

Don't stifle your wings, Lake Nona. Allow yourself to fly!



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## 19 Years to Medical School

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



Dr. Deborah German

In her words, Sarah Baker's journey to medical school was "long and winding" as it spanned nearly two decades. She first applied 19 years ago but postponed that dream to raise a family. Last month, with her husband and three children in tow, she received her white coat as one of 120 new medical students in the UCF College of Medicine's Class of 2023.

"A lot of my friends and family members think I'm crazy!" she said of her decision to begin medical school at age 41, almost 20 years above the average age of the class. "I'm hoping they will vote me 'Class Grandma.'"

Baker, who grew up in South Florida, had always wanted to be a doctor, as it combined her passion for science and helping others. So, in 2000, when she graduated

from UCF with a degree in biology, she applied to several medical schools around the country. She wasn't accepted and decided to try again the following year. While reapplying, she found out she was pregnant with her oldest daughter Lydia, now 18.

"So, I had a decision to make," she said, "whether I could handle going to medical school with an infant or not. And I ultimately decided to focus on her. So I postponed my dreams and stayed home with her for a few years."

When Lydia was old enough for school, Baker joined the Florida Department of Health as a statistician in the Epidemiology Department. She stayed there for 12 years and took time off to have her son, Isaac, now 7, and daughter, Mackenzie, now 4. After having Mackenzie, she stayed home for a few years and it was then she decided to head back to the classroom.

"Over the years, I always thought about going back to medical school," she said. "I just felt like I was missing out on that one-on-one patient contact and the opportunity to make a direct impact in a person's life."

So with her husband Brennan's encouragement, she retook her Medical College Admission Test and applied for medical school at UCF, where both received their undergraduate degrees.

"I really feel like this is where I belong," she said. "It truly feels like I've come home. UCF embraces diversity. They made me feel I would be an asset with my public health background, my nontraditional older experience, or even the fact that I



have children, they were very welcoming."

While Baker knows balancing motherhood and med school will be tough, she says, "I'm ready for it!"

"I'm really doing this for them," Baker said of her children, "to inspire them and show them that they can achieve their dreams no matter what in life, and it's never too late to be what you might have been. It can be a very inspirational and empowering thing to, you know, show your children that you can pursue your dreams."

With her husband working from home in real estate, Baker will have much-needed support while she is at school. And her

biggest cheerleaders are fully behind her journey.

"I'm so glad Mommy is going to be a doctor, so she can fix me when I'm sick," her son Isaac said. "I'm very proud of her."

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



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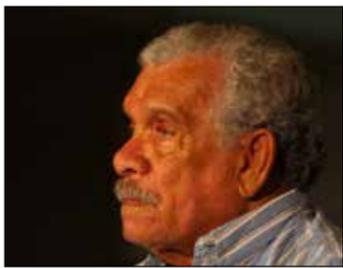
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# Nobel Notable Of Laureate Park: Derek Walcott, Caribbean Homer

BY DENNIS DELEHANTY

*This is the sixth 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.*



At the heart of our neighborhood, on the border of Walcott Avenue, is a half-moon parcel of land called Crescent Park, which recalls in form and function a New England town common. Many and sundry community events take place in Crescent Park, and each Saturday morning here a clutch of residents practice yoga in the open air under the guidance of an expert instructor.

Midway through the one-hour-long session, as we enthusiasts lie on our backs and gaze upwards at the brilliant Orlando sky, the instructor asks us to consider our intentions for the coming days. Might our

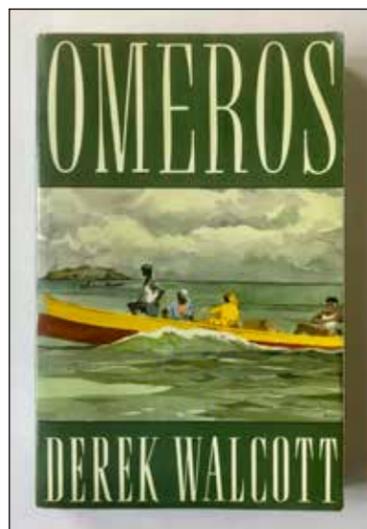
thoughts sometimes wander to contemplate the poetry of Derek Alton Walcott, the Saint Lucian bard whom many consider the greatest modern poet in the English language?

In January 1930 in Castries, St. Lucia, a school principal named Alix Walcott gave birth to two boys, Derek and Roderick. A year later, her young husband, Warwick Walcott, an amateur painter and theater aficionado, died, leaving her to raise her twins and their older sister. Alix loved literature, especially Shakespeare, and would recite lines from his plays so incessantly that the twins would plead for her to stop. But the rhythm of those lines stayed with Derek, and by age 14 he had published his own poem in a local newspaper.

His calling in life, he sensed already, would be to produce poetry. Four years later, Derek had composed verse of sufficient length and depth to compile into a book. Touching his mother for a \$200 loan, Derek had his collection, *25 Poems*, printed locally and hawked on the streets of Castries. That loan, Derek later joked, was never paid back.

But Derek Walcott did repay that debt in kind through an extraordinarily prolific career as both master poet and innovative playwright, as he gave voice to the experience of the Caribbean isles, which had never before possessed a cultural advocate of such stature. After obtaining degrees at Saint Mary's College in St. Lucia and the University of the West Indies in Jamaica in the early 1950s, Walcott settled in Port of Spain, Trinidad, earning a living as a theater critic and instructor. There, the Trinidad Theatre Workshop he founded staged his plays, such as *Ti-Jean and His Brothers*, a retelling of a Caribbean folktale where the cleverest of three brothers bests the devil, and *Dream on Monkey Mountain*, a profound portrayal of the cross currents of Caribbean life.

With African, Dutch and English blood coursing through his veins, Walcott in his person quite literally embodied the contradictions and conflicts within Caribbean culture, in race, language and religion. Though he first gained worldwide attention with the collection of poems *In a Green Night*, it was through his masterwork, the 325-page epic poem *Omeros*, that Walcott so skillfully conveyed the complexities of his native land.



Omeros book cover, Photo by Dennis Delehanty.

Even for passionate lovers of poetry, *Omeros*, the Greek for “Homer,” is not for the faint-hearted. This is a daunting read, on the level of *Ulysses*, James Joyce’s version of that Homeric epic. For his poem, Walcott reinvented the *Iliad* and *Odyssey* as a struggle between two St. Lucian fishermen, Achille and Hector, who vie for the attention of Helen, a local waitress.

The poem’s panoply of local St. Lucian characters echoes the heroes of the *Iliad*, while the narrative jumps forward and back through time and place, and occasionally slips into French *patois*. In one crucial passage, Achille dreams he is transported to Africa, where he witnesses, in a native village, the capture of his ancestors for transport to the New World.

In another scene, the narrator is chilled in the snow-shrouded streets of Boston where, struggling to hail a cab, he considers the life of Caroline Weldon, a 19th century activist who worked to protect the Lakota tribe from slaughter on the wintry plains of the Midwest, a fate that native Caribbean tribes met centuries earlier. The central character of *Omeros*, though, remains St. Lucia itself, whose verdant and sparkling beauty Walcott renders with intense power.

Tears filled Roderick Walcott’s eyes as he watched his brother deliver his Nobel acceptance speech in Stockholm in the winter of 1992. Roderick, too, had led an impressive career promoting Caribbean art and theater. In his remarks, Derek



The scenery of Saint Lucia, Courtesy of Wikimedia Commons.

referred repeatedly to another Caribbean Nobel laureate, poet St. John Perse of Guadeloupe, who, by a remarkable coincidence, is also honored with two streets in our neighborhood. Even more remarkably, Upper and Lower Perse Circles intersect Walcott Avenue and trace the bow of Crescent Park.

Probably Derek Walcott never practiced yoga. But yoga remembers Derek Walcott, as one of his best-loved poems, *Love After Love*, appears often on the websites of yoga studios. In these lines, which might encircle the weekly intentions of yoga enthusiasts everywhere, the message could not be clearer:

*The time will come  
when, with elation  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's  
welcome,  
and say, sit here. Eat.*

*You will love again the stranger who was  
your self.*

Next month: William Vickrey, E-Z Pass Economist

*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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# Doing Good in the Neighborhood

BY MARY DEATRICK

*“As a company dedicated to serving our community and as a hotelier who has been blessed beyond my wildest dreams, it is my privilege to commit much of our resources to giving back.” – Harris Rosen*

Take a drive or stroll a walkway in Orlando, and local entrepreneur and philanthropist Harris Rosen’s footprints will be there ... leading the community with his good works and business acumen. Subtle though the signs of his generosity may be, the impact of his 45-year-old local hospitality company is indelible. Slowly changing our community one good deed at a time.

“Whether we live in Lake Nona, Dr. Phillips, or Parramore, we all call Orlando home,” said Lake Nona resident Janice Abrew-Coriano, who also is the Communications, Special Events & Community Affairs Manager, Rosen Hotels & Resorts. “I’m so proud to work for a company and a business owner who puts people first for the betterment of our community and us all.”

Having applied business savvy with tireless grit, Rosen’s now eight greater International Drive-area hotels have been providing thousands of jobs annually to Orlando residents since starting his company in 1974. In addition, his \$18 million donation helped open the doors in 2004 of the Rosen College of Hospitality Management at UCF. Ideally located in the tourist corridor, the Rosen College provides an unparalleled education and talent pool to local residents and the hospitality industry, having been named a top-five hospitality school of the world.

However, Rosen’s commitment extends beyond physical structures and expands into the hearts and lives of his family of Rosen associates and the community at large, all of whom he considers family.

Since 1993, Rosen has been providing free daycare and college and vocational school education (including tuition, books, room and board) for the once under-served community of Tangelo Park near International Drive. Rosen has promised this will continue in perpetuity until the homes in Tangelo Park are “valued at a million dollars each. Then I might stop.”

In 2016, Rosen adopted another similar community, Parramore in downtown Orlando, providing the same educa-



Boys and Girls Club “Celebrate the Children” annual gala at Rosen Shingle Creek. Harris Rosen is a former Boys and Girls Club member and current partner. (L to R) Kat Gordan, OPCS School Board Member District 5; Tashanda Brown-Cannon, OSPS Associate Superintendent, School Transformation Office; Dick Batchelor, former state representative; Alberta Masmoudi, Rosen Hotels & Resorts; Harris Rosen; Janice Abrew-Coriano, Rosen Hotels & Resorts; Glenn Rosen, Rosen Hotels & Resorts

tion offers. As of 2018, between both programs, a total of 525 high school graduates have been eligible for the scholarships. It is estimated that for every dollar Rosen has spent on the Tangelo Park educational programs, seven have come back into the community.

“I understand what it is like to grow up with nothing,” said Rosen of his meager beginnings as a Depression Era child, living in New York City’s Lower East Side. “I was lucky enough to create my own American dream, and I wanted to make sure other young adults received the same chance. Many of these students hadn’t even considered going to college because they didn’t know how they were going to pay for it.”

Rosen’s own associates receive free college scholarships for themselves and their children after three years of service. Free family-friendly events like carnivals and holiday reviews are the norm. As is one of the city’s – if not the country’s – most affordable self-created and self-funded healthcare programs, RosenCare, with components soon to be adapted by the Osceola County School District (to learn more, visit RosenCare.com). All the while, inspiring his associates to pay it forward.

“Mr. Rosen’s dedication to philanthropy brings pride to our associates and inspires them to get in on the efforts,” said Abrew-Coriano, a 17-year Rosen associate. “While many of them participate in company-sponsored volunteer projects, some also seek their own opportunities to make a difference through local nonprofits or church groups.”

Most every weekend, there is a race, a run, a Habitat Home

build, or something unexpected like a supply drive for hurricane victims where Rosen associates – from GMs and room attendants to bartenders and sales associates – come together for the betterment of others. Associates represent the company in among more than 200 community service projects and boards.

“Mr. Rosen’s 15-year relationship with the Miss America’s Outstanding Teen Organization and his support through his scholarships have certainly left an indelible ‘footprint’ that few will ever fill,” said Donna Bozarth, Chairman of the Board, Miss America’s Outstanding Teen Organization.

Reflecting on his 45 years serving the Orlando community and a milestone 80th birthday this month on Sept. 9 – celebrated with a family skydiving excursion at Fort Bragg, no less – Rosen shares, “Education has the ability to transform a person, which can positively affect our community for decades into the future. No matter how we choose to contribute, I believe we all have a responsibility to do our part in keeping our city vibrant and one we’re proud to call home, for many years to come.”

To learn more about Rosen Hotels & Resorts’ charitable efforts, employment opportunities and more, visit [RosenHotels.com](http://RosenHotels.com).



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# The Lake Nona Life Project Champs

ARTICLE BY ANN FAIRWEATHER  
PHOTO COURTESY OF  
MATT DUERR

Whether you have relocated to Lake Nona for a job, wanted to live conveniently near the international airport in a master-planned community, or you are interested in the Lake Nona lifestyle, thousands of residents have moved to the Lake Nona community for a multitude of reasons. Lake Nona offers its residents a variety of entertainment options, education from Pre-K through graduate studies, all with health and wellbeing intertwined.

The Lake Nona Life Project is part of that

fabric. Let's hear from one of the families that lives in Laureate Park and has become a Life Project "Champ."

## Meet the Duerr Family – Matt, Karen, and Ginny

"My wife, Karen, and I just celebrated our 10-year anniversary and are so proud of our amazing 8-year-old daughter, Virginia, for making Principal's Honor Roll last year in 2<sup>nd</sup> grade. We have a friendly and fluffy, 1½-year-old labradoodle named Charm that loves to be taken for a long run alongside our bikes. We love to travel and have been skiing in Vermont, traveled to Barbados, and been on a cruise all in the last year and looking forward to the next adventure."

## Why did you want to get involved in the Lake Nona Life Project?

"Living a healthy life is important to me and my family. My wife, Karen, and I also want to be great examples for our daughter, Virginia, and encourage her to live a healthy lifestyle now and throughout the rest of her life."



The Duerr Family



## What do you want to learn from the Life Project?

"I would like to learn about tips and tricks about how I could modify my lifestyle to live a healthier and happier life."

## Why do you think it is important for the community to get involved?

"We have met so many friends over the 5½ years since we moved into Laureate Park, and we have met so many friends through being active in the community from the bike trails to the community gardens and playgrounds to Run Nona 5K. Getting involved in the Life Project allows you to not only help shape your future around a healthier model but also allows you to meet like-minded people in the area."

## You chose to live in Lake Nona. What made this community so appealing to you?

"Lake Nona and particularly Laureate Park was such a grand idea when originally presented many years ago and, to be honest, seemed like a risky one to us at the time. However, after reviewing with my wife, we knew this would be a risk worth taking as we would be around other 'trail-blazers' looking to take part in this great experience in Lake Nona."

## How long have you lived in Lake Nona?

"In total, 11 years in the Lake Nona area, with the last 5½ in Laureate Park."

You might be asking yourself, what is a Champ? A Life Project Champ is someone who embraces the mission of the Life Project and would like to spread the word throughout the community and encourage others to participate. Champs gain exclusive access to several Lake Nona-sponsored events and receive other perks throughout the year. If you are interested in becoming a Champ, email [info@lakenonainstitute.org](mailto:info@lakenonainstitute.org) and simply say, "I want to be a Champ."

The survey will be going live in September, and you will be receiving more information from us. In the meantime, if you have more questions, please visit [www.live-workparticipate.com](http://www.live-workparticipate.com), watch the video at <https://vimeo.com/309495422>, or email questions to [info@LakeNonaInstitute.org](mailto:info@LakeNonaInstitute.org).

Join Matt, Karen and Ginny along with your other Lake Nona neighbors to help make history through this unique community health survey.



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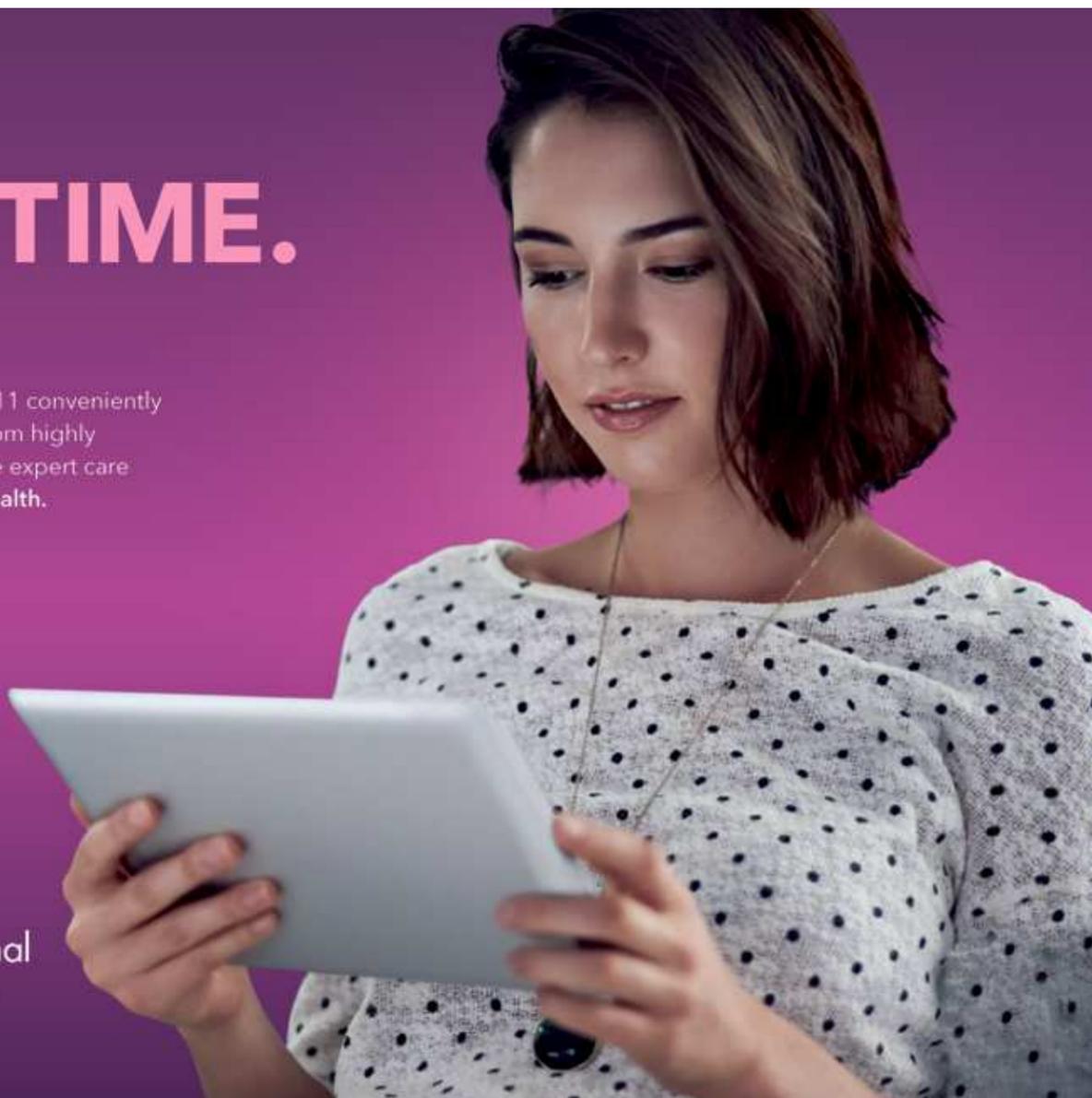
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# BUSINESS & REAL ESTATE

## Work Well: Our Mind Is A Garden. What Are You Planting?

ARTICLE AND PHOTOS BY NATALIA FOOTE

*"Your mind is a garden. Your thoughts are the seeds. You can grow flowers or weeds."* - Osho



Harvesting a Carrot from my Fall Winter Garden.

A year ago, I was lucky to get a plot in our community garden. It was a leap, and I had both success and failure.

I used to always say I had a "black thumb," or whatever the opposite of a green thumb is. I was unlucky at keeping plants alive.

A few years ago, a good friend of mine gave my children a milkweed plant with a caterpillar on it. I was nervous that my "black thumb" ways would not only kill the plant but also the tiny caterpillar eating the leaves of the plant. It became my quest to keep the plant alive. It wasn't hard: a little water, a little pruning, a little time and attention.

I realized how keeping the plant alive was bringing me and my family a lot of joy. We had butterflies visiting our backyard. We had caterpillars munching on the milkweed. We had green and gold speckled chrysalis throughout the backyard. The more attention and energy I spent on my milkweed, the happier it was, and my love for plants began to grow. I started adding other plants to my backyard.

A year ago, I asked for a plot in our community garden. We were fortunate to get assistance from Amber Harmon, a garden specialist, and another *Nonahood News* writer. She helped guide me in what to plant for the season and how to maintain a productive garden.

My fall garden last year was amazing. I visited nearly every day. I pulled weeds; I harvested when crops were ready. I researched if something seemed off or if I noticed any problems. It was a lot of work, more than my one milkweed plant. I had broccoli, cauliflower, carrots, tomatoes, peppers, cilantro, and kale. My garden was a success but maintaining it was work.

Over winter break, I took a break. I gave myself a vacation from my garden. By January, I could tell the lack of attention and the cool weather was taking a toll. I tried to salvage as much as I could for the upcoming spring and summer season, but only left the kale. I just couldn't pull it out.

A new spring/summer season of planting was coming up, and I had another chance. I cleared some of my garden and planted some plants but took less effort organizing and figuring out what to plant. I found seeds I had leftover and spread them around the front. I planted a new tomato plant. I added eggplant to the back. I tossed it together, and as the spring season continued, the garden was a lot of work. The weather wasn't as nice, and my desire to pay attention to it was dwindling. To make matters worse, we left on vacation, and I altogether stopped visiting my garden. By the end of summer, my once beautiful and flourishing garden was nothing but weeds and overgrowth. My time and energy were spent with my family, but my garden was a failure.

"Your mind is a garden. Your thoughts are the seeds. You can grow flowers or weeds."

How do you spend your time? What do you think about? How do you think about yourself? How do you think about those around you?

My garden story, although true, is an analogy. When I spent my time, energy and focus on my garden, it did well. Sometimes, things out of my control created damage, like the weather changing. And when I ignored my garden, weeds grew and took over.

How do you feel when you move your body, rest your mind, spend time with loved ones, and spend time on yourself?

What areas of your life feel depleted? Where have you allowed the weeds to take over?

Quieting the mind and bringing awareness to these areas of our life is like shining a light on the weeds and pulling them out. It's not to say that the weeds won't return, or that a new weed won't appear in its place. But, quieting the mind gives us the space to plant something new.

As far as my real garden, I spent the morning pulling all the weeds and creating space for future kale. A new season, a new start. It was a cloudy morning as I pulled the weeds, and as I finished pulling the last few, the sun came out.

*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.*



Planting the spring summer Garden.



The garden after I ignored it over the spring summer season.



Final picture after I pulled all the weeds.

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## Get Traction: Hope Is Not a Plan ... Or Is It?

BY CHRIS WHITE, CERTIFIED EOS IMPLEMENTER



I was selling Motorola 2-way communication equipment in the early '90s to public safety, county municipalities, public school districts, manufacturers, and the U.S. Coast Guard. I had built a solid reputation, was making more money than I had dreamed, and winning sales awards year after year. My plan was working.

Then one day, I realized I was bored. I lost the thrill of the hunt. I had become an order taker. It was at this time that I realized I wasn't building anything like my parents had. My parents were entrepreneurs who built two businesses while raising eight boys!

I decided to look for opportunities to invest in a start-up. I began to "hope" that I could build a business as my parents had. Hope became the first step in laying the foundation for my entrepreneurial journey.

After exiting my second business, I have devoted the past seven years to helping entrepreneurs get what they want from their business. I've worked with more than 100 companies, delivered more than 600 sessions, and dedicated more than 4,500 hours to strategy and planning.

Dwight D. Eisenhower famously said, "Plans are worthless, but planning is everything."

What I've witnessed working with these companies is that they all have a story rooted in hope. A great grandfather immigrated from Germany with a recipe for beer in his head and hoped to build a brewery. A grandfather who

was a mechanic started to sell Buicks out of his garage and hoped to build a dealership. A mother who is a CPA decided to build a better home-health service and hoped to deliver a better patient experience. All three of these examples are real-life, and they are all thriving and high-fiving in their respective fields.

The visionaries of all these companies had what Jim Collins calls a BHAG – Big, Hairy, Audacious Goal. It is the big picture that is awe-inspiring and gets employees connected and motivated to be successful.

Strategy works best when you can lay out the long-term vision in simple language that people will rally around. This then becomes the cornerstone of the company's business plan, getting everyone on the same page and rowing in the same direction. Hope frames the visionary's strategy narrative and becomes the framework to build a plan upon. The tool we use at Traction in Florida is called the V/TO™ – Vision, Traction, Organizer. You can read my article titled "What's Your Plan" to learn more about this tool ([tractioninflorida.com/get-traction-whats-your-plan/](http://tractioninflorida.com/get-traction-whats-your-plan/)).

Hope – "a feeling of expectation and desire for a certain thing to happen." What are you hoping for in your business? Whatever it is, articulate your BHAG to your executive team, build your strategy using the V/TO™, then share it with everyone in your company so they can begin to execute your vision!



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](http://tractioninflorida.com).



## Creator Mindset: Remarkable Resolve

BY NIR BASHAN



In August 1781, a young Andrew Jackson was captured by the British near his hometown on the border of North and South Carolina. He was just 13 years old. It was the middle of the Revolutionary War, and King George III commanded his army to fight the Americans with savage toughness. The redcoats captured young Andrew and his brother and humiliated them. They ordered

Andrew, at knifepoint, to clean their boots. But he had a remarkable resolve for such a young man, and he refused. When he refused to clean their boots, they struck him with a slash to the face – scars that would remain for life.

His brother refused the menial tasks and was savagely beaten and slashed with a sword also. They soon contracted smallpox and almost starved to death from the treatment of the British soldiers. When they were finally released, they were near death. They had to walk 40 miles back to their home. But Andrew showed remarkable resolve. And he endured the walk, even helping his older brother. But no help could bring back his brother's health. And soon after reaching home, Andrew's brother died.

Andrew's mom nursed young Andrew back to health. Seeing the effects of the war on her family and the building patriotism she felt, she knew she had to do something to help the war effort. It was just too important. She was inspired to volunteer as a nurse for American prisoners of war at the time. But there was an outbreak of cholera, and soon she was dead, too.

Andrew Jackson was an orphan by age 14.

So when the War of 1812 came along, Andrew knew he had to fight. Again, Andrew Jackson showed remarkable resolve. He was a young general at the time of his defense of New Orleans. Countless books have been written about his heroics in battle – his shrewd war-time tactics and almost oracle-like planning. He was truly a gifted leader who inspired his men into battle against one of the most organized, efficient, and brutal armies ever to grace the pages of history: the Royal Navy. And eventually, he was successful in battle.

But little is written about how Andrew Jackson was in a perpetual state of poor health. His injuries from getting shot twice with bullets lodged in his body and leaking lead into his system gave him all kinds of ailments. Then, from his time in the swamps, he had contracted malaria, typhoid, typhus, and dysentery. All bringing him to terrible health and making him rail-thin for most of his life.

Doctors at the time did their best, but this was before a basic understanding of sanitation. They actually would "bleed" Andrew, thinking that a loss of blood would clear out the system. He even took mercury pills, which at the time were thought to help. Both things likely made his health far worse.

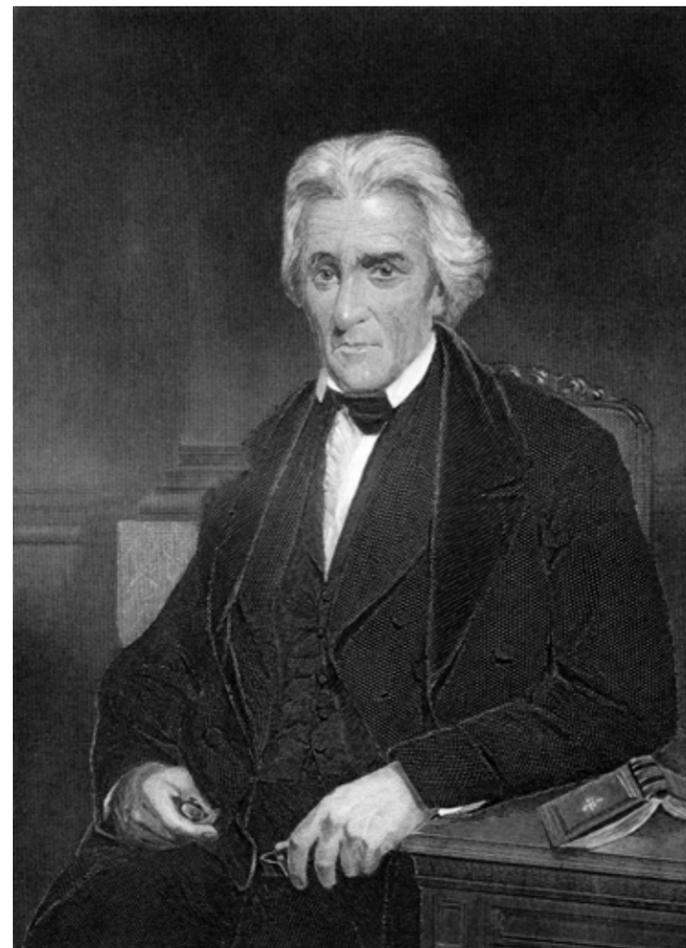
Yet, Andrew Jackson always maintained his remarkable resolve. He was a man of conviction. Sometimes giving orders while lying down on his horse as he was too weak to sit up or barely being able to eat with his men.

So I think of Andrew Jackson often when I am not feeling well. And I think about how foolish I am with my petty ailments in light of someone who most likely was in poor health his whole life, not just from time to time. And yet he still managed to get amazing things done on behalf of his country and its citizens. According to presidential historian F. Schwartz Foster, when Jackson was president in the White House, his teeth all crumbled, causing him terrible headaches – and the ones that didn't fall out were removed by his barber as there were no dentists at the time.

So, maybe the next time you are not feeling up to the task, remember that a remarkable state of mind and resolve is far more powerful than the strongest malady. The Creator Mindset sees a world that can be, not a world that is. And potential and optimism are an everlasting stream, able to provide nourishment to whoever drinks its waters.

But it's just that: You have to make that choice to choose strength over whatever troubles you at the time. It might be poor health. It might be issues at work. It might be grand or superficial problems that seem heavy. So the next time a particular challenge comes along, try and think of it with a sense of resolve, a sense of optimism, and a sense of potential and strength.

Because of how Andrew Jackson was able to show remarkable resolve, I wonder what things we can learn by doing the same. It turns out that a little resolve goes a long way.



Nir Bashan is an executive creative director/managing director with over 19 years of advertising, entertainment, and business development experience. He helps teach folks in non-creative fields how to think creatively to solve problems. He leads workshops and lectures on topics relating to *The Creator Mindset*. McGraw/Hill is publishing a book on *The Creator Mindset* that will be released in 2020. [www.nirbashan.com](http://www.nirbashan.com)



# First-Ever Nonstop Flights From Orlando International Airport To Munich International Airport

varian State Opera, and the BMW World Complex. Munich offers a superior business environment and is one of the leading economic regions in Europe with ties to Orlando.

Munich is Orlando's 13<sup>th</sup> European destination and second in Germany. This route will increase the ease of travel for approximately 70,000 Germans who travel to Central Florida each year.

The new MCO-MUC route will be serviced by an Airbus A330-200 with 270 seats; 22 in business, 17 in premium economy, and 231 in economy. Flights can now be booked on Eurowings.com and Lufthansa.com as well as all booking channels and outlets.



BY CAMILLE RUIZ MANGUAL

Starting April 2020, Munich, Germany will be one nonstop flight away from Orlando. The flight services will be provided by Eurowings, an airline of the Lufthansa Group, and will operate on Tuesdays, Thursdays, and Sundays. The new service offers new connections to hundreds of destinations across four continents just one stop away from Orlando.

The new route is expected to generate more than \$20 million annually for the Central Florida economy and demonstrates the commitment to exploring and encouraging the opening of international markets for local and business travelers to visit.

“Our service at Orlando Airport has been a success story for the Lufthansa Group since launching flights 12 years ago. Now, with the new Eurowings service to Munich, Europe’s only 5-Star Airport, we are able to offer more connections to destinations in Europe, the Middle East, Africa, and Asia to our customers in Central Florida. At the same time, we continue to support the thriving Orlando tourism industry, popular with leisure travelers from across the Lufthansa Group network,” said Frank Naeve, Vice President of Sales, The Americas, Lufthansa Group.

Munich is home to Oktoberfest in addition to other German tourist attractions such as the Residenz Royal Palace, the Ba-




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## All Aboard: Lake Nona's 2<sup>nd</sup> Annual Model Train Show

BY MICHAEL MILLS



Front view of Sodor Island "O" Scale Thomas Train layout.

Last September, I introduced myself and The Southern Division of the Train Collectors Association (TCA) National Club to Lake Nona. We held our Model Train Show at Lake Nona Middle School. Thanks to many of you, it was a huge success as evidenced by the included photos. We introduced model trains to all age groups and were able to make a small donation to the Central Florida Children's Home as a token for all the help they provided us. This year, the home will again have a presence at the show.

This year's show will be held on Sept. 21 from 10 a.m. to 3 p.m. at Lake Nona Middle School again. As with all our shows, all children 12 years and under are admitted free. All adults and kids over 12 are charged \$5 each, and there is plenty of free parking. All children will receive a welcome gift, raffle tickets for drawings throughout the day, and the chance to participate in our Train Scavenger Hunt. There will also be a KIDS PLAY AREA again.

The show offers a chance to learn and participate in a variety of activities. There will be more than 100 vendor

tables to purchase trains and train-related items. This year's activities will include Operating Model Train Layouts of various gauges (G, O, S, HO, N, and Lego). These layouts are provided by both clubs and private individuals who love to show off their hobby.

We will be conducting a variety of classroom-style workshops throughout the day. The topics of these workshops include:

- An Introduction to Model Railroading
- Scenic Techniques and Scenery Building
- Model Railroading of the 21st Century (Digital Electronics and Smartphone Model Railroading)

A new addition this year will be "Tales of the Disney Railroad," presented by Bob Schall, who will share his knowledge and experiences as an engineer on the Magic Kingdom Railroad Line. Each workshop session will have limited space, so remember to sign up at the welcome table.

The sales and trading tables will be staffed by TCA/Southern Division Club members from all parts of Florida and the U.S. Their tables will be filled with collectible vintage trains of all sorts as well as new items. There will be both rare and common starter-level items. We will also have a number of vendors with parts to keep your treasured classic trains running.

Our club members can be helpful if you are interested in getting an appraisal of trains you own or if you care to sell them. Bring your items or a list to share.

We also expect to see vendors who also collect and sell Porcelain Village Collectibles, such as Department 56 and LeMax items. Our club is hosting the TCA Annual Worldwide Convention in Jacksonville in June 2020, and, for the first time ever, this convention will be jointly held with



View of last year's "S" scale layout, compliments of The Jacksonville S-gauge re club.



Lake Nona's own Villagewalk resident- Jim Lewis' computer controlled "N" scale layout.



Kid's Corner hands-on play area.

Department 56 Village Collectors. The convention will be open to the public at various times during the week. For more information, check our info table at the welcome desk. By the way, membership to The TCA and the Southern Division is open to everyone with an interest in model railroading, so please ask if you are interested in joining.

Food and refreshments will be provided by both the Central Florida Children's Home and Lake Nona Middle School as a fundraiser. Just as last year, we expect a great turnout so we can continue hosting the show in Lake Nona. Come early and enjoy all the fun all day.

**WHERE: LAKE NONA MIDDLE SCHOOL**

**WHEN: Sept. 21, 10 a.m.-3 p.m.**

**Cost: 12 and under – FREE**

**13 and up – \$5 each**

For more information, contact Mike Mills (local host) at 612-382-0325 or email [flyermike1949@gmail.com](mailto:flyermike1949@gmail.com).



## Orlando Celebrates Its 144<sup>th</sup> Birthday

BY CAMILLE RUIZ MANGUAL

On July 31, Orlando celebrated its 144th birthday.

Long before Orlando became home to nearly 290,000 people or had a name, Fort Gatlin was established approximately two miles south of present-day city limits in 1838 by the U.S. Army. Fort Gatlin was intended to protect settlers from attacks.

As a small community grew around Fort Gatlin, they took on the name "Jernigan" after the first settlers. Mr. Aaron Jernigan claimed to be the first settler in Orlando and brought his family here in 1842. By 1850, the Jernigan community had a post office and had established Aaron Jernigan as postmaster in 1857.

The settlement continued expanding northward and officially changed its name

from Jernigan to Orlando. Orlando was incorporated from a village into a city in 1875. At the time, it had approximately 85 residents of which only 22 were qualified voters.

There's a lot of speculation about where the name for the city came from. Who named the city? Was the city of Orlando named after a person? If so, who was Orlando? The history is unclear, but there are a few stories told about how the city got its name.

The first involves Judge James Speer. He was a prominent man in the community, serving in the State House and the State Senate and even coming within one vote of being elected to the U.S. Senate. It is likely that his input would have carried a lot of weight then.

Speer lived in Orlando in 1856 and was a student of Shakespeare. Some believed he named the city after the male lead in Shakespeare's *As You Like It*. Others believe Speer took a man named Orlando into his home. The story has it that Speer thought so highly of Orlando that he named the city after the man who used to work for him.

Another story tells of a "Mr. Orlando" on his way to Tampa with a caravan of ox. It is said that on his journey, Mr. Orlando contracted an illness, died and was buried. According to the story, people would come by the spot where Mr. Orlando was buried and say, "There lies Orlando."

Yet another story tells of a company of soldiers on duty during the height of the Seminole Wars.



Photo Courtesy of City of Orlando Newsletter

After battling Indians, the soldiers camped for the night on the bank of Lake Minnie (now Lake Cherokee). Sentinel Orlando Reeves was on duty to guard the camp when he noticed a log floating toward him. He recognized this as an Indian in disguise and, in an attempt to warn his comrades, he shot his gun. At the same time, Orlando was ambushed by the Indians and killed by their arrows. The soldiers drove the Indians away again and the next day buried Orlando under an oak tree on the south side of Lake Eola. A wooden slab was erected over Reeves' burial location bearing his name, "Orlando." His first name was adopted as the city name to honor the soldier who gave his life for the settlers.

From its small beginnings, Orlando showed signs of growth. The government census of 1900 showed a total of 2,481 residents. By 1950, the number of residents was up to 50,000 within city limits, and today the number of residents sits around 290,000, all of which are proud of the city they live in.

Residents have been drawn here by the opportunities and different activities that are available, the universities, the affordability, and the sense of community that exists in Orlando.

City Commissioner Jim Gray moved to Orlando in 1988 for the same reason as many

residents: to take advantage of the career opportunities in the growing economy of Orlando. "One of the things I love about Orlando is the business community is very receptive to anyone that provides a good product or service," says Commissioner Gray. "As we celebrate the city's birthday, it seems like a good time to remind ourselves that Orlando is growing into a multicultural city providing opportunity for all."

As the City Beautiful turns 144 years old and continues to grow, inviting in new residents and building upon the once tiny community established by Jernigan, we have reason to honor and celebrate Orlando.

"As a community, we have much to celebrate," says Orlando Mayor Buddy Dyer. "Thanks to our active and engaged residents, Orlando continues to be a welcoming city committed to inclusion in everything we do. We're also showing the power of partnerships as we work together to address challenges facing our community."

Happy birthday, Orlando!



# Foxtail Coffee Co. Is Coming To Lake Nona

ARTICLE BY  
CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF ORANGE  
VISUAL GROUP  
AND @GRIZZLEEMARTIN

In 2016, Alex Tchekmeian and Iain Yeakle teamed up to co-found Foxtail Coffee Co. Yeakle had been a coffee roaster for many years while Tchekmeian worked on developing a number of businesses in the Orlando area. Through Tchekmeian's travels, he had been to many coffee shops throughout North America and wanted to bring Orlando a coffee shop that was on the cutting edge of the craft convenience model offering premium quality coffee that was still accessible.

It was in November 2016 that the team developed the idea for Foxtail Coffee Co., originally thinking of opening one or so units. Now, Tchekmeian and Yeakle have opened 11 Foxtail Coffee shops with Lake Nona's location being the 12<sup>th</sup> shop to open.

Foxtail Coffee Co. is not your typical coffee shop, though. Rather than purchasing coffee beans that are roasted by wholesale roasting companies, Foxtail Coffee Co. owns and operates the equipment that produces the coffee. They work with local farmers around the world to bring in top quality coffee beans, and they work to create different combinations of beans that



make up their cold brews. Everything is sourced responsibly and roasted in-house.

Foxtail Coffee Co. differentiates themselves by making cold brew in-house, most of which is nitro and on tap. They offer a variety of everyday flavors and seasonal flavors for guests to enjoy. There is a ton of flexibility and a variety of options for guests to choose from in terms of their coffee drinking experience. Plus, Foxtail Coffee Co. offers a unique and consistent atmosphere at each of their retail locations.

Each store aims to have a warm, comfortable, industrial and rustic feeling to it. This theme is something that they have intentionally kept up in each location that they have opened. They want their guests to stop by and enjoy what they call the "Foxtail Experience." As they continue to expand and open up new locations, they remain committed to the same quality and standards that they have practiced since the beginning, placing value on the coffee and the guests.

Foxtail Coffee Co. also aims to be philanthropic in terms of their community partnerships. They are currently in partnerships with educational institutions, such as the University of Central Florida and Orange County Library System; national organizations, such as the Children's Miracle Network and the Wounded Warrior Project; and local partners, such as Second Harvest Food Bank of Central

Florida and Orlando Health Foundation. In Lake Nona, they are searching for organizations to partner with as the community continues to grow and as the shop nears its opening date.

Lake Nona became the ideal location for Foxtail's 12<sup>th</sup> store as the new Pixon Apartments opened up near Medical City. Because Lake Nona and Medical City are rapidly growing areas, the location felt ideal: "We're just excited to be a part of the Lake Nona community," says co-founder Tchekmeian. "It's incredible what they've done in a short period of time, and the quality of a lot of the retail opportunities there aligns with what we're looking for, not to mention a lot of the newer stuff coming in there. We love Lake Nona."

Foxtail's Winter Park location offers events for the community such as Wined Up Wednesday, where guests can come to drink unlimited wine with friends between 6-8 p.m., and Roasting Classes, where guests can learn all about the process of getting coffee from the plant to the cup and even roast some beans themselves. While specific events for the Lake Nona location are still in the works, it is expected that Lake Nona's shop will offer some kind of event at least once a month as a way to get the community involved.

Foxtail Coffee Co. will be located in the new Pixon Apartment building on Tavistock Lakes Boulevard. The shop will open



directly into the apartment building's lobby, which will offer additional comfort and seating for residents and guests. The shop may also be accessed from the street for the convenience of guests.

Tchekmeian mentions that part of the draw to open the Lake Nona shop in this location is due to the beauty and unique style of the Pixon Apartments lobby. While an exact opening date is yet to be determined, Lake Nona residents can expect Foxtail Coffee Co. to open its doors sometime around mid-September.



# Talia's Legacy Lights the Beacon Gold in Lake Nona

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF  
JENNIFER GILLAN

Talia Joy Castellano struck a chord in our hearts when she appeared on The Ellen DeGeneres Show in 2012. Talia quoted the little blue fish Dory when asked how she stayed positive: "Just keep swimming, just keep swimming." Many years later, after her passing, Talia Joy is still being honored by Talia's Legacy Children's Cancer Foundation, as well as many other boys and girls who have passed from childhood cancer.

September is National Childhood Cancer Awareness Month, symbolized by the color gold; to honor those boys and girls, the foundation has partnered with local nonprofit organizations to work together to promote awareness for kids with childhood cancer in Central Florida, with events like the Beacon at Lake Nona Going Gold. *Nonahood News* got the opportunity to have an enlightening phone conversation with Jennifer Gillan, the program director and event coordinator for Talia's Legacy, to learn more about how lighting the Beacon gold came to be.

Gillan, who is a retired pediatric oncology nurse, had Talia as a patient, and after Talia's passing, she and the foundation, including Talia's mother Desiree and sister Mattia, reached out to Mayor Buddy Dyer, who agreed to turn Lake Eola's fountain gold in honor of her passing and to create awareness. Thus, a tradition of "going



Orlando Going Gold

gold" to spread awareness began – the Orlando Eye goes gold, the White House has gone gold, and our very own Beacon located in the Lake Nona Town Center will be going gold again this year on Sept. 23.

This tradition first carried into Lake Nona after Trevor Scheerer, a young boy diagnosed with Alveolar Rhabdomyosarcoma, had passed in 2016. Gillan stated that she envisioned the Beacon to be beautifully lit up in gold. Once the artist behind the Beacon approved the lighting, the Beacon went gold in 2016 for Trevor and others who have lost their battles.

In 2017, the foundation had the idea to take all of the children's names on the In Loving Memory Candle that raises money for pediatric cancer research and place those names on the Beacon.

Each year, hundreds of

names are added. Gillan said, "This tribute is reserved for children who have passed away," for those children who are "forever loved and forever missed," and for the parents who "never thought their children would be remembered." The Beacon Lighting event will also include live music, performances from local children and Encore Dance Studio, and a ride in a Lamborghini for four children (two survivors and two siblings of children that have passed) by Dream Cars 4 Kids.

Gillan expressed, "The whole point is giving children a voice. The Beacon is a symbol of hope for the one wish – to find a cure for cancer."

The Beacon Lighting brings everyone in the community together for this positive, empowering and family-oriented event to spread awareness. The more advocates that kids with childhood cancer get, the quicker it will be to find a cure for them.

"I saw firsthand the access to care that kids versus adults got," Gillan said, explaining the better scheduling adults get for things like placement of surgeries and the outdated treatments children receive. Gillan highlighted a major point within the movement for childhood can-



Beacon Lighting

cer awareness: "If you create the awareness, then the funding and legislation will follow ... if we just allocate the resources, we can create change."

Talia's Legacy has reached more than 26,000 people with events like Talia Joy's Pet Walk and GLAM WARS. They work on a national and local scale to get kids access to the care they need.

"Forty-six kids are diagnosed every single day," Gillan said, a statistic that hasn't changed for decades. "Seven children die every single day."

While it can be a painful topic to discuss, it's important to speak up about it. And through their efforts, Talia's Legacy has brought parents who have lost children to childhood cancer back into a supportive community. Several are coming to the Beacon Lighting from all over Florida, across the nation, and some around the world. So make sure you come out to support and honor these children at the Beacon Lighting on Sept. 23. And like Gillan told us, "BFF – Bring Five Friends!"



Trevor Scheerer Beacon



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## A NOTE FROM THE CEO

BY DON LONG, PRESIDENT, CEO LNRCC

Time to get excited! Your Chamber, in partnership with *Nonahood News*, will publish the first quarterly Nona Region Chamber Map and Directory in October. *Nonahood News* will distribute the map and directory to more than 22,000 homes and businesses through direct mail and local newsstands. Members in good standing as of Oct. 1 will automatically receive a listing in the directory. If you are interested in advertising in this new publication or if your membership is expiring, contact the chamber now!

VIP tickets are going fast to this year's "Diamonds & Denims" Taste of Nona scheduled for Oct. 19. Only 200 of the total 1,000 tickets will receive the VIP treatment. There are a few vendor vacancies for restaurants still available as are a few sponsorship availabilities. Visit the [www.lakenonacc.org](http://www.lakenonacc.org) events page to buy tickets and receive more information.

In closing, thanks to this great business community, we have grown to almost 400 business members. This month, we welcome Tavistock Development Company as our newest partner. Thank you, Lake Nona.

## CHAMBER 2019 CHARITY OF CHOICE: NEMOURS CHILDREN'S HOSPITAL

**Q: Does Nemours Children's Hospital hold events?**

**A: Yes!** We hold a variety of fun events throughout the year – everything from our Night with Nemours fundraising gala to our holiday golf classic at Drive Shack. We also partner with community organizations in the Central Florida area like the Country Thunder Music Festival and the International Dragon Boat Festival. For more information about our events and how you can get involved, please visit [nemours.org/giveorlando](http://nemours.org/giveorlando).

**Diamonds & DENIM**

**TASTE of NONA**

2019

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**ENTERTAINMENT**

**SILENT AUCTION**

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*Saturday, October 19*  
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## EVENT GALLERY



**July 26, Business Luncheon with Coach Lou Holtz** - Legendary Coach Lou Holtz treated our Chamber to an incredible motivational speech and stories from his inspirational career. Thank you to GuideWell Innovation Center for your amazing event space, to our sponsors at COD Protection Services, Land Title Professionals, The Bodysmith, Laureate Insurance Partners, UCF Lake Nona Medical Center, Shamrock Auto Body, and Nona.Media. Thank you to our three catering sponsors: Bolay of Lake Nona, FireHouse Subs, and Cap's Kitchen Creations. (Photo by Felicity Gomer)



**August 6, First Tuesdays at Hyatt Regency Orlando International Airport** - Hyatt Regency Orlando International Airport welcomed our Chamber into their gorgeous lobby bar, whipped up some delicious complimentary appetizers, and served happy hour-priced drinks. (Photo by Felicity Gomer)



**August 8, Ribbon Cutting at American Classical Charter Academy** - Welcome ACCA to the Nonahood! The Charter Academy is intended to celebrate classical education with classes like "Latin" as well as incredible music courses. They gave attendees tours of the school, food, and other goodies. LNRCC celebrated this event with our neighboring St. Cloud Chamber of Commerce. (Photo by Felicity Gomer)



**August 13, Contagious Connecting** - Dr. Linda Travelute, CEO of Travelute Leader & People Development and Executive Director of John Maxwell Team, and Sam Eckerson of Keller Williams Advantage III Realty shared how to "GAIN New Business Using a 5 Part Profile in Every Conversation" at the Ronald McDonald House. (Photo by Don Long)



**Our August Ambassador of the Month is Marissa Smith of Premier Sotheby's International Realty!** (Photo by Felicity Gomer)



**July 27, Ribbon Cutting at Chase Bank** - Our new copper partners at Chase Bank celebrated their newest Lake Nona branch! Our Chamber enjoyed tours of the modern space, appetizers, and ribbon cutting. Congratulations, and welcome to the LNRCCI! (Photo by Felicity Gomer)



**August 8, Breakfast Connections with Dr. Linda Travelute** - Dr. Linda Travelute, CEO of Travelute Leader & People Development and Executive Director of John Maxwell Team, shared with us the keys to gaining credibility both in your professional and personal life. Thank you to Eagle Creek Golf Club & The Belfry restaurant for a spectacular French toast breakfast and the ever-beautiful venue. (Photo by Felicity Gomer)

## UPCOMING CHAMBER EVENTS

### September 3

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

### September 12

**Breakfast Connections - "Strategic Planning: Positioning Your Business for the Future" with Rafael Pratts, UCF Small Business Consultant - GuideWell Innovation Cafe**  
8:00 - 9:30 a.m.

### September 13

**Ribbon Cutting at GasUp - 25 E 13th St., St. Cloud**  
3:00 - 5:00 p.m.

### September 27

**Business Luncheon with Sherry Magee, Senior Director, Community Relations of KPMG - "Sneak Peak" Into KPMG's Lakehouse**  
11:30 a.m. - 1:00 p.m.

### October 1

**First Tuesdays After-Hours at Kisselback Ford and Kisselback Insurance Agency**  
St. Cloud  
5:30 - 7:30 p.m.

## NEW MEMBERS

DoTerra Essential Oils  
F45 Nona  
Humana Market Point  
Hyatt Regency Grand Cypress  
Loomis, Teresa J.  
Mai Solutions, LLC  
McCoy Federal Credit Union  
Nona Video  
Orange County Tax Collector Scott Randolph  
Orlando VA Medical Center  
OSG 360  
RTW Photography, LLC  
St. Cloud Chamber of Commerce  
St. Cloud Regional Medical Center & St. Cloud Medical Group  
Synergy Sports Agency  
The Florida Senate  
Vita Garcia, Anna  
WinDoor

## NEW PARTNER

**Copper**  
Tavistock Development Company



## WHY YOU SHOULD JOIN & RENEW

THE LAKE NONA CHAMBER OF COMMERCE, PART FOUR

**Training** - Whether it is Breakfast Connections, Business Luncheons or Contagious Connecting, the Chamber hosts countless programs to help you increase your skills in all aspects of your business.

## RENEWED MEMBERS

AdventHealth Centra Care  
All Flooring USA  
Central Florida Monthly Chicken Salad Chick  
Dale Carnegie Training of CF  
Edward Jones - Elaine Lee-Spears  
Fine d-Zign Signs  
Fusilier Realty Group  
Gillman Advertising Specialties  
Hall, Kenny  
HATT Foundation  
Hayes, Susanna  
Lake Nona Dental Group  
Mehrlich Properties & Real Estate  
My Kids' Doctor  
Nona Soccer Academy  
Northpoint Mortgage  
PDQ  
Pedro Barba Garcia - Insurance Agent  
Tempus Hair Restoration  
The Naked Cupcake  
T-Mobile

## RENEWED PARTNERS

**Diamond**  
Nona.Media

# The Artist: The Sacramental Imagination

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF CIERA MCELROY

Some of us wish we could paint. Or write. Or have a great eye for photography. Ciera McElroy, our featured Artist for September, can do all three and more! Let us introduce you to this young Lake Nona native who bursts with creative energy in multiple art forms that we all can appreciate and enjoy.

## Nonahood News: What drove you to become an artist?

Ciera McElroy: Art runs in the family. My grandmother was a professional artist. My mother taught art class out of our house when I was growing up. Now, as a multi-passionate creative, I'm so thankful to spend my days doing what I love! My work includes writing, graphic design, photography, and, of course, painting. I'm very interested in what's called the "sacramental imagination" – or a way of understanding God's presence in the world through the material world. I've found that painting is calming and meditative for me – a welcome break from working at my desk.

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

CM: I've always known that I was drawn to creative fields, but it took a long time to call myself an "artist." Writing was my first passion. And though, yes, I work as a professional writer and I'm revising my first novel, I never felt comfortable with branching out professionally into other art forms. But one of the best pieces of writing advice I received came from my writing professor Nicole Mazzarella. She said that if all you do is "your one thing," then you'll burn out quickly. So try other art forms. It will refresh your soul, your creative spirit, your mind. Since completing my Masters of Fine Arts, I have exploded with creative energy. I'm allowing myself to paint beautiful things, to create both visual and narrative art. And while it's been therapeutic

and fun – and even exhilarating when I sold my first painting – it also freed me from tying my identity too closely to my profession.

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

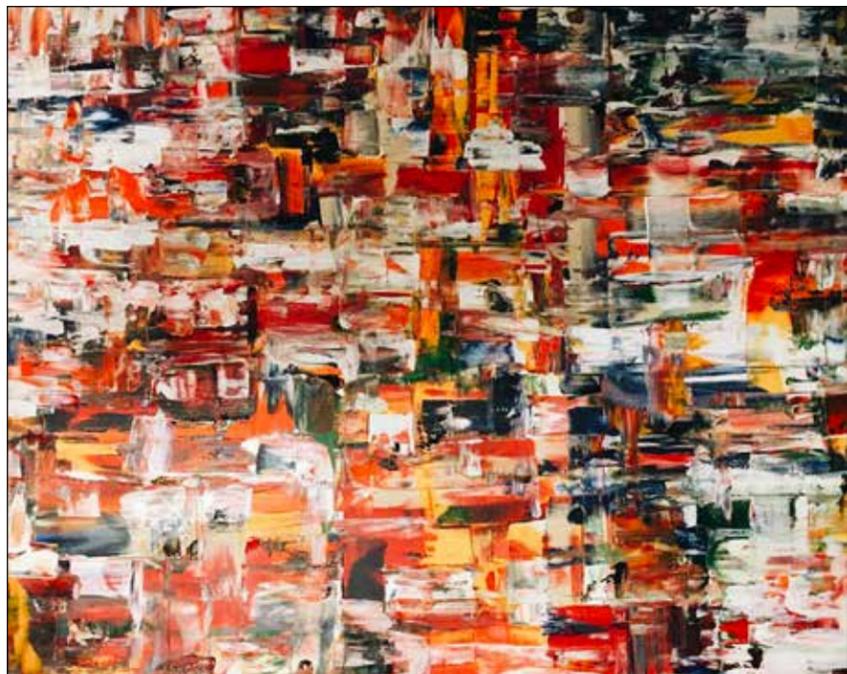
CM: I try to create every day, though I do go through seasons of high-volume production and then times of artistic rest. Right now, I enjoy painting in the evenings with a glass of red wine.

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

CM: I'm always in a process of discovery. I don't have one "style" – and that's okay. I'm constantly wanting to push against what I just did in the last painting, which means I'm eager to try new techniques and color palettes. But I will say that a defining moment for me was when I finally put away the brushes and picked up the palette knives! Let's just say: It was a game-changer in helping me determine my approach to painting.

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

CM: My favorite project so far was the collection I did for my first art show, "Flora," at The Falcon Bar and Gallery. The art show was themed around native botanicals – which was a significant challenge for me as an abstract painter. I found myself drawing



from Florida for inspiration in new ways – using the plants, fruit and trees that I remember from my childhood in scenes. The quartet was comprised of stylistically diverse pieces – a still life of oranges and blossoms, a geometric palm tree, a coastal landscape, and abstract tropical flowers.

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

CM: I'm a big fan of "The St. John's Bible." If you don't know, it's a hand-tipped Bible that combines Orthodox iconography with modern art in a beautiful and worshipful parade of color. So I challenged

myself to try creating a modernized rendition of classic religious art. This was easily my most challenging piece! Using professional painting software on my iPad, I hand-drew a portrait of Mary, using a warm color palette and impressionist textures. It took hours upon hours to get the face right and to find that balance between classical imagery and my abstract flair. But now "Magnificat" is one of my favorite pieces. My favorite detail is the hand-written verses to Mary's prayer that I wrote into her veil.

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

CM: I have always dreamed of doing a mural someday, perhaps inspired by the bold botanical prints put out by Rifle Paper Co. I really love their bright florals!

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

CM: One of my main sources of inspiration comes from literature. For example, one of my favorite pieces is a rich floral still-life called "Clarissa." Hidden in the lower right-hand corner is the opening line of Virginia Woolf's *Mrs. Dalloway*: "Mrs. Dalloway said she would buy the flowers herself."

## NHN: Future goals/plans?

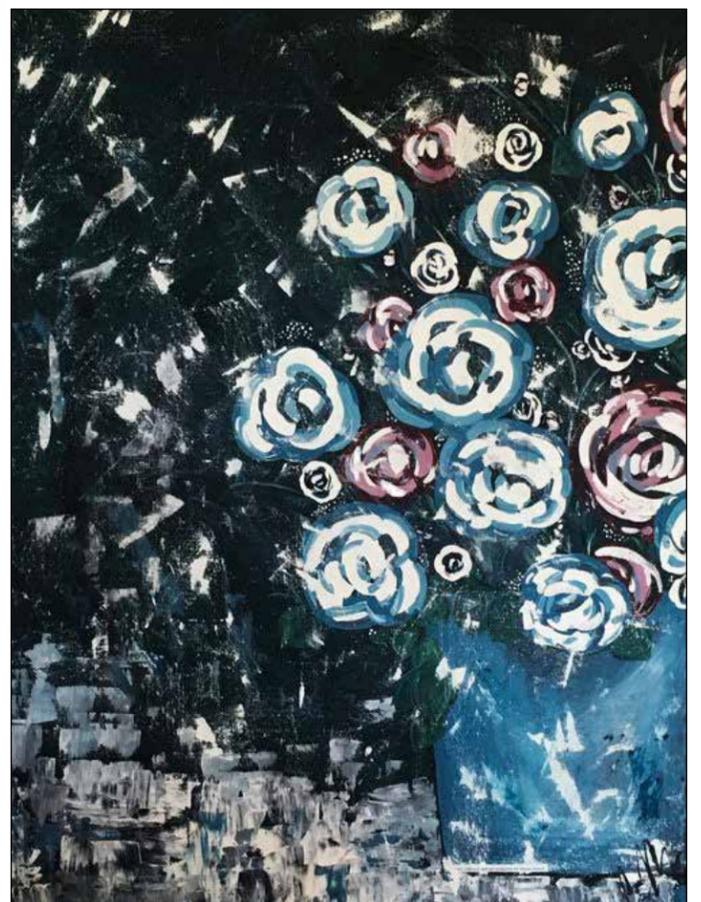
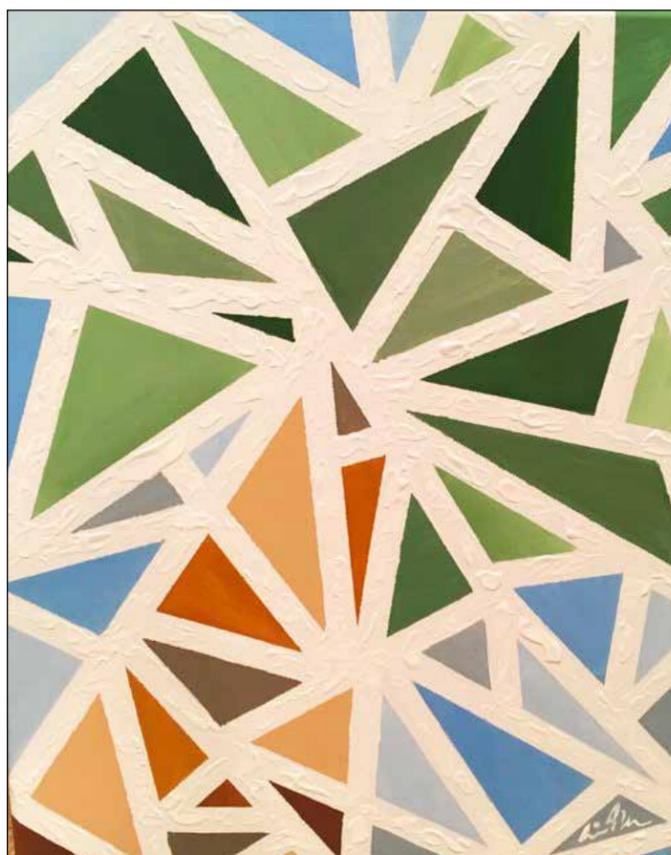
CM: I hope to continue painting and finding ways to integrate my different artistic loves: writing, photography, and acrylics. I've given

some thought to illustrating my own children's book or writing a graphic memoir – but for now, I'll stay focused on finishing my novel and painting abstract scenes. I'll also continue to pursue art shows in the local area and support other Orlando-based artists.

For more about Ciera McElroy and her art, visit [www.cieramcelroy.com/](http://www.cieramcelroy.com/).

### NOMINATE AN ARTIST

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



# Accessibility Is A Right, Not a Privilege

BY NATALIA JARAMILLO



Service dogs Bequette and Ollie

On a normal Saturday in January, Fred and Sharon Adams were headed to volunteer for their local service dog training foundation, Pawsitive Action, where they had gotten their service dogs Bequette and Ollie. Fred, a former Air Force photographer and Korea veteran who's legally blind, mentioned to his wife that he wasn't able to teach his usual tracking and scent class because his chest was hurting. Sharon, who has Parkinson's and has had three hand surgeries, had never heard her husband say he couldn't teach a class.

Panic immediately set in, and they rushed to the U.S. Department of Veteran Affairs Orlando Medical Center. After a tenacious fight to keep her husband in the hospital against normal EKG and blood work, Sharon convinced the VA Medical staff to hold Fred because she knew something was wrong.

On the morning of Fred's heart attack, both of their English Black Lab service dogs were whining around Fred, something that the dogs never did. In a matter of 90 days, Fred suffered three heart attacks, and Sharon's nightmares became reality. "I lost months of my life, it was so scary," Sharon said.

September is National Service Dog Month, which is one of many rights protected under the Americans with Disabilities Act. Norma Ross, Pawsitive Action Foundation Executive and Training Director, runs the assistance dog foundation, where they breed, train, and provide service dogs for free to those with disabilities. When the help of donations, partners and their corporate sponsors runs out, a qualified person may purchase a service dog for roughly \$15,000 as a two-year-old dog ready to take home or \$7,500 for an eight-month-old puppy.

Training for Pawsitive Action's service dogs begins when they are eight weeks old with basic conditioning and moves on to pass certifications, such as the Canine Good Citizen Test, or CGC, regulated by the American Kennel Club. Once the dog is around seven months old, Pawsitive Action allows the dog to choose their human and act as their "battle buddy," Ross says about the service dogs. "The dog allows access to normal activities" for people with disabilities.

The ADA currently doesn't regulate or have any specific certification process for service dogs. Walking around a public mall, you may have seen a dog inside and thought it was a service dog; however, many people choose to take advantage of the lack of ADA regulations for service animals.

"I think people are getting really tired of fake service dogs. They are so misbehaved, which gives a bad impression of how real service dogs behave," Ross says. People with disabilities "get so few privileges that are just for them that other people take for granted, and this is the one thing that is theirs. It makes them feel special," she says.

It's worthy to note that currently only dogs are protected and defined as service animals, according to the ADA. Service animals are to be allowed into every public facility and private business unless the animal is not housebroken or is out of control from the commands of its owner.

The ADA National Network website, which offers guidance, training, and information about the ADA, recommends asking only these two questions to determine if a service animal is really a service animal: Is the animal required because of a disability, and what work or task has the animal been trained to perform? In a public facility, the person entering with a service animal must not be asked to define their disability or the extent of the disability. Also, a public facility is not allowed to ask the service animal owner for proof or performance of tasks by the animal under the ADA.

"The ADA is a great thing to have behind you. I don't like going places by myself, especially in this day and age," Sharon says of the regulations and the ability to have her service dog with her at all times.

The lives of people like Adams have drastically improved due to the ADA's national regulations. Among some of the substantial regulations by the ADA are the Standards of Accessibility Design, which rule that all public facilities constructed after 1992 must be designed with accessibility for all people with disabilities. Employers, whether local/state or private entities, with 15 or more employees are not to discriminate against individuals with disabilities who are qualified for the position. Employers are required to reasonably accommodate the interview and job/environment; however, the employer may refuse to accommodate based on the accommodations being too difficult and costly.

The ADA also lists requirements for closed captions on all public service announcements and regulates the Telecommuni-



Fred and Sharon Adams with their service dogs Bequette and Ollie

cations Relay Services, which allows all individuals with hearing or speaking disabilities to make telephone calls throughout all 50 states and U.S. territories. Alcohol and drug abuse are not protected under the ADA guidelines, and an employer may act upon just those known abuses accordingly.

The ADA turned 29 in July of this year. Founded in 1990, the act helps protect the rights of American people with disabilities to equal living among society. Employment opportunities, transportation, telecommunication, state/local government programs, as well as public accommodations and commercial facilities are among some of the few written laws that are protected within the ADA.

The Americans with Disabilities website, which offers information about the ADA, defines disability as "a physical or mental impairment that substantially limits one or more major life activities of such individual, a record of such an impairment, or being regarded as having such an impairment."

"I'm doing good, but it's going to take six months until I'm totally healed, so you know I just have to be diligent with what I'm doing," Fred says.

Visit Pawsitive Action's website here:  
[www.pawsitiveaction.org](http://www.pawsitiveaction.org)



# Raccoons Being Killed by Trash Has Lake Nona Residents Concerned

BY NATALIA JARAMILLO

According to the United States Census Bureau website, Orlando has grown from 2010 to 2018 by 19.6%, and with this increase in population comes an increase in



Raccoon with glass mason jar.

urban development that likely caused the death of one raccoon by suffocation on a glass mason jar.

"People feel entitled like it's our land when it's not our land, we have to share it," says Tomasz Gruzynski, who has been the President of the Home Owners Association for Nona Preserve for the past two years. Gruzynski found the body of the suffocated raccoon, which inspired him to post it to popular app Neighbors that connects homeowners from a certain area together via social media to spread awareness.

Gruzynski, who has been volunteering at the Clearwater Marine Aquarium monthly for the past three years, shared some of his tried and true tips to stop raccoons from getting into your garbage cans at night.

Wrap bungee cords around your trash can at night, so it keeps the restraint constant on the closed lid and remove the bungee cord before you leave for work.

"Part of the reason the HOA asks you to bring trash cans inside when it's not your pick-up days is so animals can't get inside," he says. Another solution he suggests is to put a sharp object around the trash cans and make sure nothing surrounding the trash can would enable the raccoons to climb into your trash easier. "Raccoons are very smart and once they learn they can't get into your trash can, they won't come back," Gruzynski says.

Kelly Verduin, administrative manager at Back To Nature Wildlife Refuge, also recommends making sure the Orange County garbage bins are being closed tightly and correctly as they are made to withstand most wildlife. Raccoons, who are in season year-round, have figured out ways to enter the trash cans when they are typically overflowing with stuff. Scaring raccoons away using loud sounds and flickering lights are the best ways to safely get rid of them.



Baby raccoons from Back to Nature.



Raccoon from Back To Nature.

Before encountering an injured animal, such as a raccoon stuck in dangerous trash, knowing what to do and who to call is important. Back To Nature focuses on the four "R's," Rescue, Raise, Rehabilitate, Release, and then Educate. "We prefer people to do their best to keep the babies with their mom, but things happen, development happens, dogs and cats happen," Verduin says.

In the case of an animal emergency, the best thing to do before touching the injured animal is to call Back To Nature at (407) 568-5138. So far this year through July, Back To Nature has rescued about 2,650 animals total, including 141 raccoons.

The wildlife refuge will be receiving a fund from Orange County of about \$3.5-4 million to expand its headquarters and be able to help more animals and educate the public better with their five new buildings. The plan is to be completed in 2020 and allows the nonprofit to continue housing their "educational ambassadors," known as their resident animals that cannot be released back into the wild.

Education is important because "if people don't have an understanding for it, they don't have respect for it, and the more understanding they have, the easier they can cohabitate," says Verduin. She recommends educating the children of the Lake Nona community by bringing them to the

guided tours that Back To Nature offers. Gruzynski says it's the responsibility of the government to educate the youth and give them the tools necessary to learn more about the environment. He would like to see bungee cords given with the trash cans provided by Orange County and just charge the cost of the bungee cords.

Donations for Back To Nature are welcomed through their website:  
[www.BTNwildlife.org](http://www.BTNwildlife.org)



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## HEALTH & WELLNESS

### USTA Hosts The Junior Davis Cup and Junior Fed Cup

BY DANIEL PYSER  
PHOTO CREDITS USTA

September also marks the first full month of school, and with it, the USTA National Campus returns to its regularly scheduled youth programming after another successful year of Summer Camp.

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

The Nemours Family Zone, which features 36- and 60-foot courts designed for beginners, has programs for children as young as three, during which parents are encouraged to participate, as well as intermediate programs designed for kids between the ages of 7 and 10.

Programming for middle school- and high school-age children is available on full-sized courts for players ranging from beginners to those competing on

their school teams and USTA-level tournaments. And as is the case with all programming, both after-school and weekend sessions are available.



September marks another first for the USTA National Campus as it hosts yet another major international event – the Junior Davis Cup and Junior Fed Cup by BNP Paribas Finals – for the first time.

Over the next three years, the USTA National Campus will host the premier 16-and-under world team competitions, marking the first time the event will be held in the United States since the 1994 finals, which were staged in Tucson, Arizona.

The event has been held in Budapest, Hungary, the past two years, with the U.S. Junior Fed Cup team securing its second consecutive title last year.



The full complement of USTA National Campus adult programming will also be available in the fall. The classes include Tennis 101 and 102 for players new to the game, Cardio Tennis and Liveball sessions for those who are fitness-forward, Doubles and Singles Training for those who want to improve their situational awareness on a tennis court, as well as private lessons.

There are also a number of Social Play options, which are match-play events facilitated by USTA National Campus staff and designed for local players to grow their tennis network in a fun yet competitive atmosphere.



The competition includes 16 nations on both the boys' and girls' sides, competing first in round-robin groups, then in a knockout bracket to determine the winner.

The U.S. has won five Junior Fed Cup titles (2008, 2012, 2014, 2017, 2018) and three Junior Davis Cup titles (1999, 2008, 2014). Former U.S. junior international team members include Jim Courier, Andy Roddick, James Blake, Lindsay Davenport, and Sloane Stephens. Roger Federer, Rafael Nadal, and Novak Djokovic have also represented their respective countries in the junior international team competition.



# Your Best Shot to Stay Well This Flu Season

BY DR. HYRUM BRODNIAK

Fall has arrived, and with it, the start of flu season. While you can get the flu at any time, cases typically rise in October and hit their peak around the holidays (December-February).

There's no telling how bad the 2019-2020 season will be, but the high infection rate last year – and the virus' life-threatening potential – are ample reasons to take this threat seriously and do what you can to protect your family. That means getting a flu shot.

Everyone over six months of age should receive a flu shot annually, ideally in the fall. This is the most important thing you can do to safeguard yourself and your children against an illness that causes serious discomfort and can be deadly.

Yes, you can still get the flu if you've been vaccinated. This is because the chosen vaccine strains for a given year may not perfectly match up with incoming flu strains. Flu vaccines, which change each year to cover the main circulating strains, are generally about 50-60% effective. To some people, this may sound like a coin toss, but in reality, that is a very effective vaccine. If you get vaccinated, you're far less likely to become ill, and if you do, your symptoms should be less severe.

## New This Year

One new development in 2019 is that the American Academy of Pediatrics (AAP) is recommending families have their children vaccinated via the flu shot or the nasal spray vaccine for the best protection. The AAP did not previously recommend the nasal spray because it wasn't considered as effective against certain virus strains. But this year, whatever form of vaccine your doctor recommends is fine.

Think of it this way: getting a flu shot is like wearing a seat-belt. It won't prevent all episodes of influenza, but it will reduce the severity and the chance of complications. In some situations, flu can worsen into pneumonia and, though it is unusual, lead to death. That may sound extreme, but an estimated 20,000 to 40,000 people die nationwide as a re-

sult of the flu each year. Even healthy people can become very sick from the flu and can transmit it to those for whom the virus is potentially lethal, like babies and anyone with a compromised immune system. But take comfort: The flu vaccine drastically lowers your likelihood of catching the flu and makes it much easier to endure if you do happen to catch it. So, do your part to protect others and yourself and get vaccinated this season!



*Hyrum Brodniak, DO, is a family medicine physician with AdventHealth Medical Group in Lake Nona. He has extensive experience in preventive medicine and education and treatment of chronic conditions. Dr. Brodniak has specialized training in osteopathic manipulation, which is used to treat a wide variety of illnesses, including joint and muscular disorders, asthma, and headache disorders.*

To learn more, visit [YourCentralFloridaDoctor.com/FamilyMedicine](http://YourCentralFloridaDoctor.com/FamilyMedicine) or call 407-930-7801.



# NONA CONNECT

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**Thursday, September 26**

**Time: 11:30 a.m.-1 p.m.**

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[nona.link/nc2019](http://nona.link/nc2019)

**NONA MEDIA**  
COMMUNITY DRIVEN ENGAGEMENT

# Going Vegan or Vegetarian the Right Way

BY DR. SHARON WASSERSTROM, M.D.

Choosing to adopt a plant-based diet can be great for your overall health. However, it's not as simple as just giving up meat and other animal products – there are important steps you should take before going vegan or vegetarian.

## Talk to a specialist.

It's always a good idea to speak with your doctor before making big lifestyle changes, especially when it comes to your diet. He or she can help you navigate what you eat (and don't eat) to ensure that you are helping and not hurting your health.

If you are serious about switching to a plant-based diet, consider scheduling an appointment with a lifestyle medicine specialist. Lifestyle medicine is centered on natural, comprehensive methods of care that can help treat, improve or prevent chronic diseases and other conditions through lifestyle modification, one of the main players being your diet.

## Choose your foods wisely.

When switching to a vegan or vegetarian diet, it's also important to realize that you still must make smart food choices. Not all veggie-friendly foods are healthy. For example, eating nothing but pasta can be considered a vegan diet, but that does not

make it a healthy diet.

Luckily, there are a lot of easy-to-prepare vegan and vegetarian recipes available online to help you experiment with new foods and how to prepare them. A good rule of thumb is to stick to one-ingredient foods that are minimally processed, such as vegetables, quinoa, beans, or foods that have as few ingredients on the label that you can find.

You should also be wary of "substitute" foods. While it is perfectly okay to satisfy a craving with some fake bacon, don't make these foods part of your regular diet. Many of these substitute foods are highly processed, and while they might follow your new diet restrictions, they aren't necessarily healthy options.

## Beware of false information about the need to supplement.

There is a lot of wrong information out there about needing to take a variety of supplements when you switch to a plant-based diet. While everyone has their own unique needs, anyone on a vegan diet should be supplementing B12 because there is a high likelihood that you will become B12 deficient if you don't. This is because B12 is mostly found in animal meat, eggs, and dairy products. Not taking in enough B12 can cause side effects like tiredness, confusion, and feeling un-



balanced. Other supplement needs can be reviewed on an individual basis with your doctor.

## Understand the health benefits.

While switching to a plant-based diet can seem like a lot of work, when done correctly, it can improve your health and quality of life substantially – especially if you have a chronic disease like obesity or diabetes. After adopting a plant-based diet, some patients can reduce their reliance on medication and reduce their risk of diseases.

If you've made the decision to adopt a plant-based diet, let your doctor know so that they can evaluate your individual needs.

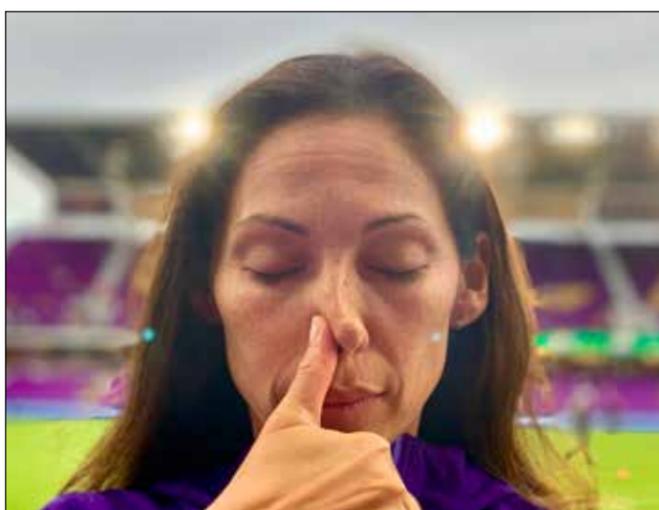
*Dr. Sharon Wasserstrom is a board-certified internal and lifestyle medicine specialist at UCF Health. She is uniquely skilled in providing tailored lifestyle management that helps prevent, improve and reverse already established disease. Learn more at [ucfhealth.com](http://ucfhealth.com).*



# Namaste With Natalia: Alternate Nostril Breathing Nadi Shodhana

## Your Monthly Yoga Pose

ARTICLE BY NATALIA FOOTE  
PHOTOS BY MICHAEL FOOTE



1. Begin by bending the right pointer and right middle finger toward the right palm.
2. Apply gentle pressure with the right thumb to the right nostril, closing the right nostril with the thumb.
3. Deeply inhale through the left nostril.

4. Using the right ring finger and right pinky finger, apply gentle pressure to the left nostril and close the left nostril.
5. Release the right nostril, keeping the left shut, and fully exhale.
6. Keeping the same position, inhale through the right nostril fully.
7. Apply gentle pressure with the right thumb and continue releasing the left nostril to exhale.
8. Repeat so each nostril inhales and exhales a minimum of 10 times.

You will notice that one side will feel more clogged or shut than the other. Our breath cycle switches about every 75 minutes, alternating between a dominant nostril breath. Practicing nadi shodhana brings awareness to the imbalance. Practicing alternate nostril breathing lowers the heart rate and reduces stress and anxiety. It is an easy practice that can be done almost anywhere!

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.*



Balance and breath are two important principles in yoga. This month's pose focuses heavily on both. In addition, it is not considered an actual pose. *Nadi shodhana*, or alternate nostril breathing, is part of the fourth limb of yoga called pranayama. Many people come to yoga and expect it to only be the movements, or the asana. However, yoga has eight different limbs; asana is the third. Hence, why poses in yoga movement classes usually end in "asana."

Alternate nostril breathing cleans or purifies the left and right side. It synchronizes the two hemispheres of the brain. In addition, *nadi shodhana* is a way to begin pranayama or breathwork.

# Brother Doctors Support One Another In Family and in Business

ARTICLE BY JENNIFER DIDOMENICO  
PHOTOS COURTESY OF CHIRAG AND CHETAN PATEL

For two local brothers who always dreamed about becoming doctors, the biggest surprise in their careers to date was opening their respective medical practices in the same Lake Nona neighborhood. In fact, they're right down the street from one another.

Brothers Chirag J. Patel, M.D., and Chetan J. Patel, M.D., both said they knew they wanted to get into the medical field at a very young age.

"I've always had the thought of becoming a doctor as a child – not until my third year of medical school did I know that I wanted to be a surgeon," said Dr. Chetan J. Patel, a board-certified and fellowship-trained general surgeon and founder of Nona Minimally Invasive Surgery.

"And I knew in grade school that I wanted to be a doctor, but I wasn't sure of what type," said Dr. Chirag J. Patel, a board-certified ophthalmologist and founder of Lake Nona Ophthalmology. "When I went to medical school and was exposed to different specialties, my mind hopped around a lot. It was late in medical school when I stumbled upon ophthalmology. Being in long-term patient care, being able to make a huge difference in patients' lives, using pretty cutting-edge technology ... all of those elements were really appealing."

But the field wasn't the only thing they were both certain about. With roots in a small Central Florida town near Leesburg, the brothers say they knew Florida is where they, too, wanted to settle down and eventually raise their families.

Chirag beat his younger brother to the punch, opening his Lake Nona Ophthalmology practice first, in 2013.

"I think what I really loved about Lake Nona was that the end goal of the community in terms of what Tavistock is trying to do – the whole healthy living, multi-disciplinary community – kind of made it not only a wonderful place to practice medicine, but to teach medicine," he said, having previous experience lecturing at the University of Florida, where he studied. "I always loved the teaching aspect of medicine. It's lifelong learning."

Chetan, who was almost set to be in West Palm Beach upon completing his residency through the University of Miami, opened his minimally invasive surgical practice in October 2018 and main office in June, just down the road from his older sibling. In fact, he anticipates hosting a grand opening in the coming weeks, where guests with surgical needs will have the opportunity to make appointments for free consultations following the event.

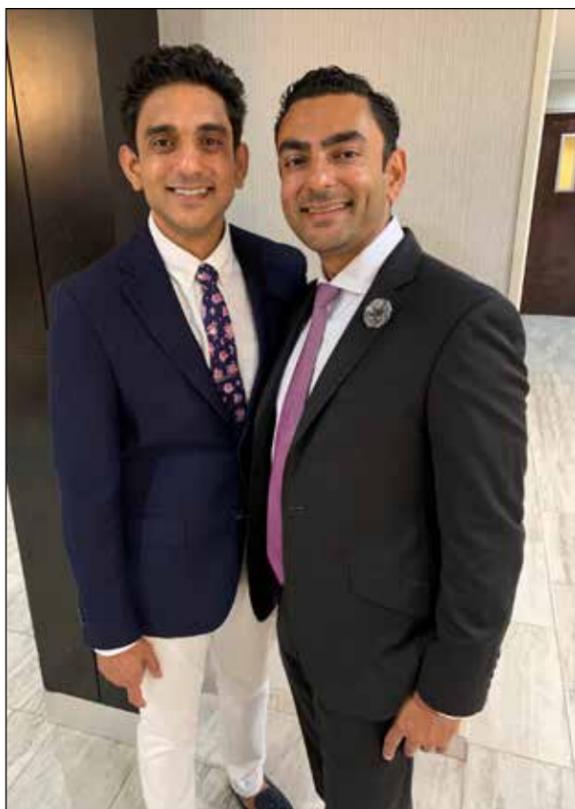
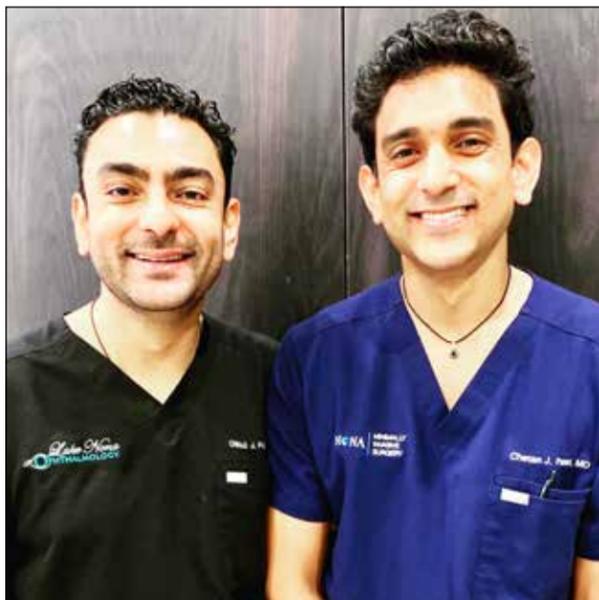
"I always knew I wanted to be in Florida, that was for sure," he said. "But I didn't know anything about Lake Nona until my brother started his practice here."

Both living and working nearby one another in Lake Nona, the brothers are now raising their own families. "It's been a big, giant leap of faith, but it's worked out great," said Chirag. "It's an amazing place."

And though the Patels are physicians related by blood, they both said there is no competition between them – as brothers nor as professionals. They offer each other nothing but support.

"[My brother] has always paved the way for me throughout my entire life," said Chetan. "He was a huge support as far as starting my own practice and will always be a lifelong mentor to me."

"It's a lot of fun, even though we're two completely different specialties. ... And it's nice to be able to, at this point, offer a person who my brother can talk to at any point," said Chirag. "We're not only able to connect professionally, but always as a family."



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For more information about Lake Nona Ophthalmology and Dr. Chirag J. Patel, visit [NonaEyeMD.com](http://NonaEyeMD.com).

For more information about Nona Minimally Invasive Surgery, Dr. Chetan J. Patel and their upcoming grand opening event, visit [NonaSurgery.com](http://NonaSurgery.com).



## Gloria Del Orbe Named New Principal of Good Shepherd

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF  
LINDA CALDWELL



The Diocese of Orlando Office of Catholic Schools announced on July 17 that Gloria Del Orbe has been named the newest principal of Good Shepherd Catholic School. Ms. Del Orbe can now say that she has come full circle in her career since beginning to teach at Good Shepherd in 1997.

In the press release issued by Diocese of Orlando Office of Catholic Schools, Ms. Del Orbe spoke about her return to Good Shepherd. "I am privileged and humbled to return to Good Shepherd Catholic School as principal. I feel my role is to serve the community and provide an education that goes beyond the classroom by developing life-long learners and faith-filled followers of Christ."

After teaching at Good Shepherd for 15 years, she moved up to the assistant principal position at Holy Family Catholic School. From that position, she transitioned in 2013 to Holy Redeemer Catholic School in Kissimmee, where she was named principal.

Along with her teaching experience, Ms. Del Orbe has built quite the resume over the years, including the different degrees she has acquired – an associate's degree from Valencia Community College, a bachelor's degree in English from Rollins College, a master's degree in Education of Educational Leadership from Barry University in Miami, and certifications from Florida Southern College in Lakeland.

Her influence at Holy Redeemer was noted by Mr. Henry Fortier, Secretary of Education and Superintendent of Catholic Schools for the Diocese of Orlando. She served as principal at Holy Redeemer for seven years, and during her time there, increased the enrollment and built a strong

sense of community alongside Rev. Timothy LaBo.

"Ms. Del Orbe has become a very seasoned school administrator. I think her Hispanic heritage will help better serve the local community, as it has become very diverse over the years. Bringing that cultural awareness is a plus for Good Shepherd and will help move that community forward as well," stated Mr. Fortier in the press release.

Outside of her admirable experience as an



educator, Ms. Del Orbe plays great roles within her community. She has served on several committees within the Diocese of Orlando. She has also led educational missions to the Dominican Republic and has assisted at the Catholic Charities of Central Florida and the Covenant House.

And as she becomes principal of Good Shepherd, Ms. Del Orbe's efforts will be focused on the community where she commenced her career, and she has several goals outlined to continue the school's success. "Catholic education is a commitment to academic excellence and a faith-filled, supportive environment. My goal is to build on the success of Good Shepherd Catholic School; spiritually, academically and physically. Good Shepherd has high standards and encouraging children to reach their maximum potential and beyond will be a primary goal."



## SCHOOL UPDATES

### LAKE NONA HIGH SCHOOL FOOTBALL

BY ANDREW GORDON

As we head into our 11th season, Coach Anthony Paradiso and his Lake Nona Lions look to continue their history of excellence on the gridiron after an excellent season last year. The first game of the new school year was a preseason 45-7 victory against the Gateway Panthers on Aug. 16 at the opening Kickoff Classic.

During this past summer, the Lions have been hard at work building upon last year's season through strength training, physical conditioning, and fast-paced and intensive calisthenics to prepare themselves for the challenges ahead. With the intense heat and the inclement weather, the Lions have been battling mother nature in preparation for the challenges that await them as a new 8A district school. However, these detractors won't stop the Lions due to the amount of commitment and guidance of Coach Paradiso's coaching staff, managers, and athletic trainers. This support team has helped to allow the football players to minimize downtime due to the issues above while still achieving a high level of football execution and athleticism befitting of a championship program.

Andrew Gordon is the HOPE Instructor, Offensive Line Coach, and Assistant Track & Field Coach at Lake Nona High School.



### LAKE NONA HIGH SCHOOL THEATER DEPARTMENT

ARTICLE BY BELLA FUENTES  
PHOTO BY RENEE'S PHOTO STUDIO

Lake Nona High School's theater department's student leadership team excitedly introduces their 2019-2020 season, including Rick Elice's *Peter and the Starcatcher* in the fall and Bob Martin and Don

McKellar's *The Drowsy Chaperone* in the spring.

The department is looking forward to welcoming new students and starting a great year! If you have any questions concerning the season or this year, please email [Troupe7434@gmail.com](mailto:Troupe7434@gmail.com). You can also contact Mrs. Chase at [gail.chase@ocps.net](mailto:gail.chase@ocps.net) or Mr. Schoonover at [Scott.Schoonover@ocps.net](mailto:Scott.Schoonover@ocps.net).



# SCHOOL UPDATES

## EAGLE CREEK ELEMENTARY

BY JESSICA SCULLY

Our teachers had a wonderful week of pre-planning as they eagerly prepared for another exciting year ahead of us.

We would like to thank everyone who showed up for our Meet the Teacher Event on Thursday, Aug. 8. It was delightful to see our hallways full of big bright smiles, children's laughter, and just overall excitement for a new school year!

Thank you to our PTA for sponsoring breakfast and lunch for our teachers and staff to kick off a great year. A great time was had by all. Our PTA does so many wonderful things for our school. We are so thankful for our PTA.

It was an amazing first day of school at ECE. It's great to be an Eagle Creek Panther! We hope you enjoy these images of our first day of an incredible new school year. Adventure awaits us this year at ECE!

Congratulations to our 2019-2020 Teacher of the Year, music teacher Darlene Grande. Congratulations to our 2019-2020 Support Person of the Year, registrar Jennifer Ramos.



## LAUREATE PARK ELEMENTARY

BY JESSICA SCULLY

School has started, and our Longhorns are back on campus after a great summer. Before they arrived, our staff took the time to have a fun team-building activity with the staff at Moss Park Elementary and Sun-Blaze Elementary as we raced toward success at a local go-kart track.

Laureate Park's fantastic PTA gave the staff a good old-fashioned hoedown lunch. And, Kendrick Associates got our morning started right with a yummy breakfast. In between, there was a lot of serious organizing and planning done by our teachers to get the 2019-2020 year started off right!

Laureate Park looks forward to another successful year, continuing our educational Einstein Hours, a new Science Lab sponsored and run by our PTA, going 1:1 with technology in all our classrooms, our annual musical performance by our grade 3-5 teachers, and exceeding our classroom reading goals.



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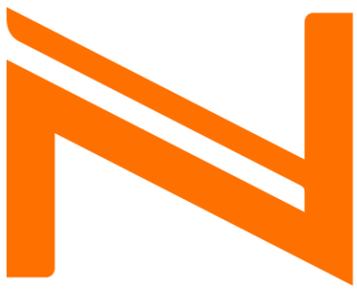
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entertainment

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## Katie's Cucina: One-Pot Spiced Pork Tenderloin With Roasted Potatoes And Asparagus

BY KATIE JASIEWICZ, [KATIESCUCINA.COM](http://KATIESCUCINA.COM)

September to me is all about getting back into a solid routine before the holidays arrive. Once school starts in August, I like to work on meal planning. This helps me get out of any sort of dinnertime rut I may be feeling, helps me stay organized, and helps me stress less during the week. I often lean on one-pot meals at least 1-2 times a week.

By September, we are all hoping and praying for cooler weather. However, it's Florida, and we really won't start to see any change in our warm temps for another 1-2 months. The easy dinner I'm sharing this month definitely channels the comforts of fall. So, drop the AC a few degrees cooler to channel "fall-like" weather while you cook this One-Pot Spiced Pork Tenderloin with Roasted Potatoes and Asparagus.

After I made this dinner for my family, they requested to put it in our dinner rotation. I keep a running list of all the meals my family enjoys so that when I'm meal planning I can turn to the list and meal plan in minutes! Another meal planning tip I have is to try and cook a few similar ingredients during the week. You can prep once and cook throughout the week. Meaning – chop all the bell peppers or onions, garlic, etc. You can even portion ahead of time, so you just grab the ingredients and cook, speeding up the dinnertime prep time.

This one-pot meal only needs to cook for 30 minutes. The only thing I would say you could prep ahead of time is the seasoning for the pork tenderloin. If you cut the potatoes too early, they will brown. My time-saving tip for this meal: While the pork tenderloin sears in the large cast iron pot, you can chop your potatoes and cut your asparagus.

I know some people are leery of one-pot meals not having enough flavor or being overcooked. Don't worry – the potatoes are perfectly cooked as well as the pork tenderloin.



The asparagus wasn't soggy at all. The key to having perfectly cooked asparagus is to lay the bite-size pieces on top of the potatoes before cooking in the oven. The asparagus turns out perfectly tender. So, if you're trying to get back into a solid dinnertime routine and hoping to reduce a sink full of dishes (night after night) ... I hope you'll give this delicious one-pot dinner a try!

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



### ONE-POT SPICED PORK TENDERLOIN WITH ROASTED POTATOES AND ASPARAGUS

Yield: 4 | Prep time: 15 minutes

Cook Time: 30 minutes | Total time: 45 minutes

#### Ingredients:

- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon paprika
- 1 tablespoon brown sugar
- Dash of cayenne pepper
- 1 pork tenderloin
- 3 center-cut bacon sliced
- 1 1/2 lbs. quartered new potatoes
- 6 green onions, cut into 2-inch pieces
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dill
- 16 asparagus spears, cut into 2-inch pieces
- 1 tablespoon fresh flat-leaf parsley

#### Directions:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Combine the salt, black pepper, paprika, brown sugar and cayenne pepper in a bowl. Rinse and pat dry the pork tenderloin. Spread the seasoning on both sides and set to the side.
3. Heat a large cast-iron pot over medium-high heat. Cook the bacon for 4 minutes or until crisp (but not burnt). Remove the bacon from the pan and set to the side.
4. Add the potatoes and green onions to the bacon fat and cook for 5 minutes until lightly browned (turning once with lid on). Before removing the potatoes from the pan sprinkle with garlic powder and dill. Mix well and then remove the potatoes from the pan.
5. Place the pork in the pan and cook for 3 minutes. Turn the pork and add the potatoes, green onions and asparagus. Place the lid on the cast-iron pot and place in the oven for 20 minutes. The pork should read at least 145 degrees Fahrenheit. Remove the pork from the pan, let it rest 5 minutes, then cut diagonal. Sprinkle bacon and parsley on top of potatoes and asparagus. Divide among 4 plates and enjoy.

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## Auggie Doggie

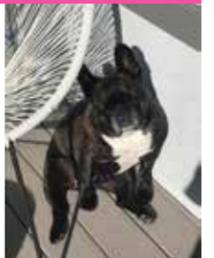
**Owner:** Jeff Fain  
**Breed:** 45 lb. purebred French Bulldog  
**Age:** 7 years old  
**Dog's Quirk/Story:**

Auggie is hilarious, sweet, loves kids – especially babies – and sunbathing. Auggie can be seen hanging out at Canvas every day. He frequents the Canvas patio deck inspecting for lizards and ensuring it's safe for the lunch crowd. When he's finished nosing around, I say, "Let's go see your girlfriends," and Auggie heads for Canvas' front door. His girlfriends at the coffee bar and hostess stand are always excited to see him. Off he goes to socialize, be petted, loved on, and sometimes he will hop up on the sofa to hang out. He looks at me like I should bring him a snack and coffee. Oh, Auggie!

Auggie loves going over to the preschool when the kids are on their playgrounds. They come running to the fence yelling, "Auggie, Auggie is here." He sits, and they pet him through the fence.

In the little parks, he sits, and the kids climb on him, pull his ears, poke his nose, and one little boy was a little too curious about his bunny tail. After all, Frenchies are famous for Batman ears and bunny tails. That's why both boys and girls love them.

*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: Conner Clarke

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF  
CONNER CLARKE

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

**Age:** 26

**Year Graduated:** 2011

**Occupation:** Internal Sales Department at Southern Safety & Supply and Writer for Gators Territory

**Current Location:** Orlando, FL



Lake Nona checked all the boxes for Conner Clarke's parents when they were looking for a good area in which Clarke and his sister could grow up and find opportunities. Clarke lived in the area until a year ago and is now looking to make his way

back to Lake Nona. Let's get to know him and his story since his time at Lake Nona High School.

While he was a student at Lake Nona, Clarke's vision for himself after high school was focused on sports: "I always wanted to ... graduate college and even thought I'd be playing college football after high school, and then eventually working in the sports industry, getting paid to do what I love. I grew up a diehard Florida Gators fan, so I always saw myself doing anything in the industry surrounding the team! I couldn't imagine a better job than getting paid full time to be a part of a culture that excites and fuels my passion every day."

Although he was offered the chance to play college football, Clarke decided to take a different path when it came to his career but still maintained his vision.

"When entering college, I went back and forth numerous times with what I wanted to major in and what I wanted to do with my life, and it wasn't easy settling on one thing. So, early in my college career, I took various different off-the-wall courses to kind of rule things out. However, one thing remained constant – I knew at some point in my life I wanted to do something in sports. After a while, I finally settled on my business major while also taking some courses in sports management."

After graduating from the University of Central Florida, Clarke took on the role of running the internal sales department at his father's well-established, contractor safety supply business – Southern Safety & Supply – where he was able to gain essential experience in honing his skills for sales.

"After graduating from UCF, I still wasn't quite sure of exactly what I wanted to do, but I knew I enjoyed being around sports, so I went back to Lake Nona and was given an opportunity to help coach at my alma mater for a year. During that time, I learned a lot about myself that would help me in the future. But after that year

was up, I was at a crossroads and had to decide what to do in starting my professional career. I knew I enjoyed interacting with people [be] cause it was something that just came naturally to me, and I had quite a bit of experience after working at the local Publix for over 9 years, so sales seemed like a perfect fit."

And a few months ago, Clarke accomplished one of his post-high school goals of working



in the sports industry; he accepted a part-time position as a writer for Gators Territory!

"I was offered the part-time position as a writer for Gators Territory because of the connections I made and information I shared over the last few years on social media relating to the Florida Gators. Everything may not have gone as I had planned out in high school, but nothing ever really does."

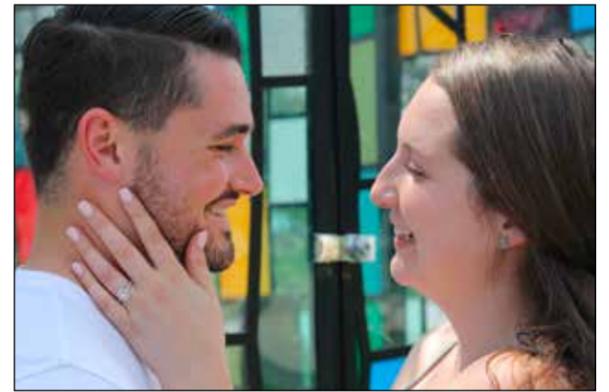
He also hit another huge milestone in his life by getting engaged on Aug. 11. He told *Nona-hood News*, "I am so happy to have found someone along the way who supports me and had decided to grow with me on this journey."

For fun, Clarke plays basketball on Sunday mornings with a few friends who



graduated alongside of him in Lake Nona. "I also still play football and enjoy going to the gym with my beautiful fiancé," Clarke noted.

Looking at the road ahead, Clarke has more goals he's striving for and is ready to accomplish them both personally and professionally. "In the next five years, I see myself reaching my goal of doing what I love by covering the Florida Gators full-time. I also see myself being able to travel and enjoying time with my loved ones and beginning a beautiful life with my fiancé; maybe that means starting a family of my own. Now that I'm engaged, my biggest goal is to be the best husband I can be and eventually a father when we choose to have kids."



*Written for current and future Lake Nona alumni. Check back in our next issue to learn about the next featured Nona graduate(s)! Go Lions!*



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# Meet the Press: Camille Ruiz Mangual

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF  
YARINA RUIZ



Camille Ruiz Mangual joined the *Nonahood News* team recently as a staff writer, and we're so happy to have her on board! She is a major asset to the team, and we can't wait to see what's in store for her future!

**Extrovert or Introvert?** "I think I'm a little bit of both. I love getting to know new people and learning all about them; I recharge around people. But sometimes I do enjoy having time to myself to listen to podcasts or write."

**Indoors or Outdoors?** "In this heat? Indoors, 100%. Although I will say, I love the beach so much, and if it wasn't sweltering out (or raining), I would be on the beach at all times."

**Sun or Snow?** "I've never seen snow, so I guess my default answer has to be sun."

**Dogs or Cats?** "Dogs! I've never had a dog, but I have always loved them. Don't get me wrong, I like cats, too, but I have never found them as charming as dogs."

**Vans or Converse?** "Vans. I think I got my first pair of Vans when I was in middle school because that was the kind of shoe that everyone had, but then I genuinely just liked how they looked and kept buying them. I considered getting Converse recently, but I can't betray my loyalty to Vans like that."

**Coffee or Tea?** "Coffee. I'm not one of those people who drinks coffee every day, though. I like making coffee *maybe* two or three times a week."

**Adventurous or Laid Back?** "Hmm ... adventurous to an extent. I love traveling, and if traveling wasn't expensive, I would visit so many more places. That being said, I like having some kind of plan when I go on adventures."

**Canon, Nikon or Sony?** "Canon! I bought my first (and only) Canon DSLR when I graduated from high school, and it is the same camera that I use today, so Canon has a special place in my heart."

**Books or TV?** "Books! I love learning, so I read a lot of nonfiction books like memoirs and self-help books. Plus, I get bored of TV shows really, really easily."

## What brought you to the Nonahood?

"My parents! We moved to Lake Nona 16 years ago. I was four years old at the time and didn't have too much of a choice in where I moved, haha. However, I *did* choose to go to the University of Central Florida for undergrad so I could live at home here in Lake Nona. I love how modern everything is and the sense of community here."

## What's your favorite hobby?

"Recently, it's been going to the gym. I got a membership at Crunch Fitness in May



and have gone almost every day since then. I feel like working out is a stress reliever, and I love carving out that hour or two to just work myself and my health. I really enjoy lifting weights, although I'm not that strong yet, haha. It's weird to say that going to the gym is my hobby because a few months ago I thought gyms were truly the most intimidating places ever, but now I'm there all the time."

## What's your biggest dream?

"My biggest dream is to work as a marketing/communications director (the name varies based on the company or the country). I'm about to start my master's in communication, and I know I still have a lot to learn before I can take on that role, but I'm excited to work for that. I also dream of living in a different country or state. So if I can do both, that would be amazing."

## Where do you see yourself in 10 years?

"Life is so unpredictable that it's hard to say where I'll be! In 10 years, I see myself having traveled, married, living in a different state or country, hopefully working as a marketing/communications director. And, I really hope I have a dog by then."

## Who's your biggest inspiration?

"Can I pick two? My biggest inspirations are my parents. As I've gotten older, I've come to realize just how much my parents do for me and for my siblings that we don't even notice or think to thank them for. My parents work *hard* to provide for us, to support our dreams, and to keep growing as individuals. I have learned so much from them directly and indirectly. They're the ones who inspire me to aim for bigger and better things, to get out of my comfort zone, and to never underestimate what I am capable of. Seeing them thrive both at work and in their personal lives inspires me to be more like them."

## What's your favorite book?

"I don't have a favorite because I love so many books that it's hard to say just one is my absolute favorite. If I had to pick one right now, it would be *Becoming* by Michelle Obama or *The Secret History* by Donna Tartt."

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

"I moved out to pursue my master's. Well, okay, at the time of this interview, I'm less than a week away from actually moving, but it's the same idea. It sounds crazy given that my biggest dream involves me living in a different country or state, but moving out was definitely out of my comfort zone. I'm not too far from home, though; baby steps. Plus, I'm the kind of person who worries about school, so I'm a little nervous (but mostly excited) for grad school."

## Describe one of your most memorable experiences.

"I graduated from UCF with my B.A. in English in May and, honestly, that time was such a whirlwind. I found out that I would be graduating from the College of Arts and Humanities as a Top Honor graduate, which means that I earned the highest GPA in my college for the spring commencement. As a result, I was one of the first undergraduate students to walk

the stage at the ceremony, I was given a special medallion, and I was invited to a pre-graduation breakfast with Interim President Thad Seymour and other faculty members. Graduations are always special, but this one meant something more to me because of all the ups and downs of college. It showed me not only that all the flash cards and late nights were worth it, but it was a culmination of an amazing three years. I think a part of me will be for-

ever grateful for the opportunities I had and the people I met at UCF."

Check back next month to get to know another nona.media staff member/partner!



# Nona Your Neighbor: Macey Miller and Meredith Miller

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF MEREDITH AND MACEY



Meredith Miller (left) and Macey Miller (right).

Macey and Meredith are sister-in-law business owners of Be Bold Design Studio and Meeting Meredith Creative, respectively. But they're also Nonahood residents building a female-focused networking group together called SheHustles. Check out our conversation with them below!

## Nonahood News: What is your job?

**Meredith:** My job is a copywriter for my business, Meeting Meredith Creative, and I also do some work for a consulting firm.

**Macey:** My job is a full-time website and brand designer. I make logos and websites for female creative entrepreneurs. We both, on the side, have SheHustles, which is a networking group local to Lake Nona.

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

**Macey:** My ideal schedule is a workout in the morning before I start my day, around 10 a.m. Usually, I'll work on my business, writing blogs, or maintaining my social media, doing marketing, admin and more. Wednesday through Friday, I am creating websites, building out and developing those, as well as creating logos, brand proposals, and meeting with clients to do revisions.

**Meredith:** My day-to-day schedule is different every day. I'm all over Orlando and beyond for clients. I drive a lot of the time and, like Macey, work on behalf of my clients but also try to invest in my own business to make sure that it is growing. And I am a dog mom to four fur-balls, so that keeps me busy. I also try to maintain good relationships with family and my fiancé!

**Macey:** And most Fridays, we work on SheHustles, doing social media strategy or coordinating sponsorships and planning out speakers and events.

**Meredith:** Basically, the answer is: work [laughs]. We're working on something all the time.

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

**Macey:** I think it would be balancing everything. I really love my job, I love being creative, and I love the day-to-day items. I love all the tasks, but sometimes it can get overwhelming and the websites can get pretty big, so it takes a lot of strategy and patience to develop them.

**Meredith:** Yeah, I would say I'm not so good with the balance. A lot of nights I'm working until 1 a.m. I'm focusing on managing the workload better and building in more time for relationships and health and wellness – just enjoying the area a little bit more. I love Lake Nona, and all the stuff that's going on, but most often I'm like, "Oh, I was so close to making it this time," instead of actually being there.

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

**Meredith:** I love working with clients. I have clients that are brand-new business owners all the way up to Fortune 500 companies, and people in their 80s who want to write their memoir. So, whether I'm writing brand strategy materials like blogs, marketing materials, or a memoir, I always feel really honored when people give you something and trust you with it.

Whether it's your personal story or your business, it's your baby. When clients let me in to craft their words and tell the world about their story, that always makes me happy; it's the best part.

**Macey:** I would say mine is very similar to that, just on the website design and brand design part. The business owners that I take on have usually been running their own business for a couple of years, so it really is their baby. It's rewarding to see how much they trust me to take it to the next level with branding and website design and to give them a polished and beautiful look. When I see the light in their eyes when they see what I've created, it's great. They either jump for happiness or say they finally feel like they're confident with their brand and website.

With the new website design, we really focus on strategy and conversions so that they can book more clients and charge a higher price point, and so, overall, it really impacts their lives. That's one of the most rewarding aspects; seeing a client six months down the road whose business has been impacted greatly because of a website design.

With SheHustles, I would say it's about building the community and connecting local creatives in Lake Nona because Lake Nona is known as mostly "Medical City." When we first started it, we were like, "Where are the creative people?" We knew they were here and just seeing them all in one room together, so many women who are hustling on the side or trying to run two businesses as a single mom, that's really rewarding.

**Meredith:** It's really cool at SheHustles events because all the women have such great energy, and it's about giving them the opportunity to get that all in one room. You hear from these great speakers and from people that share their stories at the breakout panels, but the energy in the room is what's really rewarding because everybody had this feeling like we did before. Like, we know there are people to connect with, we know there are people who will support us, but where are they? It's just about creating that opportunity so people can enjoy it and connect beyond that single event.

## NHN: What kind of speakers do you usually bring in?

**Meredith:** Usually, business owners or business coaches. They're typically from Orlando, and they are female-owned or operated businesses. They're very specific about how they can help our community because they are business coaches or they're running their own companies. Whether it's an influencer or whether they own a brick-and-mortar store, it's people that actually have the experience and can speak to where the women in our group want to go. You get to see people that are more advanced in what they do and that helps us at all levels, whether you're just getting started or whether you also have a very successful business.



Macey Miller (left) and Meredith Miller (right).

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

**Macey:** It's where we live [laughs]? I don't know; I would have done it living in any area.

**Meredith:** For me, I love living in Lake Nona and I love participating, like I said earlier, in the activities here. But, I felt like that part of my life was missing. I had to go somewhere else and drive across town to have that work component. So, I wanted to have all three in the area that I value the most, which is Lake Nona.

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

**Meredith:** I have a collection of rescue dogs that is growing [laughs]. Hobbies? Not terribly interesting, just the general ones like going to the gym. My fiancé and I are super involved in animal rescue. So, if you see us around here on the side of the road, it's probably because we're rescuing a turtle or an injured possum or something.

**Macey:** My husband and I really love to see movies. So, I would say we're always seeing the latest movie, and if there aren't any good movies in the area, we're probably watching some kind of sci-fi movie or Netflix film or "B" sci-fi movie at home.

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

**Meredith:** Lake Nona! So, we're really excited. Obviously, we have individual goals for our businesses, but we are really, really excited at the outpouring that came from launching SheHustles. We have a long-term strategy that we'd really like to implement in growing that community here in Lake Nona and providing more opportunities beyond just the events – to not only connect but to really support each other.

We want to provide a place here for creatives in Lake Nona, not just Medical City or that side of it. We can't share all the details just yet, but we have a lot coming for really building our community along with our own plans for growing our businesses.

**Macey:** We'd really like to build the brand to become the go-to for female entrepreneurs to know how to build a business and to get the resources and the mentors that



Macey Miller



Meredith Miller

they need to start whatever they want to start, whether it's a side hustle or a full-time business.

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

**Meredith:** My family brought me to Lake Nona! In 2010, my parents were living here, and I had moved from up north. I was looking at areas to buy my first home, and even though I didn't have a family of my own, I felt safe here as a single woman. I had had some bad experiences in the city where I lived, and Lake Nona felt like a very family-centric environment.

When I started hanging out in Lake Nona, it was because my brother was in soccer and always played at the YMCA. I noticed that there were a lot of big plans for this area, and it got me really excited about the future of not only the area, but the real estate and what was going on. There was really nothing but Tijuana Flats then. You know, a lot of times you hear about these great plans, but then you never see them! It's been a long time coming, but it's really, really exciting to see this area take off. I'm so happy that I got into Lake Nona when I did, and I really believe in where it's going.

**Macey:** My husband and I mainly moved to be close to Meredith [laughs]. So, not as creative.

**Meredith:** Which is hilarious because I moved because Blake, which is her [Macey's] husband and my brother, was in this area playing soccer and then she moved here because I had settled in!

**Macey:** Yeah, so she lives in NorthLake Park, and I live in East Park, just across Narcoossee. We've tested it, and it's actually about an eight-mile run there and back.

**Meredith:** We were training for a half-marathon together, so the longest run we did was like eight or 10 miles, and we'd run from one door to the other and back. We have not run anything since that race [laughs].

## NHN: Where are you from originally?

**Macey:** I'm originally from the Palm Beach area. Palm Beach Gardens, specifically, and then I came up to Orlando to go to UCF. After I graduated, I moved to Lake Nona.

**Meredith:** I'm from a lot of different places. I was born in Texas and grew up mostly in Chicago and then bounced around a little bit up north before coming to Florida.

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

**Meredith:** I love the energy of Lake Nona. I feel like the people here are amazing, and the concept is amazing, and the businesses that are coming in are really cool. All that combines to create this energy of progress and anticipation.

Everybody's always excited anytime something new comes in, so I just think there's a really great energy where people are looking forward here. I've lived in areas where it was very stagnant, or it was like, "Oh, it used to be great here, now we're slowing down," but I just love that everybody's really excited *together* about where Lake Nona's going.

**Macey:** ...I was going to say yoga. The free yoga [laughs]. I love that it's a lot of new and innovative concepts. I got married at Canvas in front of the "Glass House" just because we felt really at-home in Lake Nona.

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

**Meredith:** Do it already! If anybody's considering Lake Nona, they should really jump into the culture and the activities here because Lake Nona isn't just a neighborhood, it's a community.

**Macey:** I think it's easy when you're in Lake Nona to enjoy it but still have the option to travel to Orlando or go to work and then come back home. I'd say to really just invest in the area. Get to know your neighbors, and continue to foster an open, honest and authentic community.

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



## Mama's Turn: Making SWEET Memories

ARTICLE AND PHOTOS BY SHARON FUENTES



One of the fondest memories I have of my mother was the time when she met me for a weekend getaway in New York. Mother's Day was approaching, and I told her I wanted to take her to the Big Apple to see the places she grew up as a kid and just enjoy time with her alone. To my surprise, my conservative homebody mama agreed. And so, I boarded a flight in Houston, she in Miami,

we met up at LaGuardia Airport and our adventure began.

The image of her sitting across from me at Tavern on the Green sipping corn chowder, flirting with the waiter, her New York accent she had managed to hide for so long coming out, and her looking young and more alive than I ever had seen, is still vivid in my memory. For the first time ever, I saw her as just a woman and not just my mom.

We swore we would do a trip like this again, but then I got married, had kids, and she got ill and somehow another special mother-daughter trip just never happened. It is one of my biggest regrets now that she is no longer with us.

Fast forward 26 years. My 16-year-old daughter sits across from me at Black Tap in Midtown New York with a huge Brooklyn Blackout Milkshake between us. We take turns scooping into the frosted-rim glass covered in mini chocolate chips topped with two chocolate brownies, whipped cream, and chocolate drizzle. We both are in a sugar coma and could easily head back to the hotel room to take a nap, but instead we excitedly walk hand-in-hand down 7<sup>th</sup> Avenue on our way to the Walter Kerr Theatre to see *Hadestown*. We take the obligatory selfie holding up the playbill and then settle in, ready to travel way down to the underworld.

Later that evening, we sit cuddled in bed together still talking about the work of art we just saw. She talks to me as if I am her equal, and I talk to her as if she is mine. Finally realizing how late it has gotten, I tell her we should get to sleep so we can get up early to do something before the matinee show we have tickets to see. To which my girl responds, "We don't really have to do anything. We can just relax and hang out together." I smile, not wanting to let on just how much those words really mean to me.

I have written an article already about how important travel can be for our kids, but I never mentioned what a simple getaway with your offspring can do for you. My daughter has told me that when we go away together, I am a different person. I am still me; it is just she sees me as SHARON and not Mom. Suddenly, I am a real human being and not just someone who nags her about doing her homework.

Be it swimming with dolphins in the Caribbean, going from place to place to find the World's Best Cheesecake, or sit-



ting in a theatre watching a Broadway show, these little adventures with my girl are a way for me to step away from my responsibilities, let my hair down, and create lasting memories with my daughter. These trips have become our middle ground, a safe place to just be ourselves and learn more about each other.

She took her seat on the plane next to me and handed me one of her earbuds. "Let's watch the movie together," she said to me. I popped the bud into my ear and offered her a Twizzler from the pack I had snuck into my purse. She shook her head, and we both laughed. This trip I realize was so much more than just a mom and daughter vacation; to me, it is a beginning to creating the greatest friendship that I hope will grow through all the milestones of her life.

*Sharon Fuentes is an award-winning freelance writer, special needs parenting advisor and the author of the book, The Don't Freak Out Guide to Parenting Kids with Asperger's. You can reach her at [sharon@sharonfuentes.com](mailto:sharon@sharonfuentes.com).*



## In the Garden: Plant For Our Planet!

ARTICLE AND PHOTOS BY AMBER HARMON

It's out with the old and in with the new for our fall vegetable gardens. Fall is the time to clean out any surviving summer vegetable plants that have been baked by the sun and soaked by the rain. Any plants that are still looking good right now are extremely heat-tolerant like Malabar spinach, okra, and winged beans. Hot peppers and eggplants are still hanging in there, too. It's time to get rid of all of those scraggly dry plants and start fresh for the new season.

We have a unique fall season in Central Florida compared with the rest of the country. Fall gardening can last for a five- to six-month grow season. Gardeners in other regions could be packing up their gardens after the first frost, and we're doing our round two planting. We don't have to worry about the extended frosts or a hard freeze followed by snow. There aren't a lot of vegetables that can withstand those conditions.

Planting a vegetable garden in Florida for the fall means we can continue to grow tomatoes and peppers through most, if not all, of the season. Then, when we do get a frost or a hard freeze, we just protect our more delicate plants by covering them overnight with a garden frost cloth. We can also plant the typical cold-loving fall vegetables like

broccoli, cauliflower, beets, and carrots. Keep in mind our cold, hardy veggies are going to love a little cold snap to make the beets and carrots even sweeter than if it had been too warm for them. Also, it may be better to plant those fall vegetables closer to mid-September when the heat tapers back some.

If you have limited space but still want to get the best yield out of your fall vegetable garden, be sure to use the principles of "Square Foot Gardening" and "Companion Planting." It is important that every vegetable plant in the garden gets the appropriate amount of nutrients needed by that plant. When using fertilizers, be sure to take care of our planet and read all of the instructions. There can be a runoff of natural elements like nitrogen from using too much fertilizer in the soil. Each plant also needs to have enough room for its roots to grow freely and not be compacted by other plants. I typically add to the recommended space allowed for each plant in Square Foot Gardening. For example, I will give my tomato plants at least three square feet of gardening space and broccoli four square feet.



Beets Romaine

can compete for the nutrients in the soil when too many alike plants are too close together. Some plants can also expel gas or nutrients that can cause a neighboring plant to not grow or produce properly. Then, in other cases, the companion plant enhances the flavor of the vegetable, like putting basil next to a tomato plant.



Tomato Heart

As responsible gardeners, let's get into the fall season with a happy focus on growing our own fresh, delicious vegetables. Make sure you are utilizing smart watering and fertilizing practices. Enjoy the fact that your garden is a natural attractor for pollinators like butterflies and bees. Conscious gardening will help to take care of our environment while getting the greatest yield and best-tasting vegetables out of a small space.



Broccoli Head

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



Companion Planting rules will help to plan the placement of each plant in your garden. These are the guidelines that state what plants should and should not be located next to each other in the garden. Companion Planting is very important because plants

"We make organic vegetable gardening easy!"



# Family Shift: How to Create A Healthy Family Culture

BY RODNEY GAGE, LEAD PASTOR



**RG** RODNEYGAGE  
YOUR FAMILY COACH

One of my all-time favorite quotes is by the legendary speaker and author Zig Ziglar. He said, “It’s just as difficult to reach a destination you don’t have as it is to come back from a place you’ve never been.” In other words, how can you arrive at your preferred destination or desired outcome if you don’t know where you’re going?

The same is true for your marriage and family. In our new book, *Family Shift* (releasing Sept. 17), my wife, Michelle, and I share a simple 5-step framework and plan for couples and parents to stop drifting and start living with greater intention. One of the steps we discuss in the book is the importance of holding to core values in your marriage and family.

Have you ever thought long and hard about what values are important to you and your family? What are the guiding principles, priorities or qualities that you



use to define or shape your marriage and family? Why are these questions so important? Because what we believe determines how we live. Our values not only drive our priorities and decisions, but they also shape the culture of our marriage and family relationships.

Chances are your beliefs and perspective toward how you see things in life were shaped and influenced by your parents, or lack thereof, growing up as a child. Whether your parents’ influence on your life was positive or negative, it’s essential to learn from both the good and the bad to determine what is most important to you.

What will be the non-negotiables that will define and shape your life, marriage, and family? Whatever you decide for them to be is what will set your marriage and family apart. How do you determine your core values or the things that are most important?

## 1. Determine the source of your beliefs.

Why is this so important? Because our beliefs determine our behavior. What you believe determines how you live. The

question is who or what are you allowing to influence and shape your beliefs? Is it culture, friends, your parents? What about the books we read or the music we listen to? In Florida, we know firsthand the damage a category 4 or 5 hurricane can have not just on a home, but on an entire community. We’ve seen it with our own eyes. Often, the only thing that is left after a catastrophic hurricane is the foundation of the house. What will serve as the foundation of your beliefs that will withstand the storms of life?

## 2. Determine the values that matter most.

For example, honesty, integrity, patience, generosity, kindness, etc., are the types of virtues or values that serve as the guidelines and guardrails for the decisions we make. They impact our attitudes, beliefs, and behaviors within our marriage and family. We have an entire section dedicated to this in our new book that will spark ideas on how to determine what values will be most important to you as a family.

## 3. Create a family-driven culture.

Culture is often hard to define, but it’s easy to see when you experience it. Culture is usually made up of many “intangible” qualities that set a restaurant, retail store, or even a company apart from all the others. Chick-fil-A, Apple, and Disney are all brands that have created a certain unique “vibe” or “culture” that serves as their “secret sauce” to how they perform. It sets them apart from all other brands. Our family culture should be no different. It’s easy to spot a couple who seems to have a close, healthy and thriving marriage. It’s also easy to spot a family that appears to have a loving, close-knit relationship with each other. What is their “secret sauce?” Usually, you will find that they have a “code” of beliefs and values that they have embraced and are committed to living out.

Remember, we must first be the “vibe” we want to be around. Our stated values aren’t as important as the values we live out. Let me encourage you to establish a value-driven culture in your marriage and home. I believe you will experience a shift that will transform your most important relationships.

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



# Zen and the Art Of Being Online: How to Have A Successful Online Dating Profile

BY CHRISTIAN CASALE

The trend of online dating in the aughts turned into the romantic norm of the 2010s with the emergence of “swiping apps” such as Tinder in 2012 and Bumble in 2014. According to a 2015 study from the Pew Research Center, 59% of Americans said that online dating was a good way to meet people – a 15 point increase from just 10 years earlier.

What helps make the platform so popular is how versatile it can be for people. A 20-year-old college student and a 50-something divorcee can both use different websites or apps in different ways to achieve different endpoints. Some people are looking for a steady, long-term relationship, some want a short fling, and some want to find a space roughly in between.

Regardless of the desired outcome, there are ways to act online that will make it more attainable. You don’t need shredded six-pack abs or a thigh gap to find connections online, but you will need to be a decent human being who knows how to present yourself.

## Profile Pictures:

No matter what you’re using, the first, and perhaps biggest, things people are going

to notice are your pictures. So, we need to make sure that they’re good. And yes, you need a picture – unless you want everyone you might message to think that you’re about to ask for their routing number.

The first picture someone sees of you should be clear and current. You may have had a full head of hair in 2013, but you’ve got to work with what you have now.

You should also be by yourself in the image; people are probably going to swipe left rather than play a guessing game.

If you’re a man, or above the age of 25, don’t make your main picture a selfie. For some reason, I’ve never seen a selfie from someone born during at least the Reagan administration that looked good. And I’ve surely never seen a selfie from a straight man that looked natural. I don’t know why that is; I don’t make the rules around here. If I did, we’d get something like an hour of total internet time a week – but this is the world we live in.

You want people’s first impression of you to be that you’re fun, interesting, and have things going on. Maybe a picture of you on that hike, with a view of the mountains behind you. Or that picture of you and your friends on the boat during the girls’ trip. But make sure you do this without the showing-off vibe of “look how rich I am” or “look how often I work out.” You want to impress, but you don’t want it to seem like you want to impress.

## Bio:

Nobody wants to read a long bio in your profile like a diatribe about your divorce, or a 300-word cover letter about why you’re a good choice. You can save telling people about yourself for the conversation later; the purpose of your profile is to get them to engage with you.

Keep it simple, the shorter the better. Remember in grade school, when you had to start an essay with a hook? Think of your bio as something like that – you want peo-

ple to message you from it.

“How did you almost win a toaster on the NFL Network?” “Have you really been to 36 Grateful Dead shows?” “How did you become a volcanologist?”

Keep any crass qualifiers out. “No fat chicks” or “only guys over six-foot” might be what you’re attracted to, but you definitely won’t come across as a person one would want to meet.

## Conversation:

We all know the Golden Rule – but here, I’ll posit that online dating should have the **Silver Rule**: talk to people how you would in person.

I’ve been shown messages from guys (yeah, they’re always guys) that are so filthy that I’d likely lose my job if I pushed to publish them.

Before you type a message, think to yourself – is it something you’d say to a stran-

ger at the Publix produce section? Or over the hot dogs at a cookout? The fact that you’re interacting over a screen doesn’t give you license to make people uncomfortable.

There’s also no need to become upset at anybody for not responding to you or not matching your level of interest. They’re probably not into you, and that’s completely fine. Do you know how many people aren’t attracted to you? A lot – as in, billions of people. It’s better to focus on the people you have a chance with.

There’s even an internet economy making fun of people who can’t tell the difference. If you want a guide on how *not* to woo somebody over a series of ones and zeros, check out the Twitter account [@SheRatesDogs](https://twitter.com/SheRatesDogs).



# To Gen Z: How To Survive the First Semester Of College

BY NATALIA JARAMILLO

*From entering high school to graduating college, it's one of the most important times in your life. Everyone goes through it, but only the people who have lived through it can give the best advice. That's where I come in, a 20-year-old college*

*student who's been through high school and living the college experience to give you all the tips for survival.*

Starting school is tough, whether it's high school or college. You and the other 58,507 Orange County high school students recorded in 2018's OCPS Pocket Guide have to go back to your schedule of waking up early, doing tasks you don't really want to do, and studying. I'm tired already. Since the new school year just started, you're probably asking yourself: How can I make this year or semester not as cruel?

Studying is such a huge part of school and one that most – if not all – of us dread. Making studying easier and a little more exciting is the key to success. Create a study schedule for the entire year or se-

mester! The Australian Youth Center website, which offers just about any information youth would need, states that planning your study time using alarms, using wall planners, making to-do lists, and setting time limits will significantly help your study routine.

Figure out early in the year what kind of “studier” you are. For example, I love studying alone in a place full of people because it helps me feel in the zone and focused. I discovered this in college, which made high school a little more painful than it had to be. Test whether groups or alone time works better, in a crowded coffee shop or in your room, or whether reading your textbook or watching YouTube videos about the subject helps more.

Always introduce yourself to your teacher/professor; it can help you feel more com-

fortable talking to them or help the instructor remember who you are. Be careful, though, because if your teacher is the type to call out random names to answer questions and he/she only remembers your name, it might make you want to hide under a table.

While the beginning of school is stressful, find ways to make it fun. Make fun plans with friends on the weekends to have something you can look forward to throughout the week. If going to see a movie on Friday night with your friends gets you through the two tests you have that week, then you are winning life.

Designate a full day without thinking or talking about school; this tip is necessary for mental health and relaxation. I always find that if I think positively about the start of a new school year, then it feels more exciting throughout the year. Just try it before you go hating on the cliché idea.

Figuring out what kinds of clubs your school offers would also be great to do during the start of this new year. Clubs and extracurriculars can provide a much-needed stress break from direct school talk.

I know that people are either exercisers or very much not exercisers, but it does help with stress and anxiety. If you are already inclined to exercise, great, keep going! But if you hate it, maybe try a few at-home-exercise YouTube videos a few times a week. It's easier to start this healthy habit earlier in the year because final exams are nowhere near. The faster and the sooner you can get your routine down the better, so plan ahead and schedule yourself to make your life easier.

This one might be the most important, so read carefully. On the first day, your professor most likely gave you a syllabus – don't lose it! Or don't lose it until you put all the dates of homework, tests, and projects into your phone with a reminder a few days prior. You will never have an excuse to forget any assignment's due date again! Thank me later.

Of course, I'm still going through the whole college situation, and you should always listen to your parents' advice first, but I hope this helps. And don't forget that you have so much to offer the world!

*Have some advice or want advice on a specific topic?  
Email [Togenerationz@gmail.com](mailto:Togenerationz@gmail.com) with your inquiries.*



# Felicity Mae Know

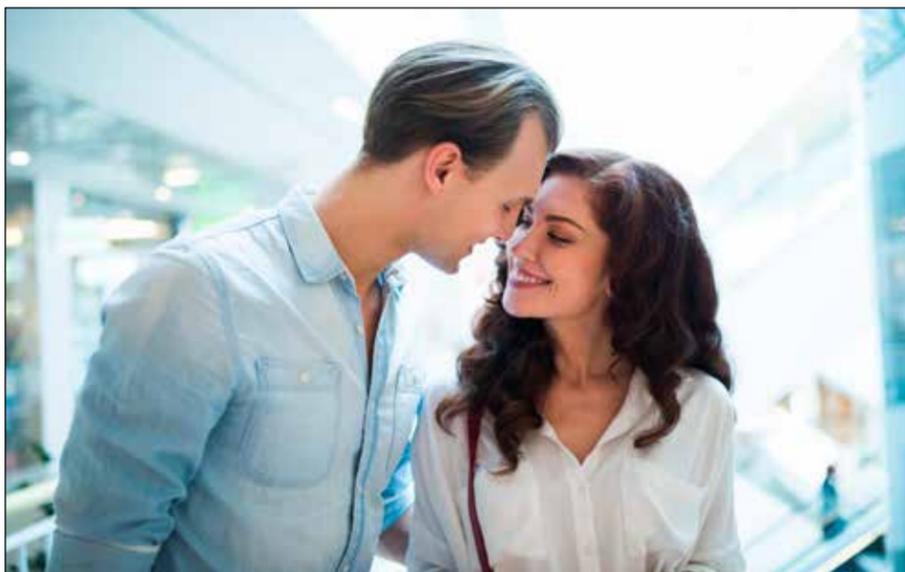
BY FELICITY MAE GOMER



*In this monthly column, Felicity offers advice in response to questions from readers according to the month's subject theme. September's theme is "Relationships: Romantic, Professional, Friendly, and Familial."*

**Q: When fighting with your significant other, what is the best way to resolve conflict? – Anonymous**

A: Every relationship is different. For some people, after an argument with their partner, they can fall right back into themselves without skipping a beat. Unfortunately, many couples don't have that capability. We get mad, we storm out, we say things we don't mean. I've learned that the best way to come to a resolution is to take a break – take a walk, enjoy a bubble bath, go to the gym – and then approach the issue calmly with fresh eyes. I find that once I've had time to think about the situation, or I've vented to my best friend for a hot minute, the anger seems to be mostly flushed out. I remind myself of what my partner does to show me he loves me, in his own way. Let the anger simmer down and walk away before you say anything impulsive. Reapproach the issue when you both have a clear mind. Try to break away positively, such as by saying, “I love you, but let's take a break and talk about this later.” Remember how much you love your partner even when they do something to upset you.



**Q: I always wonder when I'm walking in a crowd if I ever bumped shoulders with my ideal partner. Even if I was happily engaged with my current partner, there's still part of me that wonders if I met my soulmate, but she spoke Chinese. Neither of us would ever know that we are meant to be just off of a minor disconnect. Do you believe there's one person somewhere on this planet who you truly belong with over everyone else? – Clay H.**

A: Every person has formed their own take on the topic of “soulmates,” and I am no different. I strongly believe one person could have a dozen or more perfect matches; that is, partners who are seamlessly compatible. If one person goes on 10 dates with 10 different people, and one of those dates introduces her to the person he/she eventually marries, do you think they would find another contender if they had gone on another 10 dates? I don't think it's a matter of fate – I think it's a matter of circumstance, growth, and surprise. It is fun and romantic to think that there is a sole person for everyone, but there are so many people in the human race with so much love to give that I think it is unreasonable to think only one of them is per-

fect for you.

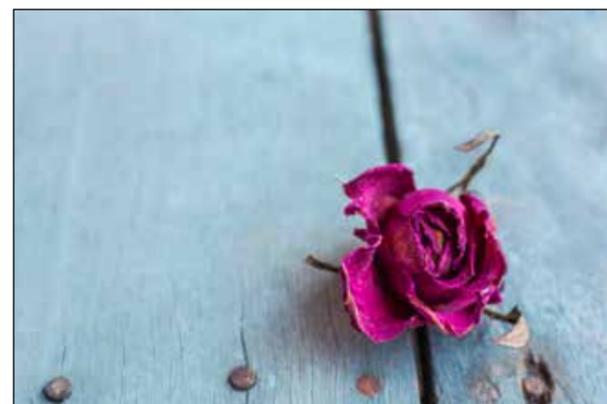
**Q: When someone loses a loved one, what do you say to them after the fact? How do you talk to them after the funeral has passed? – Anonymous**

A: As in any case, you must really measure the person in that particular circumstance. A month after the funeral, you don't want to bring up the late loved one for fear of upsetting the person, but you don't want to ignore their life. Be there for your friend in a time when they are hurting. Provide what they need, be it a casserole, a ride to work, or a shoulder to cry on. Maybe check in once a week to see how they're doing or, better yet, send them funny pictures or jokes to cheer them up. Share happy memories of their loved one when you feel the moment is right. Use your best judgment but, all in all, make sure that your friend is happy and healing.

**Q: How does the use of technology benefit and harm relationships? –**

**Anonymous**

A: A phone call from my partner can mean the world after a long day. When used correctly, technology can supplement any relationship – professional, personal, etc. – in a healthy way. However, it's easy to get sucked into Snapchatting 24 hours a day – don't! Having time to breathe is a good thing. Take a break, put your phone away, focus on your own life, and remember that your partner is doing the same. It won't hurt to send a meme every once in a while or pop in to say hi to let them know you were thinking about them, but try not to make it your sole form of communication. Sometimes, it's all we have. Technology brings about a lot of toxicity but also fosters love, friendship, and reconnection. We all know how hard it can be to get some family members on the phone. A short text from my mom (residing in Chile) brightens my whole day and lets me know she's



doing well. In every case, I find that it's all about balance.

*Next month, Felicity will be answering advice on the theme of "Happiness and Well-Being." Have a question for her? Send it to [FelicityMaeKnow@gmail.com](mailto:FelicityMaeKnow@gmail.com) and you may have your question answered!*

## In Memory of David McGrinn

March 6, 1980 - July 27, 2019

ARTICLE BY DEBRA LOWE,  
NONA CYCLE CO-LEADER  
PHOTOS COURTESY OF FRIENDS AND FAMILY  
OF DAVID MCGRINN



Memorial to David

On July 27, Nona Cycle and the Central Florida cycling community lost an outstanding athlete, a devoted husband and father, United States Marine Corps veteran, and a man of deep faith. On this sunny summer day, David McGrinn was doing what he loved most, riding his custom-built three-wheel bike with members of Nona Cycle on the Saturday morning Airport Loop Ride. On this picture perfect Saturday, typical in many ways, the unthinkable happened; while cycling on Heintzelman Boulevard, David was struck and killed by a distracted driver who veered into the bike lane.

The following morning, Nona Cycle made the decision to ride our Sunday Signature Ride in David's honor. Nearly 100 riders met at the usual starting point, Canvas Restaurant in Lake Nona. Gone was the usual morning banter and fellowship. We were a somber group, numbed by grief, uncertain to some degree on how to proceed. We rode at a slower, quieter pace than normal, lost in our private reflection of what happened just 24 hours earlier.

Following the suggestion of David's friend Dovi Goren, a large group of riders detoured to David's home in St. Cloud to offer our condolences to his widow, Carly, and young son Landon. There is no describing the anguish we felt while trying to express, often without words, how much he meant to us, even those who did not know him well. David was one of us. He was family.

Throughout the following week, a small group of Nona Cycle members organized two events to honor David and show our respect to the McGrinn family. The days passed by in a surreal whirlwind of on-the-fly planning; member Matt Rought suggested we place a Ghost Bike memorial at the site of the crash, and within a matter of days, we had approval from the Greater Orlando Aviation Authority to do as we wished. Matt and Dovi acquired a bike and transformed it into a Ghost Bike, then prepared the site where it would be placed. We chose the morning of Saturday, Aug. 3, the week following the crash to cycle the same Airport Loop to install the memorial.



Honoring his life



Time trial



David cycling

The McGrinn family graciously invited the cycling community to attend David's memorial service later that same day at Heartcry Chapel in St. Cloud. Within days, Nona Cycle had commitments from the Osceola County Sheriff, Orange County Fire/Rescue Engine 13, David's World Cycle, and Velofix Cycle to support the ride from Canvas to the service. Word spread throughout the many cycling groups, and with it came the attention of local media outlets. Channel 9, Telemundo, Orlando Sentinel, Channel 13, and Spectrum News picked up the story, devoting prime airtime to share our tragedy along with a reminder to not drive while distracted and respect the 3-foot law for cyclists.

The forecast for Aug. 3 was rain throughout the day. We departed Canvas Restaurant just after 8 a.m., and rain began to fall as we began the ride. Accompanied by the McGrinn family, who transported the Ghost Bike, more than 140 cyclists rode in somber formation to Heintzelman Boulevard, where we wept, prayed and shared our thoughts about what David meant to us. Vehicles rushed



Ghost bike memorial ride



Ghost bike post

by behind us, and I could not help but wonder – do they care? Do they understand what happened here?

Later that afternoon, we reconvened at Canvas to depart for Heartcry Chapel. Our numbers had grown considerably with every cycling group in the area represented in a show of unity for our Nona Cycle family. We headed out under police escort, well over 150 cyclists riding in a paceline as far as one could see with sag vehicles and Orange County Fire Department's Engine 13 ensuring our safety. The skies were sunny until our procession was within a quarter mile of the chapel; at that point, the skies could no longer contain the grief we all felt, and the rain began to fall.

Along with family and friends, we filled Heartcry Chapel to say our goodbyes. Those who knew David only as a fellow cyclist learned about his deep love of family, his faith, how he ran a ministry named Dare2Heal, and how cycling aided in his mental and physical recovery after he was thrown from a car at 100 mph – an accident that paralyzed the left side of his body. We learned David was a Paralympic hopeful and a member of the Paralyzed Veterans of America Racing Team. He was also active with Project Hero, Orlando. We learned he was loved and respected by so many people on so many different levels.

Originally, I had planned to interview David for a *Meet the Members of Nona Cycle* article in this publication. When I reached out to him back in June to schedule a meeting date, he was competing at the 2019 USA Cycling Para-cycling Road Nationals in Knoxville, Tennessee, where he raced to third-place finishes in the MT2 road race and time trial events. We planned to reconnect upon his return; I still have the Facebook message thread saved on my phone.

I did not know David well, but I was intrigued by this guy who showed up for our Sunday Signature Rides with a



Visit to David's home



Project Hero Orlando (David in center)



David riding



Project Hero Ride to Recovery (David on Left)

crazy looking 3-wheeled road bike that was obviously custom-made. I was amazed, given he had limited mobility on his left side, that he was able to ride in our peline, dropping all but the fastest riders. It was evident watching him speeding by that he greatly enjoyed cycling and being part of Nona Cycle. Given I am not a particularly fast rider, I found myself thinking on more than one occasion, "If he can do it, so can I." Following David's death, it was no surprise to hear my fellow cyclists echo the same sentiment.

One of the most impactful tributes on Facebook was shared by the Paralyzed Veterans of America Racing team, a brief video interview with David. In it, he explained how cycling saved him following his accident, how much it meant to him to be able to once again fatigue his body through physical exercise, and how much he enjoyed the wind blowing through his hair.

In the time since David's passing, countless people have shared memories of how David impacted and inspired their lives through photos, conversations and Facebook tributes. I realized I could tell David's story through their eyes and words. What follows are just a few of those stories accompanied by visual memories.

Fellow Nona Cycle member Craig Grason shared the following:

*David was a man of integrity who would not give up until the end. When he began cycling on his first low rider trike, he wanted to stay with the group and not get dropped. He would push and pedal hard to keep up, flying his American banner flag to ensure he would be noticed on the road. Two years later, he came up with the design for a large three-wheel trike so he could ride at the same level as other road cyclists and have an added sense of safety. The new, lighter bike gave David more of an opportunity to not get dropped on group rides, and he became competitive in the sport of cycling. Cycling gave David the freedom of riding in the wind and striving for a balance in his lifestyle following his time in the Marine Corps. He will be missed greatly in our cycling community but never forgotten in our hearts. Thank you, David, for the quality of time I had to cycle with you and watch you grow into a well-respected Man of Honor in our lives.*

Spencer Phelps, a founding member of Nona Cycle, shared that David did not let his injuries hold him back. "He pulled the bike off his truck and he set it up every time we rode; David was humble and polite and always sincere and genuine."



Project Hero Ride to Recovery (David on Right)

Nona Cycle co-founder Paul Pikel remembered how incredibly strong and solid David was as a rider, and fellow rider Paola Holanda shared that her motto "Never Give Up!" was inspired by David's encouragement to her when they rode together.

Dovi Goren shared how he met David through Project Hero, Orlando, a cycling group comprised of veterans. The group was a catalyst for David to discover cycling, leading to his progression to competitive racing. He and David became riding partners and close friends despite their differences in religious beliefs and a 20-year age gap. He shared that he believes David will always be watching over his cycling family.

David was a regular at several of the local bike shops where staff remembered his sense of humor, gentle demeanor, politeness, and desire to improve upon the design of his custom bike to help him increase speed and efficiency.

His friend Sean Gibbs shared on Facebook: "There are people that cross your path in life that make you feel like this world is a great place. My friend and fellow Marine, David, was one of those people."

David's trainer Kameel Abdurrahman shared on Facebook:

*It was my privilege and honor to have had the opportunity to work with David to achieve his cycling goals. Just last week (shortly before the accident), we spent a few hours working on his form when I expressed how proud and amazed I was in his determination and work ethic while ensuring he did not sacrifice his family time. There are no words to describe how much our cycling community is going to miss David. There are no words to describe how much I'm going to miss David.*

May we all be inspired by David's story to do our best, believe in ourselves, and help make the world a better place.



With Project Hero (David in foreground)



Paul and Spencer-McGrinn memorial



National Championships



Sheriff support



Ghost Bike tributes



Nona Cycle McGrinn Memorial procession

#### Deadly Facts:

- The National Highway Traffic Safety Administration ranked Florida as the deadliest state for cyclists in 2017 with 125 deaths.
- Last year in Florida, 148 people were killed on bicycles, according to the Florida Department of Highway Safety and Motor Vehicles.

#### What is the 3-Foot Law (and other rules) for Bicycle Safety?

- Drivers MUST give bicyclists a minimum of three feet of clearance when driving alongside or passing them. It's **the law**.
- When turning, yield to any bicyclist in the bike lane and make your turn behind the cyclist.
- Avoid using high beam headlights when you see a bicyclist approaching.
- Before opening a car door, check for bicyclists who may be approaching from behind.

# Time to Take The Training Wheels Off: Nona Cycle Is Turning Three!



Photo Credit Debra Lowe

BY PAUL PIKEL

It's hard to imagine that three years ago, when Nona Cycle formed its Facebook page, the future of this group held so many exciting activities. The incredible growth of the group demonstrates the increase in popularity of road cycling in the Lake Nona area. In fact, in August 2019, Nona Cycle's membership surpassed the 1,000<sup>th</sup> member milestone! We are truly a melting pot of like-minded and positive people who enjoy challenging ourselves to be stronger and faster each time we ride. I'm always saying to new cyclists who join our

group, "It's like you immediately have 100 new friends."

Although, as cyclists, we ride for our personal reasons and enjoy the benefits of this physical activity, for Nona Cycle, that's not enough. It has been said that Nona Cycle is a charity group with a cycling problem. Over the past three years, Nona Cycle has participated in several charity rides, including Tour de Cure (American Diabetes Association), Ride 4 Ronald (Ronald McDonald House Charities of Central Florida), Think Pink Ride (Breast Cancer Awareness), and many other similar worthy causes. In total, we have raised funds and donated nearly \$150,000! This is astonishing considering these are individual cyclists without corporate sponsorship.

On Aug. 10, Nona Cycle took the early afternoon to get together and celebrate their 3rd anniversary of being Nona Cycle. What better place to do that than at the Nona Adventure Park, right here in Laureate Park. The facility is perfect for the cyclists after their rides because of its shady patio, beautiful view, pleasant staff, and a concession stand with a great selection of beers, soft drinks, and flavorful foods. Nona Adventure Park has become a traditional stop after the weekly rides to regain some of those carbohydrates burned off during the ride. We just can't say enough good things about Nona Adventure Park; they really took care of us and made sure we all had a great time!

As with previous anniversaries, we had a great turnout and loads of laughs. This year, we even gave out a few awards, including "Most Valuable Rider," "Mr. Fix It," "Most Chatty," and "Most Fashionable," to name a few.



Photo Credit Debra Lowe



Photo Credit Debra Lowe



Photo Credit Spencer Phelps

What will the fourth year for Nona Cycle hold? Only time will tell, but we are sure it will be exciting, healthy and charitable. Why not give cycling a try and join us one of these weekends? We'd love to meet you and enjoy a ride with you.

Till next time, ride safe and share the road!

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

**nonahood.to/nonacycle.**



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\*\*\*Early Registration discount by August 15th \$100 per player\*\*\*

<b>Title Sponsor</b> Company Name/Logo on CFCH Website, Flyers, Facebook and email blast 1.5x2 Sign on One of the 18 Holes 3x4 Banner at Registration and at Lunch Tent Two -Foursome Included	<b>\$5000</b>
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<b>Individual Registration</b> 18 Holes of Golf; Door prizes; Awards & Lunch at Central Florida Children's Home	<b>\$125</b>

**September 28, 2019, Registration at 7:00 AM**  
**Shotgun start at 8:00am**  
 11507 North Shore Golf Club Blvd Orlando, Florida 32832  
 Lunch will be held at Central Florida Children's Home, immediately following the tournament.  
 To sponsor this event contact Central Florida Children's Home at 407-277-7441

**Thank you!**  
 Register online at: [www.centralfloridachildrenshome.com](http://www.centralfloridachildrenshome.com)  
 Mail checks, registrations or sponsorship to: CFCH,  
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# Wrestling Positions Young Athletes for A Variety of Sports

BY VALERIE SISCO

If you've ever wrestled with the decision of choosing a sports program for your child, Lake Nona Youth Sports may have the obvious answer: wrestling!

Brandon Marshall, director of wrestling for the Lake Nona Junior Lions, launched the fall season this month for kids ages 5 to 15, in collaboration with Kendrick Ellison, wrestling coach for Lake Nona High School.

Marshall believes if parents later decide to enroll their children in other sports, the Junior Lions wrestling program offers a solid athletic base for any sport. "During wrestling practices, we concentrate on developing the sport's core benefits, such as bodyweight strength, cardiovascular fitness, and coordination," Marshall said. "The endurance and coordination learned in wrestling easily translates to a variety of sports."

Marshall is a recent alumnus of the US Olympic Training Site at Northern Michigan University and currently attends the UCF College of Medicine in Lake Nona. He started wrestling in elementary school and knows firsthand that multi-sport athletes enjoy numerous benefits as they progress toward collegiate competition.

"Athletes that play more than one sport often have lower rates of overuse injuries and fewer cases of burnout," he said. "What's interesting is that college football coaches are known to attend state-level high school wrestling tournaments in



LNYS Wrestling, Photo credit Colleen Keeley

search of talented athletes."

Wrestling offers several unique advantages to young athletes who learn the importance of hard work through regular drills that build strength and coordination. They find that gaining skills is a steady, slow process requiring perseverance and determination, and the self-discipline needed to develop those skills demonstrates the importance of dedication to achieve long-term goals.

"Since wrestlers compete both individually and as a team, learning camaraderie and encouragement of their peers is critical," Marshall said. "The sport also teaches character skills that benefit athletes during competition and in life, particularly humil-

ity and determination to get back up after you've been knocked down, both on the wrestling mat and in life."

Marshall often shares one of his favorite quotes with young athletes during practices and competitions. "I love what Dan Gable, a two-time national champion and world and Olympic gold medalist, said, 'Once you've wrestled, everything else in life is easy,' because those words are certainly true for me," he said. "Wrestling prepared me for the challenges of medical school, and I'm grateful my dad made the decision to get me involved in the sport quite early in my life."

Lake Nona Youth Sports, supported by community volunteers, dedicated parents,

dynamic coaches, and local businesses, is committed to providing valuable life lessons through sports. Serving thousands of children in the Southeast Orlando community since 2004, Lake Nona Youth Sports has helped a number of Junior Lions succeed and move into the high school levels of football, wrestling, soccer, cross country and lacrosse.

For more information on the opportunities provided by the Junior Lions, visit [LakeNonaYouthSports.org](http://LakeNonaYouthSports.org) or contact the wrestling coaches at [jrlionswrestling@lakenonayouthsports.org](mailto:jrlionswrestling@lakenonayouthsports.org).



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- **Football & Cheer**
  - Happening now
  - See website for upcoming home game days
- **Lacrosse Boys Registration**
  - See website for details or email us: [JRLionsLacrosse@LakeNonaYouthSports.org](mailto:JRLionsLacrosse@LakeNonaYouthSports.org)
- **Wrestling**
  - Fall wrestling season starting soon! Dates: Sept. 16-Oct. 30.
  - Registration Open Now! See website for details [JRLionsWrestling@LakeNonaYouthSports.org](mailto:JRLionsWrestling@LakeNonaYouthSports.org)
- **Baseball**
  - Partnership with SOBR. See website for updates and more information.

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*A special thanks again to all the parents in the community who help make Lake Nona Youth Sports successful. We are an all-volunteer program serving the youth of our community; no one is paid for their time or service. THANK YOU FOR ALL YOU DO!!!*

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

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

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# Camp Gladiator Trainer Talk: Eating Healthy, Eating Out

BY VERNICE SALVERON-GASPER



Research has shown that those who regularly eat out are more likely to gain weight in comparison with those who eat more home-cooked meals. In addition, those who eat more meals at home are less likely to be deficient in essential macro and micronutrients to support optimal health.

In the last decade, fast food, takeout, and dining options have doubled, and more and more Americans are eating more calories than their bodies are expending, hence the growing obesity epidemic. Our lives are busier than ever, we have less time to exercise, and the convenience of eating take-out is winning against our mission to be healthier versions of ourselves.

As a personal trainer, many of my clients explain how busy life gets with work, after-school sports, extracurricular activities, and family commitments that sometimes eating out or picking something up is just a much more convenient way to put food on the table. In an ideal world, I'd say, "Make time for your health! Set time aside time each week to prepare your groceries and weekly meals," as I honestly believe that preparation is the ultimate key for achieving success.

However, if eating out is a must, then these are some of my tips for eating healthy when eating out!

## Choose healthier places to eat.

Look for places that offer a fresh salad base with a lean protein source. These are vital macronutrients required for healthy

nutrition and muscle growth, and it's a good starting point for keeping calories low. Here in Lake Nona, we have a number of great places to choose from that offer dine-in and takeaway options. Some of my personal favorites include Bolay, Chipotle, Rubios, Canvas, Nona Blue, Chroma Restaurant, Urban Hibachi, and the new Island Fin Poke opening soon. Having more vegetables on your plate is the key to feeling fuller but not blowing out your calorie intake, which leads me to my next point.

## Load up on the good stuff.

It is important to understand macronutrients in order to eat healthily. Fill your plate with more fresh vegetables; this will provide you with a variety of vitamins and minerals that the body needs (the more colors the better). Then think about a lean protein source for muscle growth and repair and then a moderate carbohydrate and fat source for energy. A good visual representation to remember portion sizes is two handfuls of vegetables, one palm-sized protein source, and one handful of carbohydrates. There will always be hidden fats and carbohydrates in sauces, dressings, and cooking oil, so be mindful of these.

## Dressing on the side.

Asking for sauces or dressing on the side is an easy way to reduce unnecessary calories. Most sauces and dressings are loaded with sodium, fats/oils, and sugar, and often those preparing the food are very generous with their dressing. By having the sauce on the side, you can somewhat control these additives, and over time, this will help the waistline.

## Grilled or baked rather than fried.

According to Anita Jones-Mueller, president and founder of Healthy Dining, all fried foods absorb some oil; usually between 8-25% of the weight of deep-fried food comes from oil. Just to put things into perspective, one tablespoon of olive oil is approximately 120 calories. This is in addition to the food that is being fried, so you can see how calories from fried foods can easily stack up.

## Skip the appetizer or dessert.

Desserts and appetizers should be a once-a-week occurrence if you are trying to lose weight. If you regularly eat out, then skipping appetizers and desserts will help you

immensely to stay within your recommended daily calorie requirements. Food options in these sections of the menu are generally very calorie-dense, poor in micronutrients, and typically heavy on the carbohydrates and fats. If you feel like eating extra, I would recommend an additional side salad.

## Don't overeat.

When food is in front of you, it is so easy to eat it even when you are not hungry. Don't be afraid to take your food home and eat it later or the next day. We often do this at home; however, sometimes in a dine-in setting, we feel the need to eat everything on our plate before it is taken away. Spreading out calories throughout the day is a good way to allow your body to digest food and avoid feeling bloated due to overeating.

We are given one body, and it's our responsibility to look after it. The food/fuel we put into our body will directly impact the way we look, feel, and perform, so remember these tips when picking up your next meal.

If you would like more health and nutrition tips, please contact me at [vernicesalveron@campgladiator.com](mailto:vernicesalveron@campgladiator.com) or stop by one of my Lake Nona boot camps.

Lake Nona Camp Gladiator times and locations are below. Currently offering a \$10



special for unlimited classes for the entire month of September!

## 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](mailto:vernicesalveron@campgladiator.com)



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## The Lake Nona Book Maven Review

BY LINDA CARVIN

Title: *Where the Crawdads Sing*

Author: Delia Owens

Over the last few months, I saw this book everywhere. A friend took it on a trip and loved reading it. It's a *New York Times* Bestseller, a Reese's (Witherspoon) Book Club selection, and it got 4.52 stars on Goodreads. After all the good reviews, I had to find out what was so special about this novel.

The narrative is told in two alternating parts, one in the 1950s, the other in the late 1960s and 1970. There's a mystery, a murder, a love story, and even a few poems, all in under 400 pages. The main characters are fully developed; they have

flaws, and they are clearly described, so I didn't get confused and could concentrate on the story itself.

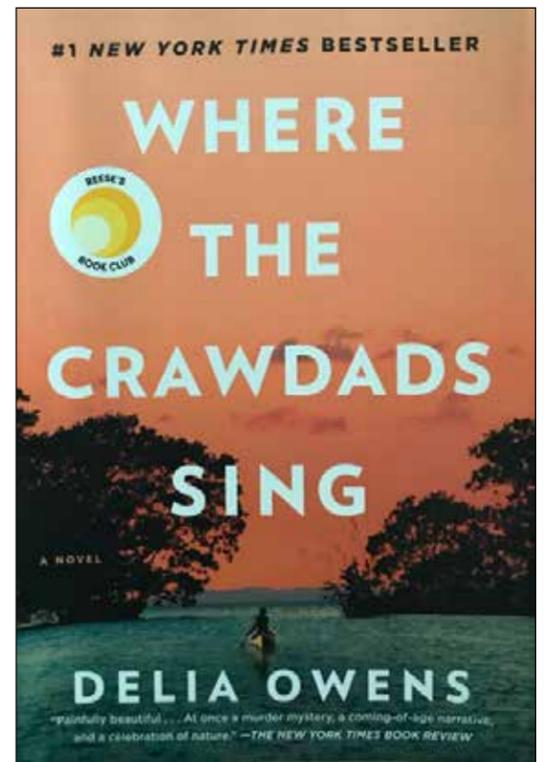
Kya, the main character, grows up and lives in the same cabin all her life on the rural eastern shore of North Carolina. She is alone most of the time, doesn't interact with the locals of Barkley Cove, and doesn't even go to school. When they do see her, most of the local children bully and make fun of her, and on the few occasions when she interacts with adults, most ridicule her and call her Marsh Girl. So, Kya spends her life with only a small boat for transportation, learning to understand and paint the local birds, animals and insects near the coastline just outside her cabin.

The plot moves along at a good pace in most places. I always wanted to find out why Kya's mother had just walked away that one fateful day. And I was curious to follow the investigation of the murder that is discovered in the first chapter. Sad as it was reading about Kya being left alone at an early age, it was interesting to see how she learned to fend for herself and even learned to read. Following Kya's curious, solitary life as she matures into a woman kept me reading to see how she would

manage as an adult with no formal education. Throughout her life, as Kya grew up by herself using her own ingenuity and self-reliance, she also learned, sometimes the hard way, when it was safe to trust others.

The writing in this novel is very good, and Owens employs literary devices to great advantage. She does spend time describing the natural habitat, but her imagery and descriptions of the natural world Kya inhabits are outstanding. I understood the reason why when I realized that, although this may be her first novel, the author is an acclaimed nonfiction science writer and has a B.S. in Zoology and a Ph.D. in Animal Behavior.

I hope this first novel is just the beginning of Delia Owens' second career as a successful fiction writer. If you're looking for a good read for a book group, for pleasure now that the kids are back in school, or just for enjoyment, give this one a try.



## Sunny Side Up: Florida Attire

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.*

This month, I've decided to write on Florida attire. Perhaps, as a father of a 13-year-old girl, I simply want to rant and rage about the insanity of what I call cheek shorts and wedgie suits. Fathers, the cards aren't even stacked against us; a professional card-flinger is throwing them at our eyeballs.

At my age, 43, maybe my finger isn't on the pulse of current style trends as it once was. Back in the day, Umbros were the bomb (not a real bomb, bombs are bad). Umbros were like modern-day soccer shorts that have been starched and run over by a semitruck. Those shorts went with everything:

sweatshirts, t-shirts, sweater vests, feather boas. They could even be worn under jeans as boxers in a pinch. They were the total opposite of wedgie suits.

However, I can think of some positives to the wedgie suits that I try not to see at the beach. If you're water-skiing and you wipe out, you're much less likely to get a really embarrassing wedgie in a wedgie suit.

In my mind, Florida attire is really just beach attire that's gone to the nearby convenience store for a Coke. If you are walking to the store wearing nothing more than a bright neon muscle shirt and some boxers, you're a redneck. However, if you're a guy wearing an immaculately trimmed hedge on your chin, and shorts smaller than Magnum PI's (whom you've never heard of), you're a hipster. And if you're going in your birthday suit, well, that's the beach over.

I've tried to instill in my children a sense of modesty. So when my daughter asks me if her shorts are too short, I pull out old pictures of my wife wearing what looks like a potato sack with holes for her legs. It was the '90s. But within my daughter's question, I realize she's using her developing feminine wiles to trap me. If I say, "Oh, those are fine," then she's going to walk out

in those, and then the world will end. But if I say, "Hmm, maybe they are a little too short," she's going to say, "Come on, Dad, you're so out of it. These are longer than any of my friends. See, my cheeks don't even pop out." Argh and yuck! I've learned to take on her wiles with stuff like, "Have you noticed the veins on the back of your legs?" or "Those shorts are really great, but shouldn't we see the doctor about your leg pimples?"

I'm sure someone out there knows what's going on with style these days, and I'm also pretty sure that I sound like all the old guys before who began every other sentence with, "Well, back in my day..." But in Florida, I believe beach attire is a pretty good rule of thumb.

Out and about, I see folks wearing stuff like yoga pants with tutus and high-heels. While I get the yoga pants with a tutu (beach attire), how in the world are they going to get through all the sand in high heels. Besides that, won't the sweat from their feet turn their shoes into two disgusting slip-and-slides? They won't be walking anywhere long.

On the subject of sweat, a friend just told me that Huskies do just fine in Florida be-

cause they have heat-regulating fur. He knows this because around here every dog known to humankind gets fawned over with doggy nail trim time, obstacle park runs, luxurious non-GMO bubble baths, and eventually gets dressed up like Aunt Mildred and stuffed into a purse (dependent on size). Dogs are Florida attire.

But back to Huskies, have you noticed they all wear the same thing? And if you've ever watched any movie about the future, you'll see that everyone is in some sort of uniform. And they're usually the type of uniforms that say, "I just came from the beach." Take the movie *The Island*, for example. It's a good one since islands are practically renowned for beaches. In the movie, everyone had these skin-tight uniforms that looked super comfortable (with potential for wedgies) and were probably kitted out with cooling vents. I dig them.

Whatever uniform we come up with must be waterproof. I'm tired of people asking me if it's raining and looking outside the windows every time I step inside. I'm sorry; I sweat, a lot. If we are blasted by the solar furnace that is Florida, do we not sweat?

One coworker told me that she wears pretty much whatever she wants outside because it's all the same. She'll slap on some deodorant with sweats and a hoodie to walk her dog. While I shake my head at her not using the beach rule, she went on to explain that since she'll just soak whatever she's wearing, she's adding additional layers of cooling moisture. She has a point. Maybe that's how the Huskies do it.

Well, whatever you wear out there, wear it with a smile and with the keen confidence that comes from knowing that at least you are stylin' it in one of the most inhospitable environs known to man and woman. What we're doing ain't easy.

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

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



# Binge-Watching in the Nonahood: *Euphoria*

Rated TV-MA

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

\*Minor spoilers ahead about *Euphoria*.\*

I am back with yet another HBO show to recommend on this recurring column because, frankly, HBO has put out some of the best and most critically-acclaimed shows of the decade; they're also not afraid to push boundaries, which is exactly what they have done with their newest show, *Euphoria*. Created by Sam Levinson and executive produced by Drake, *Euphoria* emphasizes the latest generation to become young adults, the so-called "Generation Z," and how Generation Z navigates the constantly changing world they were brought into. As someone a part of that generation, I have never seen a show that so precisely captures our daily life and how we handle the troubles that are presented to us. It's a must-see for parents, today's teenagers, and anyone who wants to understand our generation in eight very raw episodes.

*Euphoria* focuses on an intertwined group of teenagers at a high school called East Highland. And you may think, "Here we go again; we get the jocks, the nerds, the stereotypical high school cliques that we've seen since the beginning of teen dramas," but none of the characters falls directly into a distinct clique. There may be those who are more athletic and others who are more avant-garde, but everyone is still connected and aware of each other. It's very refreshing to see, and I think it accurately depicts the current high school climate. Each episode centers around one particular character and tells about their



adolescence in order for the audience to view both the internal and external conflicts they've gone through and are still resolving to the current day.

"Feel something" is what's written in *Euphoria*'s official twitter bio, and it highlights my favorite thing about the show – it's truly an experience. You really feel each trial and tribulation every character undergoes, mostly thanks to the realistic writing and superb acting. They don't hold back when it comes to depicting themes like drug addiction, love and friendship, physical and mental health, childhood trauma, and social media. But what makes this show different than the average teen drama? The answer is the issues they bring up and the conversation they're pushing everyone to have with each other about the unique world we're living in now.

For example, the main character, Rue, played by Zendaya, starts using drugs at the time her father is battling cancer, causing many medications to be left lying around that Rue, unsupervised, begins to abuse. She describes the feeling she gets when using drugs as the "feeling [she has] been searching for her entire life for as long as [she] could remember." Rue



suffers from OCD, depression, and the show hinted at her suffering from bipolar disorder, too; since she's only 17, it was quite astonishing to see someone so young being plagued by such difficulty in life and resorting to drugs to feel some sort of peace.

There's a chilling scene in *Euphoria* where we see Rue pleading and then eventually screaming at her drug dealer, who's actually one of her good friends, and blaming him for getting her addicted to drugs. It's such a vulnerable scene that feels as if we're intruding on the moment of her life that she's reached rock bottom and is most exposed. And that's why *Euphoria* is different. Because in Rue, you can see your best friend, your girlfriend, your daughter, your granddaughter – a young 17-year old-girl who is plainly suffering. And it's like that with every character. The show makes you empathize and wonder how we can absorb the lesson *Euphoria* presents and apply them to our own interpersonal relationships.

And to prove its worth, the *Euphoria* social media accounts announced its renewal for a second season, after the fourth episode of the series premiered on July 11. The season ended with multiple cliffhangers of several beloved characters, so I'm very excited to see what the

creators behind *Euphoria* come up with for the second season, which is rumored to be released sometime next year. How I'm going to wait until then, I don't know, but I guess I'll just have to binge-watch the first season again to hold me over in times of desperation!

*Euphoria* also has several resources posted on the HBO website for those in need of any crisis support. Visit [www.hbo.com/euphoria/resources](http://www.hbo.com/euphoria/resources) for more information if you're in need of support.

*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](mailto:demi@nona.media)!*



# Music Review: *The Lion King: The Gift*

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



It makes sense that if a movie includes such a big name in music like Beyoncé, we'd expect a song or two to be made for the movie and get promoted alongside of it. Well, Beyoncé – as Queen Bey does – topped releasing just a song or two. She produced an album comprised of various artists and songs for the 2019 remake of *The Lion King* and called it *The Lion King: The Gift*. This album was released on July 19, right after the movie premiered in theaters that same day.

*The Lion King: The Gift* is an album that reimagines *The Lion King* story into more modern and culturally appreciative songs than the previous soundtrack. The album interweaves songs and interludes/soundbites from the actual movie scenes for listeners to hear and experience the movie with them, past seeing it in theaters. For this article, I'm solely reviewing the songs themselves; you can find the songs stylized in all caps to make them easily distinguishable from the soundbites.

Since Beyoncé curated *The Gift*, she's naturally featured on most of the songs, as is her husband Jay-Z, which is definitely a gift for those who are fans of them. Most of her songs on this album are very inspiring, not unlike her character Nala and the overall story in *The Lion King*. "BIGGER" starts off the album, a ballad characterized by the banging of drums in the background. She directs the message in this song to her children by telling them they're "part of something way bigger" and

to keep furthering her legacy, like Simba does in *The Lion King*. The mellow "FIND YOUR WAY BACK" also relates a similar message, but this time in the point-of-view of a daughter and how her father gave her advice to remember her roots.

"DON'T JEALOUS ME" and "JA ARA E" are two songs comprised of Afrobeats where we get to hear more of the culture that *The Lion King* is based on. The artists behind these selections switch languages seamlessly throughout the songs and continue to elevate the theme of finding your own path in the world and rising above the distractions to achieve something great.

"NILE" is a short song with Beyoncé and rapper Kendrick Lamar where their low voices play well off of each other. The song reminds me of a poem set to music, and I find it very soothing to listen to.

"MOOD 4 EVA" with Beyoncé, Jay-Z, and Childish Gambino reminds me of the songs off the couple's previous joint album, "THE CARTERS," where Beyoncé showcases her rapping skills. It was wonderful to hear the two talented leads of 2019 *The Lion King* side-by-side on a record.

Pharell Williams is featured on "WATER" alongside Beyoncé and Salatiel; the cool, flowing beat on this song actually reminds me of water. "BROWN SKIN GIRL" praises all of the brown skin girls, and it's easily the most influential song for younger girls who are able to really see themselves in mainstream music. My favorite thing about this song is Blue Ivy Carter, Beyoncé and Jay-Z's eldest daughter, singing the beginning and ending parts of the song; she sounds absolutely adorable, and it's impossible not to smile when you listen to her sing!

"KEYS TO THE KINGDOM" and "ALREADY" bring us back to the Afrobeats. "ALREADY" is my favorite song off the album, and people all over the world have

begun posting their dance videos to this song – it almost instantly became a dance challenge. "OTHERSIDE" creates a great juxtaposition to "ALREADY" and winds us down as we near the close of the album.

"MY POWER" emulates the climax of *The Lion King*, where Scar and Simba meet years after Mufasa's death. "They'll never take my power" is repeated in the chorus of this uplifting song and can symbolize the power the pride of lions had as they fought for Pride Rock.

The last two songs are "SCAR" and "SPIRIT." I found a song based around the villain of the film to be an interesting choice to include. We get to see Scar's point of view, and I think that's important – we get to realize the motives of Scar's evil choices and why he ultimately felt closed off from the other lions. And, of course, "SPIRIT" is the perfect song to finish off this album of many sounds. We start with Beyoncé and get to end with Beyoncé and her powerhouse vocals. "SPIRIT" sounds quite similar to the most famous song from the original film, "Circle of Life." It is a wonderful ode, tying two soundtracks together and two significant moments in cinematic history.

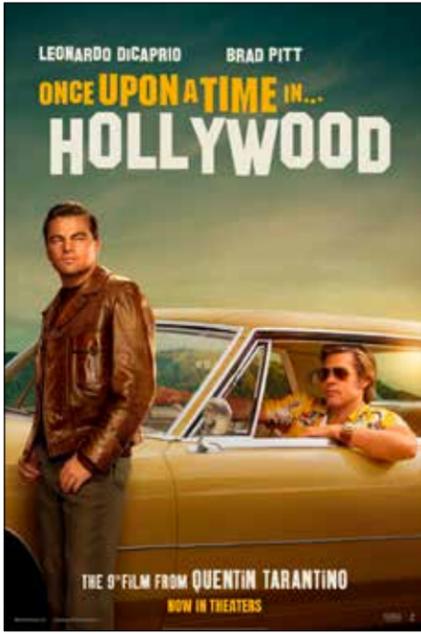


# The Nona Film Review: *Once Upon a Time in Hollywood*

Rated R

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF  
WWW.ONCEUPONATIMEINHOLLYWOOD.MOVIE

\*\*Minor spoilers about *Once Upon a Time in Hollywood*!\*\*



Once Upon A Time in Hollywood Poster

*Once Upon a Time in Hollywood* is the ninth film by the legendary director Quentin Tarantino. The movie catapults audiences back into 1960s Hollywood, focusing on the fictional actor Rick Dalton and his stunt double Cliff Booth. We get to follow how the pair's careers evolve in the film industry and the important events that have occurred during their time in Hollywood.



Margot Robbie

*Once Upon a Time in Hollywood* is one of the top movies I was waiting to hit theaters in 2019, and I was ecstatic that I finally got to see it this month and leave the theater so content with yet another amazing Tarantino film.

You could probably head to see this movie just on the basis of seeing the insane cast – to list a few, Leonardo DiCaprio, Brad Pitt, Margot Robbie, Al Pacino, Kurt Russell, Luke Perry, Dakota Fanning, Austin Butler, Bruce Dern, and many more appear throughout the movie. Now, while the cast is large and full of people you and I might easily recognize and enjoy, you will definitely want to stay for DiCaprio's impeccable performance as Rick Dalton. His performance in this film stands out by far. He excels by portraying his character in a way that only a seasoned and critically-acclaimed actor can. DiCaprio transitions brilliantly from acting as his character, Rick Dalton, to acting as Rick Dalton acting out another character (there're that many levels to this!). I really enjoyed the personal ticks DiCaprio gives Rick to make him come across realistically as an actor during the '60s. Make sure you keep a look out for the pep talk Rick gives himself after faltering with some lines – what a memorable scene to add to DiCaprio's never-ending Oscar-

worthy collection!

Something I would advise people to do, especially younger ones who aren't familiar with Charles Manson and the Manson Family, is to do your homework about them before you go see this movie; otherwise, you'd be as confused as I was in pivotal moments of the film. Tarantino's plot in *Once Upon a Time* does something similar to one of his previous movies, where it warps reality with fiction to warrant a different ending than what actually happened in real life. In *Once Upon a Time*, Cliff Booth, Brad Pitt's character, comes face to face with members of the Manson Family on the Spahn Ranch, and I didn't completely understand how monumental that scene was until I went on Wikiped-



DiCaprio & Pitt

dia after the movie (trust me, I know what you're thinking – what a millennial/GenZ-er). Reading about actress Sharon Tate and how she was the target of a Manson Family murder also helped me place the references in the movie and understand which events Tarantino changed to retell the story differently. I thought it was excellent on Tarantino's part in choosing to tell her story and allowing viewers to see what a budding talent Sharon Tate was and the exceptional, young ac-

tress she could have been.

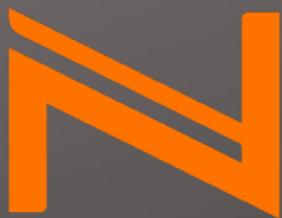
This film definitely comes with some of Tarantino's key signatures. The focus on feet, the difficult-to-watch gory moments, and the unique storytelling order. I find his storytelling to be refreshing and original because it doesn't follow a distant chronological timeline like most movies tend to do. We get to jump from event to event and digress to other storylines, as you would if you were hearing someone tell the story right in front of you. You get to know the three main characters deeply, due to how character-driven *Once Upon a Time* is, and you get to feel as if they transcend fiction to become real people. It saddens me to think about how *Once Upon a Time in Hollywood* is Tarantino's second-to-last film before he retires from filmmaking, but at least the world can look back on it and his filmography forever.

This movie is a gem and one that I can truly go on and on about to whoever will allow me to, and I'm all too excited to watch it a second time soon. Go check it out for yourself, and be prepared for a memorable experience full of laughter, maybe a couple of tears (hopefully from laughter), and lots of breathtaking visuals.

*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](mailto:demi@nona.media).*



Al Pacino



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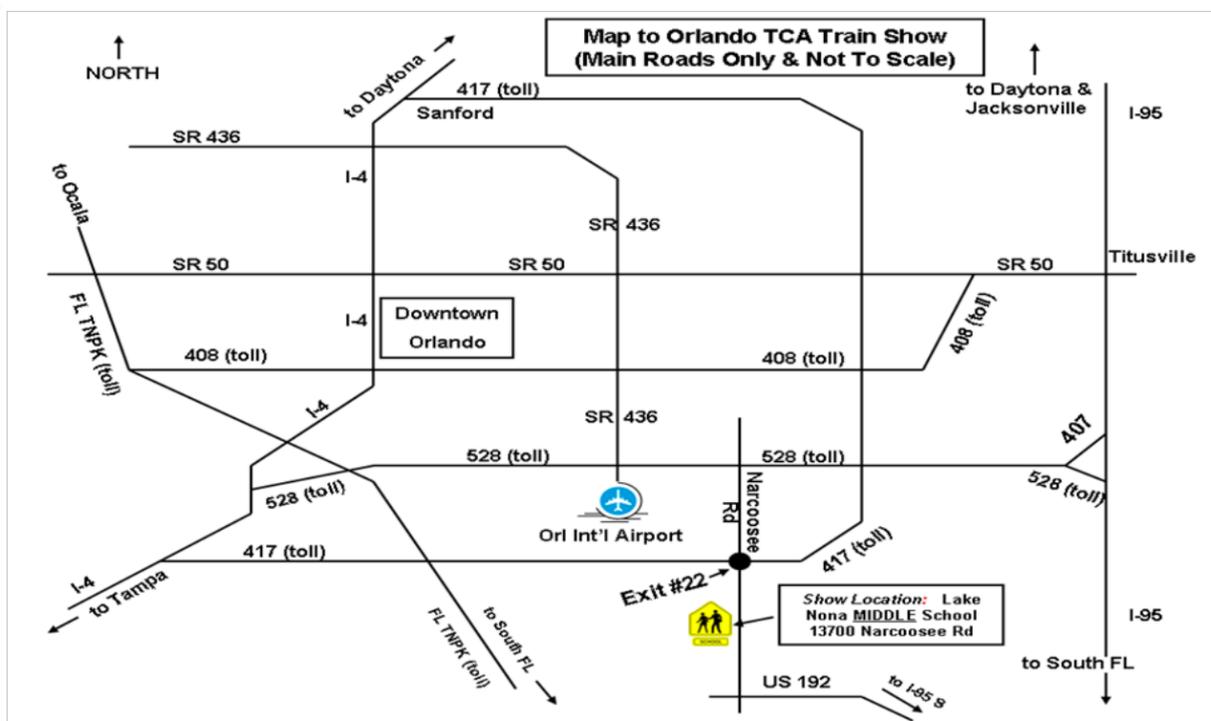
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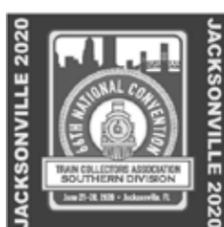
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January 12: HOA & Condo Board of Directors Certification Training  
February 9: Behind the Badge  
March 9: What is That? Curious Facts of Orlando and Orange County  
April 13: Neighborhood Wellness Challenge  
May 11: Be Prepared. Stay Safe.  
June 8: 2019 Legislative Updates  
July 13: HOA & Condo Board Of Directors Certification Training  
August 10: Crime Prevention and Neighborhood Safety  
September 18: Building Stronger Neighborhoods  
October 12: Sustainable Living Made Easy  
November 9: Navigating Neighborhood Resources

Looking forward to the next workshop!

Great presentation! Excellent speaker and informative.

To register, go to [orangecountyfl.net/NeighborsHousing/CommunityConnectionsWorkshops](http://orangecountyfl.net/NeighborsHousing/CommunityConnectionsWorkshops)

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SEPTEMBER

events

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- 2 LABOR DAY (No School OCPS)
- 2 Labor Day Parade at Crescent Park (10 a.m.-1 p.m.)
- 3 LNRCC First Tuesdays | After Hours at Marriott (5:30-7:30 p.m.)
- 4 Rotary Club at Drive Shack (5:30-6:30 p.m.)
- 5 Autonomous Shuttle Information Session at Lakehouse (6-7:30 p.m.)
- 6 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 11 Rotary Club at Drive Shack (5:30-6:30 p.m.)
- 11 Autonomous Shuttle Information Session at Lakehouse (6-7:30 p.m.)
- 12 LNRCC Breakfast Connections at GuideWell (8-9:30 a.m.)
- 12 Back to Nature Wildlife Refuge's Wine for Wildlife (6-9 p.m.)
- 13 Nona Leadership Network at GuideWell (7-8:15 a.m.)
- 13 Songs at Sunset at Nona Adventure Park (6-9 p.m.)
- 14 S.K.A.I. Creative Writing/Poetry Classes at Valencia (10:30 a.m.-12:30 p.m.)
- 14 Macrame Wall Hanging Workshop at Canvas - Sold Out (11 a.m.-2 p.m.)
- 17 Blanket Workshop at Lakehouse (6-8 p.m.)
- 18 City of Orlando Building Stronger Neighborhoods Workshop at Beardall Senior Center (9:30-11:30 a.m.)
- 18 Rotary Club at Drive Shack (5:30-6:30 p.m.)
- 18 UCF Health Wellness Workshop (6:30-7:30 p.m.)
- 19 Cars & Motorcycles Business Mixer at Canvas (6-9 p.m.)
- 21 Toy Train Show at Lake Nona Middle School (10 a.m.-3 p.m.)
- 25 Rotary Club at Drive Shack (5:30-6:30 p.m.)
- 26 EOCC Coffee Club Nona at Sam's Club (8:30-9:30 a.m.)
- 26 Nona Connect Networking at Graffiti Junktion (11:30 a.m.-1 p.m.)
- 27 TEDx Boggy Creek at GuideWell (12-5 p.m.)
- 27 LNRCC Business Luncheon at Drive Shack (11:30 a.m.-1 p.m.)
- 28 Central Florida Children's Home Clyde F. Green Memorial Golf Classic
- 28 S.K.A.I. Creative Writing/Poetry Classes at Valencia (10:30 a.m.-12:30 p.m.)
- 28 Run Nona 5K & Nemours Kids Run (4:30-8 p.m.)

### Save the dates

- Oct. 1 National Night Out at Town Center & Boxi Park
- Oct. 12 Back to Nature Wildlife Refuge's Owlween
- Oct. 13 10th Annual Ride-For-RMHCCF in Lake Nona
- Oct. 17 OCPS Fall Break
- Oct. 18 OCPS Fall Break
- Oct. 19 RMHCCF Bubbles & Blackjack
- Oct. 19 Taste of Nona: Diamonds and Denim
- Oct. 26 Spook Nona at Town Center
- Nov. 2 Relay for Life Lake Nona
- OCPS Thanksgiving Break Nov. 25-29
- OCPS Winter Break Dec. 23-Jan. 3

### Weekly Events

**LAKE NONA FARMERS MARKET**  
Saturdays 11 a.m.-3 p.m.  
Lake Nona Town Center  
[www.facebook.com/LakeNonaFM](http://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/](http://www.facebook.com/Lakenonaymcafarmersmarket/)

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

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

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

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

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

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

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

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

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

10TH ANNUAL

RIDE  
FOR  
RMHCCF

[www.rideforrmhccf.org](http://www.rideforrmhccf.org)



SUNDAY, OCTOBER 13, 2019  
LAKE NONA TOWN CENTER

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



NIGHT WITH NEMOURS GALA

# FLIGHT OF HOPE

PRESENTED BY

**ROBINS & MORTON**

FRIDAY, OCTOBER 4 | 6-11 PM  
ROSEN SHINGLE CREEK

CONFIRM YOUR RESERVATION AT  
[NEMOURS.ORG/NCHGALA](http://NEMOURS.ORG/NCHGALA)

Cocktails / Fine Cuisine / Entertainment / Dancing

## ← FLIGHT CREW →

GLENN & STACEY ADAMS

Pete Barr Jr.  
KeAusha Jordan  
Katy Klaproth  
Christy Knox

Jennifer Kreis  
Linda Loudon  
Dr. John & Alicia Lovejoy  
Brandi Markiewicz  
Sheri Mazariegos  
Brenna Milne

Lacey Nelson  
Julie Newman  
Jon Nobles  
Kristine Palkowetz  
Iliana Ramos  
John Russell

Rania Sadrack  
Britton Sharpe  
Joe Terry  
Derick Thompson  
Chris Tribbey  
Ricardo Walker

Nemours Children's Hospital

Proceeds Benefit Nemours Orthopedics

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