

# nonahood news®

CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA

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## THE ARTIST: THERE IS NO REHEARSAL ON PAGE 10



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# EDITOR'S NOTE

## Editor's Note: Spreading Love

BY DEMI TAVERAS, EDITOR-IN-CHIEF



Something I've heard both in everyday life and in the media is that we need to spread love, specifically in this day and age when we so "desperately" need it.

"There's no more love in this world," one will say.

"Nobody cares about each other like they did before," another will reply.

And the answer for why things aren't the same anymore?

"Because we're entirely too divided," is what I normally get told.

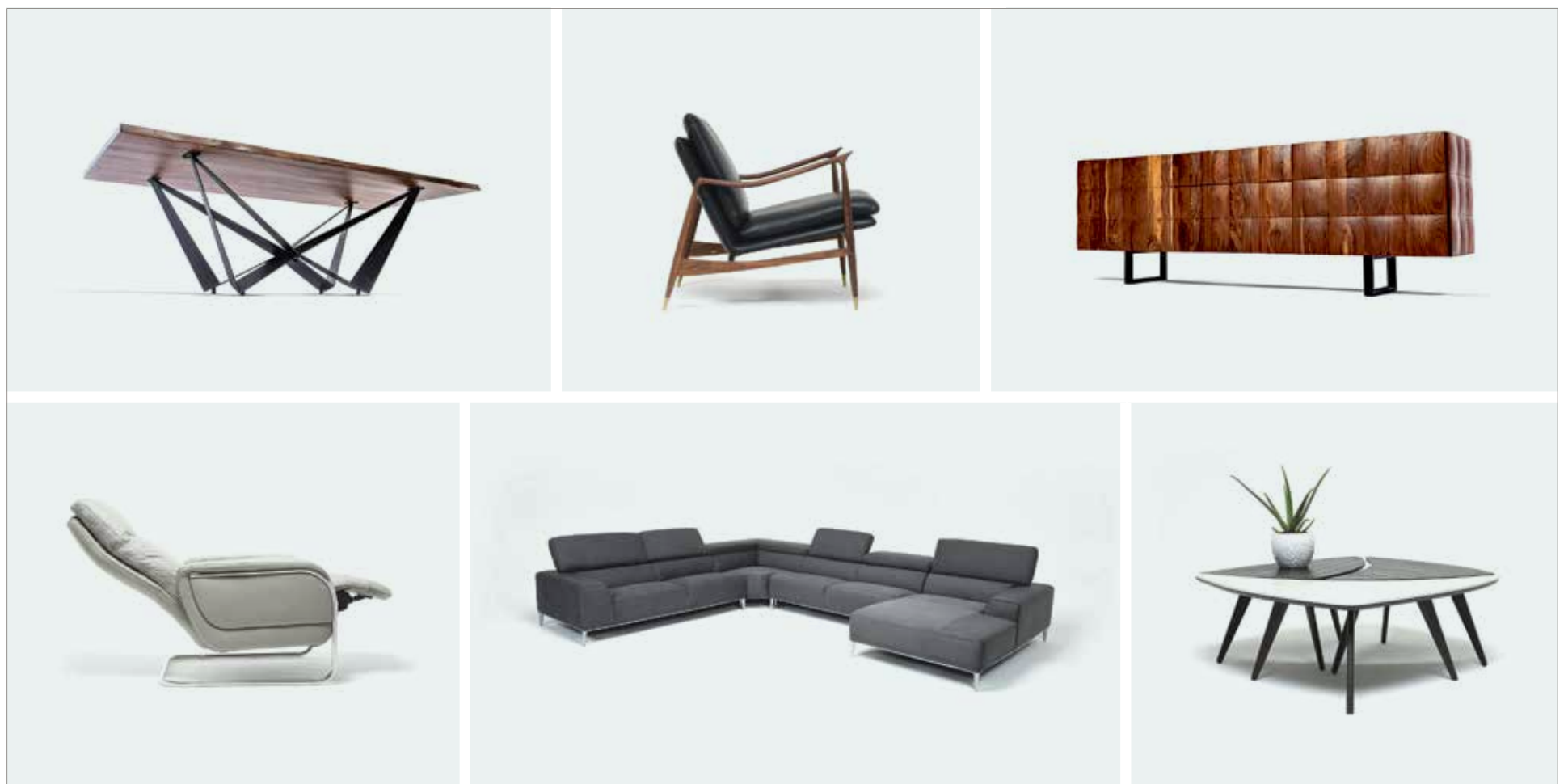
But I look around and although I do see division in a certain sense, I see love sprouting from everywhere. I think it's easy for us to get sucked into our own miniscule reality due to our feeds that splutter out the good, the bad, and the ugly without any filters. We have to realize we see everything in a vacuum, away from actual physical life, where it's so easy to focus on the bad more than the good. Those who are present in everyday life and talk to different people, visit various places, and continue to learn new things about our world will see everything good it has had to offer over the past couple of years – all the good that we regularly overlook because we get stuck in our bubbles.

This holiday season especially, I saw so many acts of giving, many moments of kindness, and lovely words exchanged throughout the community. The spirit of the holidays was prevalent and still remains throughout these beginning months of the year. I've seen more people speaking up for what they believe in, implementing better behaviors for themselves and the good of others, and achieving the important milestones they set out for themselves.

Do you notice it? If not, what are you letting overshadow it?

During a month where love weighs a little heavier on our minds, this is something to keep in mind. You can't really do wrong by voicing that others should be spreading more love in the world, but I don't think it's fair to say that it doesn't exist anymore or that no one cares. Trust me, everyone cares, whether you believe it or not. And maybe the world we inhabit isn't perfect, but if I look to my left and then look to my right, I can easily recognize the forms of love brewing around me.

Now, you try.

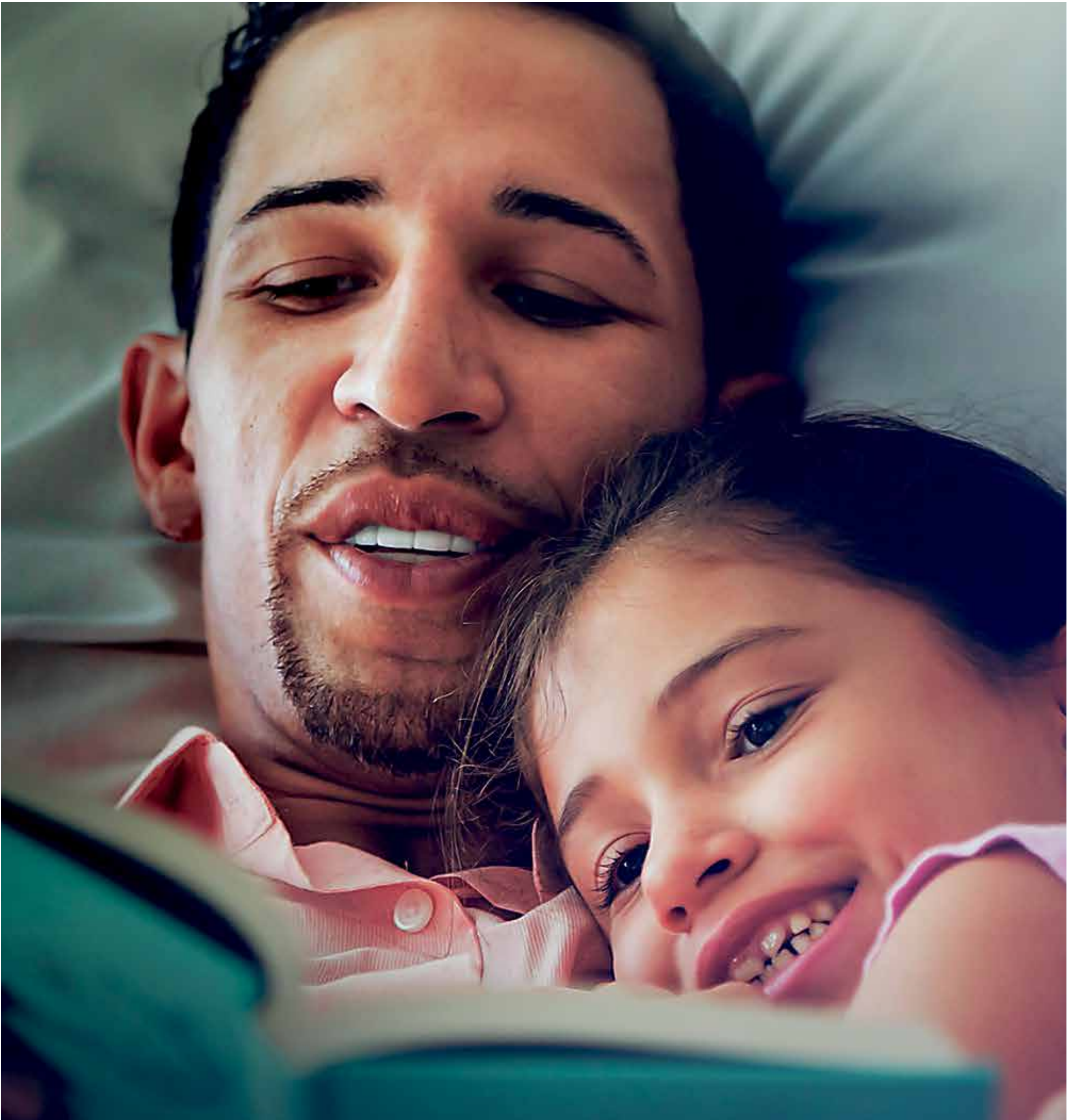


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## UCF Researchers Working to Cut Alzheimer's Plaque

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



Dr. Deborah German

UCF College of Medicine researchers have found an enzyme that cuts away the building blocks that form the brain plaques linked to Alzheimer's disease. Scientists believe the buildup of that plaque is what causes the disease's devastating symptoms of cognitive decline, dementia, and memory loss.

Worldwide, an estimated 44 million people suffer from Alzheimer's – including 1 in 10 people, ages 65 or older, in the United States. As scientists seek to find a

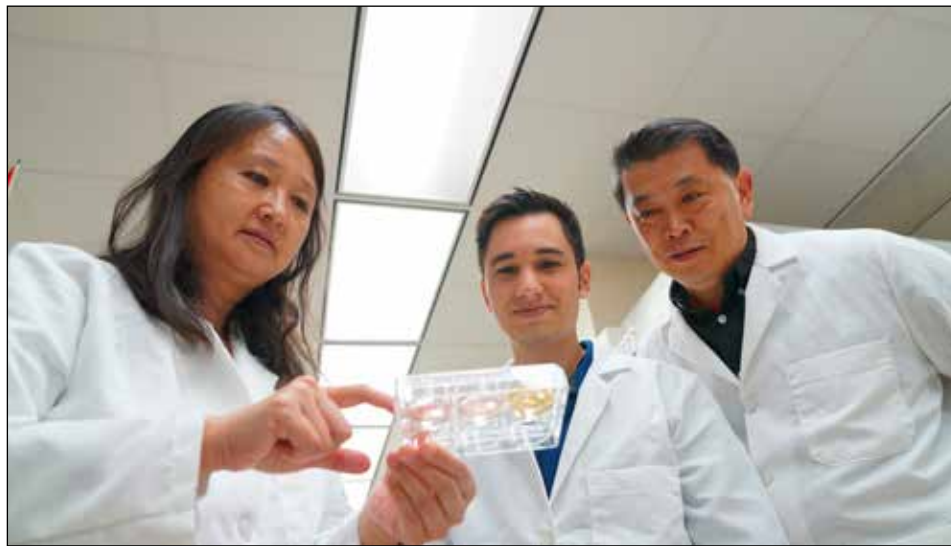
cure, they are focusing on the molecular changes that happen in the aging brain that could cause the disease. They know that the brain's amyloid precursor protein (APP), responsible for growing and repairing brain cells, also releases amyloid-beta peptides, which, if out of control, can clump together to form Alzheimer's amyloid plaques.

Dr. Li-Mei Chen and Dr. Karl Chai had earlier discovered that an enzyme called matriptase can cut and disable individual amyloid-beta peptides. Now, they are examining whether matriptase can cut and remove plaques from the brain without damaging surrounding tissues.

"The matriptase enzyme can cut the source protein of amyloid-beta, reduce amyloid-beta production, and potentially clean out amyloid-beta clumps," said Dr. Chen. "Hopefully, it can cut away the already formed plaques."

The researchers first discovered the enzyme's cutting ability in 2011 as part of their efforts to treat breast cancer. Matriptase is found in human milk and has the ability to cut proteins found in breast and many other tumors.

But because their focus was on cancer, not Alzheimer's, Drs. Chen and Chai didn't follow up on their discovery until they read another researcher's paper in 2017. The paper, which appeared in *The Journal of Biological Chemistry*, discussed the enzyme's potential uses in Alzheimer's treatment. That caused the team to revisit their work. They published a short report to inform and seek collaboration with other scientists. This month, they formed a collaboration with the authors of that study, Drs. Richard Leduc and Christine Lavoie at the Université de Sherbrooke in Quebec, Canada.



Although more research is needed, the enzyme appears promising in battling Alzheimer's disease.

UCF biomedical sciences undergraduate Jonathan Ruiz has been working with the research team since 2018. He said, in the lab, matriptase cut and disabled amyloid-beta clumps in just a few hours.

"To be able to contribute alongside so many other researchers to find new potential ways to fight Alzheimer's disease has been an amazing experience," said Ruiz, who plans to attend UCF's medical school after graduating next summer.

The team published its findings earlier this year in the journal *BMC Research Notes*. The researchers said the next step will be to test the enzyme on specific cell lines and mouse models to see if "matriptase can selectively cut away plaque-forming proteins and the plaques, without harming

the cells in the brain," Dr. Chen said.

There is no cure for Alzheimer's, only medications to slow its progression. But those have major side effects, such as nausea, vomiting and loss of appetite.

The UCF researchers are now working to develop immune cells that could deliver matriptase directly to the brain. That treatment could potentially prevent Alzheimer's and also improve brain function of patients with the disease, they said.

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



## Nona Heroes: Sgt. Roy Daugherty

ARTICLE BY CHRISTIAN CASALE  
PHOTO COURTESY OF  
SGT. ROY DAUGHERTY

Sgt. Roy Daugherty was deployed for the U.S. Army in 2003 for the Iraq War when his combat patrol came under direct enemy fire. During the engagement, Daugherty was shot by incoming enemy fire.

"We were able to eliminate the enemy threat," Daugherty said, "enabling the squad to overcome the hostile area without any further injuries."

For his service and being wounded in the service of his country, Daugherty was awarded the Purple Heart.

He was born at the Fort Brooke U.S. Army Outpost in San Juan, Puerto Rico. His father was a gunnery sergeant there, and his mother a social worker for the Commonwealth. He grew up on the island and graduated high school there.

Members of Daugherty's family have served in all branches of the U.S. Military since World War II, so the young man knew what we wanted to do with his life.

"I grew up around the military, law enforcement, and public servants, so my upbringing and my personal motivation were around that," Daugherty said. "It was very clear to me from the beginning to do my best in public service."

In 1985, he became a police officer for the Commonwealth of Puerto Rico Police Department's Organized Crime Bureau. He served for 13 years in "state and federal

law enforcement," while also in the National Guard.

"I was assigned to several narcotics, organized crime units, and the Drug Enforcement Administration, Caribbean field's Division Enforcement Group 2 as a task force agent, which was my last assignment," Daugherty said.

In 1998, he retired as a sergeant detective and transitioned to active duty in the Army.

"For me, it has always been pretty simple. I truly believe that we are on this earth to serve others, to represent and defend our nation. That's the path, the approach I took," Daugherty said.

He attended Military Police School in McClellan, Alabama, and was deployed for the First Gulf War, to Bosnia-Herzegovina as part of Task Force Eagle, and for the Iraq War. All in all, Daugherty served for nearly 12 years.

In Orlando, Daugherty quickly went back to school for the next phase of his career. From 2014-2016, he received his bachelor's and master's in Business Administration, as well as a graduate-level human resource certification from the University of Phoenix. From there, he began to do work for veterans like himself.

"I started working for the VA as a volunteer, Oct. 2016 through Dec. 2017, and have served 2,586 volunteer hours as a 'WOC,' a worker without compensation for the OVAMC Voluntary Service while my son was deployed to Iraq," Daugherty said.

His son currently serves in the Army in Richardson, Alaska. He was deployed to Iraq in 2017.

Since the end of 2017, Daugherty has been assistant to program manager Teresa Turner at the VA's Fisher House – a non-



Sgt. Daugherty and his son, who currently serves in the U.S. Army.

profit that helps both veterans and those in active duty. In his free time, he likes to bowl, fish, and restore cars.

Daugherty's story is indisputably impressive, but to him, it's all about the people he's been able to serve.

"I am blessed to be alive," Daugherty told me over text as we discussed his profile. "[I] lost many friends, but I want to pay it forward to as many of my fellow veterans [and] our people as I can. It's not about fame or amount of medals; it's about sacrifice, hon-

or, and service [for the] U.S.A. flag."

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

**[nonahood.to/nonaheroes](http://nonahood.to/nonaheroes)**





# An Interview With Clirvaens Pressoir, Founder of The No Child Left Behind Foundation



Clirvaens Pressoir.



No Child Left Behind Sports and Arts Foundation Staff.

ARTICLE BY CHRISTIAN CASALE  
PHOTOS COURTESY OF  
CLIRVAENS PRESSOIR



parents aren't financially blessed enough to pay for the sports they want. I try to look for donations to help the kids and make their dreams come true. And from there, we try to push to get them a scholarship at the next level.

**NHN: How did the foundation get started?**

CP: About six months ago, I got the attention of a couple of the parents in the community, and they liked what I was doing. They saw that I had helped with my own money, and they said, "Well, this seems like a good thing, so we'll help you, too."

We opened it as a nonprofit organization. Katusca, my right-hand person, and I go to different places and try to find donations. It's hard, but we work really hard.

**NHN: How do you try to find donors?**

CP: We visit businesses around here, and we send letters. It's my vision to get money for those kids who cannot afford it. I know



Valerie and Lilly, who were sponsored by No Child Left Behind.

that it's easier to play for a college because you get a scholarship, but when you're a kid, every sport around here costs some money. Parents work extra hard, sometimes two or three jobs, but still don't have extra money.

So, I talk to different schools and tell them what I'm doing and ask if they have anybody they can send to me. Like at Lake Nona Middle School, I try to help there, too – like with the volleyball team – I want to find kids who like what they're doing and want to dedicate themselves to what they're doing. I'll call them to see if they're someone [that qualifies] and if they really want it, and then we try to help them financially.

We also do fundraising and volunteering to help the community, and the kids go with us to homeless shelters to help them. I'm working on a program right now to help homeless people get coats – we're going to collect those to donate downtown. I'm trying to raise about 100 coats to help out downtown.

**NHN: What are the age ranges of the kids you're working with right now?**

CP: I have a girl who's 18 – she's blessed, she signed with a college, Florida Southwestern. The youngest one we've been helping is 14. I don't see a lot of kids who need help in elementary school, but when you get to middle school, [that's] where I see a lot of trouble.

**NHN: What are your fundraising goals?**

CP: We've raised around \$3,000 so far. I'm planning on doing a couple of events, like a golf tournament. I only recently officially registered the foundation, so maybe we can get more help now and the community can hear about it. We need to raise around \$3,000 for just one of the girls, and then another \$2,000 for another.



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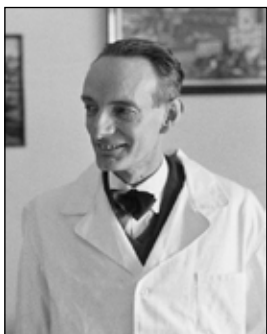




# Nobel Notable Of Laureate Park: Daniel Bovet, Champion Of Curative Chemistry

BY DENNIS DELEHANTY

*This is the 11<sup>th</sup> in a series of articles that celebrates the lives of the Nobel Prize laureates whose names grace the 125 streets of Laureate Park. These laureates are extraordinary individuals who through their lifetime achievements have made our daily lives immeasurably richer, often in ways not readily evident.*



Switzerland, without a doubt, is the opposite of Florida. The Sunshine State is uniformly flat; Switzerland is anything but. Floridians are known to be fun-loving, chatty partygoers, while the many admirable qualities of the Swiss do not necessarily extend to sociability with strangers. One Swiss quality, though, honed to an exceptionally high standard by Swiss banks, is an uncanny expertise at keeping secrets. It is said that, in parts of Switzerland, you may work with a colleague in the same office for decades and never meet his or her spouse, or even know if there is a spouse. In contrast, you might

learn the details of a Floridian's biography 10 minutes after introducing yourself. As physicists remind us, opposites often attract, and judging from the frequency that mountains and snow decorate the Facebook profile pages of Lake Nona residents, it is tempting to conclude that Floridians are drawn to places that are not exactly flat and fiery, but rather steep and snowy.

Sometimes, though, opposites do not attract. Examples that come to mind are quarks and antiquarks, which annihilate one another; Red Sox and Yankees fans, who sometimes try their best to annihilate one another; and, well, histamines and antihistamines. It was this latter pair of natural enemies that ignited the curiosity of the eminent Swiss chemist, Daniel Bovet (pronounced Bo-VEH), as he worked in the 1930s to develop synthetic antihistamine compounds, an accomplishment that won him both the 1957 Nobel Prize in medicine and the heartfelt gratitude of anyone with a runny nose.

Bovet spent his early years happily talking in his native tongue, Esperanto, in Fleurier, a town nestled against a range of low mountains of the French-speaking Swiss Jura. (Our neighborhood's Esperanto speakers can double check this at the Vikipedio website.) In 1929, after obtaining his doctorate in zoology and comparative anatomy from the University of Geneva, where his father, the Esperanto enthusiast, was a professor of experiment education, Bovet started a job as a researcher in therapeutic chemistry at the Pasteur Institute in Paris. There, his attention turned to pharmacology as he focused his intellectual energies on the chemical composition of histamines and, more importantly, compounds that could counteract their effects on the human body. Bovet's breakthrough came in 1937 when he successfully synthesized the first chemical compounds that could act as an antihistamine.

In the 1950s, Bovet's attention pivoted to curare, a poison used by the indigenous natives of Brazil and Venezuela, including the Yanomami, in hunting large prey. Bovet's field studies in the jungles of South America led him to discover that although large doses of curare are deadly, smaller doses have the effect of relaxing muscles.



Back home, Bovet's analysis of the chemical properties of curare enabled him to develop hundreds of synthetic versions of the substance that were later developed into drugs for use in abdominal surgery.

Near the end of his career, Bovet made a bizarre professional detour as he chaired a study team that concluded that smoking cigarettes improves human intelligence. (In my recollection, the tobacco industry never employed this intriguing argument in defense of smoking.) In photos found online, Bovet can be seen clutching a cigarette next to his wife, Filomena Nitti, the daughter of the prime minister of Italy following World War I and an accomplished bacteriologist herself, who co-authored several scholarly papers with her husband. Bovet and Nitti, though, maintained a Swiss shroud of secrecy surrounding their family life. Despite obtaining citizenship in Italy, that land of extroverts, Bovet remained reserved, and current websites about his life and work uniformly concede that "not much is known about Bovet's personal life."

In the late 1980s, my wife, Elizabeth, and I moved into an apartment in a small town just north of Bern, the capital of Switzerland, where our daughter was born 10 months later. Though the apartment was small, our bedroom boasted of a large picture window through which we followed the colorful scenes of Swiss daily life, in a panorama of fields and farmhouses, trains and autoroutes, framed in the distance by the low wall of the Jura Mountains. Directly below our window

was a potato field, and one morning, we woke up to find a hot-air balloon settling on the ground just a few feet away, right in our backyard. In the distance to the left, beyond the Röstigraben (literally the "Fried Potato Trench," rösti potatoes being the favored dish of German-speaking Swiss) separating the nation's French and German speakers, we could look toward Daniel Bovet's hometown of Fleurier. We Floridians, including the new arrivals to the Sunshine State among us, may yearn for the snowy slopes of Switzerland, but, to be honest, other qualities of the Swiss life should be more deserving of our admiration. To cite just one of these, let's consider that Daniel Bovet obtained no financial gain for the scores of medications he developed throughout his life, nor did he even file patents for his discoveries. Shouldn't we only wish that there were more of such selfless developers of drugs in this country?

Next month: Howard Temin, Retrovirus Rebel

*Dennis Delehanty moved to Laureate Park with his wife, Elizabeth, from the Washington, D.C., area in mid-2018. Dennis loves his new neighborhood and is optimistic that Google Maps will one day learn how to pronounce Bovet Avenue correctly. You can contact Dennis at [donnagha@gmail.com](mailto:donnagha@gmail.com).*



## BUSINESS & REAL ESTATE

### Creator Mindset: Technology, the False Prophet

BY NIR BASHAN



I recently boarded a plane to Los Angeles for work. I travel a lot for work, like some of you, so I feel I've got a bit of a routine down. And that routine involves technology. And lots of it.

So I got to the airport exactly one hour before my boarding time. I had my airline phone app all ready to go with my boarding pass. But when I got to the airport, suddenly my trusty app

stopped working. So no boarding pass. I tried to shut my phone off and then on again. Still, the app was not working. I then downloaded the app update – still, it wasn't working.

I had to go to the airline check-in counter. There, I encountered a line at least 45 minutes long. I looked around and saw that some airlines had installed automated kiosks for getting a printed boarding pass. Yes, I thought, technology! I can get a printed pass, not wait in line, and then be on my merry way. All was right in the world!

I got to the kiosk and picked my airline. It then asked me a few questions. What's my last name? Which credit card did I use to book the flight? I dug my card out of my wallet and inserted it into the machine. I put it in the wrong way, and it couldn't read it. Then, I had to start all over again.

Finally, after hitting more buttons and answering more questions, a button popped up to print. Perhaps a machine is much better than a human! There must



be redundancies built into the complex algorithms in the system to allow for these types of occasions when things aren't working. Technology is the best! Right? Easy Peasy! I'm gonna get my boarding pass right now! And as soon as my finger extended to hit the "print" button, a message popped up on the screen. "Out of paper," it read.

Needless to say, I had to wait back in line, and a human printed out a pass for me. I wish these stories were rare. But you and I and the whole world know that these things happen every day to just about everyone all the time. And this was a relatively minor case! What happens when tech fails us at even greater consequence? It turns out that our love for technology pushes us further and further into the warm lull of comfort. And within comfort, creativity dies.

So why are we so in love with technology? And what are a couple of things we can do today about our love of the false prophet to counter the drive of technology to inundate every facet of our being?

1. Do things old school sometimes.

I am not suggesting that we abandon all technology and go back to the golden olden days, which were not so great to begin with. But what I am suggesting is that sometimes we supplement our technology with an approach of humanity and learning. One that deals with having a person complete a task instead of a computer.

2. Focus on one thing at a time.

In my book, I talk about how multitasking is a myth, and this myth becomes more and more relevant each day because multitasking is really a waste of time. But everyone is trying to get more and more done with what little time we have. The thing is, focusing on one thing at a time gets more done. I know it seems counterintuitive. But it's true. When we allow ourselves to focus on one thing at a time, we allow creativity to enter our lives.

I hope that these two techniques can be taken out for a test drive by you soon so that you can see their qualities begin to work in your life and career. I am sure that using these techniques will give you a better shot of developing a Creator Mindset in all you do.

*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)*



  
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## Work Well: Goal Setting and Goal Achieving

BY NATALIA FOOTE



It's February 2020. A new decade is already a month in, and it's possible you made a resolution for yourself. According to Ashira Prossack at Forbes, 25% of people actually stay committed to their resolutions after just 30 days, and only 8% accomplish them. Which part of the statistic are you in? I feel 92% of the readers just put their paper down.

Change in behavior is hard. Making one specific behavior change like flossing every night, for example, requires several behavior changes to take place. You need to have the floss and make sure it's readily available when you brush your teeth. You need to account for the extra time it will take you getting ready, and you need to be mindful, when you do brush your teeth, to then stop and floss. We automate behaviors. If we have been brushing our teeth without flossing for 15 years, adding a change in our behavior can take some time.

Resolutions tend to be broad and require several behavior changes. And the broader your resolution is, the more variables that require mindful behavior. Ultimately (or for 92% of us), our habits take over. It is simply easier because it's what our minds and bodies are comfortable doing.

So what are the 8% doing that we aren't?

Let's begin by retitling a resolution as a stretch goal.

In *Smarter Faster Better: The Transformative Power of Real Productivity* by Charles Duhigg, he explains the need for stretch goals alongside SMART goals. Your stretch goal is what you want for yourself, what you called your resolution – lose weight, save more, write a book, eat healthy, be organized. These are all broad behaviors. Your whole lifestyle and behavior choices are affected in each one of these stretch goals.

SMART (Specific, Measurable, Achievable, Realistic, Timeline) goals help break down behavior change. SMART goals help you break apart the stretch goal and tackle it little by little.

In *Smarter Faster Better*, Duhigg recommends writing a specific to-do list. On the top, write your stretch goal; for example, "lose weight." Below your stretch goal, write your SMART goal.

For example:

Stretch Goal: Eat healthy.

Specific: Switch drinking soda with water.

Measurable: Drink 64 oz. of water daily.

Achievable: Fill water jug (16 oz.) at night. Set a water cup next to bed to wake up and drink from.

Realistic: Place a full water jug in the car so it is ready to take to work. Fill water jug at noon and at 4 p.m. Drink a glass of water with dinner. On Saturday and Sunday, set reminder on phone to refill water jug and have two full water jugs ready, if we are going out.

Timeline: If I drink a cup in the morning, the jug on the way to work and during work, refill twice, and drink a cup with dinner, then I should be drinking 64 oz. daily. If I am not drinking 64 oz. of water daily by Sunday, then I will come up with a new plan. If I am drinking 64 oz. daily by Sunday, I can continue my water plan and look at a plan for healthy snacks.

Creating a stretch and SMART goal plan only takes a few minutes, and it helps you avoid making decisions on big, broad resolutions. It breaks down behavior and allows you a clear sense of how to proceed with fewer distractions in the way.

Keep your plan handy and remind yourself of your stretch goal. Drinking water may feel like a drag, but when you remind yourself of your greater goal, it puts the behavior change into greater perspective. Combining stretch and SMART goals helps create a roadmap to a better you.

*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.*



## Get Traction: Be Ruthless About Saying 'NO'

BY CHRIS WHITE



We all desire more time. Time for family, friends, work, vacation, pursuing other passions, etc. Our problem is we can't say "no" to invitations, obligations, requests, to other people's stuff in general. Pretty

soon, we're consumed and overwhelmed, and our emotions get the better of us. Or worse, we get sick. We become depressed, our immune system weakens, and our bodies start to break down.

If you want more time, then you need to learn to be ruthless about saying "no" to the things that don't matter. "No, thank you." "No, I can't get involved in that." "No, I just can't right now."

It won't be easy at first. People's feelings will get hurt; some may even get angry. However, doing this will allow you to start saying "yes" to the things that matter to you. The more you say "no," the more freedom you'll have in your life to do what's important to you.



So, be ruthless in saying "no" in 2020!

*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).*



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# LAKE NONA REGIONAL CHAMBER OF COMMERCE UPDATES



## From the CEO — February 2020: WE VALUE YOUR SUPPORT

We are past the holidays and hitting our stride for the roaring 2020s here at your chamber. February brings Valentine's Day when we can tell those close to us how much we value their love, friendship, or caring support. We should also remember that these values work best when applied in both directions.

With that in mind, I wish you all a happy Valentine's Day. We are thankful for your support and frequent kind words. Every member's support helps us in our mission to be a champion for our community. In return, we invite you to take advantage of the learning and relationship-building opportunities that we plan and orchestrate for you. I also encourage your comments and ideas about offerings that you believe will be helpful.

Our next signature event is the Nona Chamber Festival. Mark your calendars for April 4 and stay in touch to find out how you can participate with your business or join us for a good, family-oriented event.

Your board of directors and Chamber staff constantly work to bring value to your community. Find out how you can benefit and participate in this process by calling us at (407) 796-2230.

*Don Long  
President/CEO*

## NEW MEMBERS

- Advanced Endodontics
- AMS American Maintenance and Services LLC
- avid hotel Orlando International Airport
- CareerSource Central Florida
- Neighborhood Barre
- Nona Smiles
- Osceola Council on Aging
- Teresa Reilly-O'Doherty PA
- Osceola News Gazette Around Osceola.com



## WHY YOU SHOULD JOIN & RENEW

THE LAKE NONA CHAMBER OF COMMERCE, PART SEVEN

**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

- Amson Consulting
- Axiom Bank
- Centennial Bank
- Courtyard & Residence Inn by Marriott Orlando/Lake Nona
- Culver's of Lake Nona
- Envision Wealth Planners - Sean Gerlin
- Lake Nona Self Storage
- Latitude28
- Nona Title, Inc.
- Office of Lou Holtz
- Traction in Florida
- Trustco Bank
- Two Spurs, LLC dba Smashburger
- UCF College of Medicine
- Viscogen

## RENEWED BRONZE PARTNER

Osceola County Board of County Commissioners

## UPCOMING CHAMBER EVENTS

### February 4

First Tuesdays After-Hours Gatherings by Beazer Homes  
5:30 - 7:30 p.m.

### February 6

Legal Seminar Series - "Non-Compete Agreements"  
GuideWell Innovation Center  
5:30 - 6:30 p.m.

### February 13

Breakfast Connections Tavistock Development Company, GuideWell Innovation Center  
8:00 - 9:30 a.m.

### February 18

Operation: Edge  
Ronald McDonald House  
8:00 - 9:30 a.m.

### February 27

Ribbon Cutting at Advanced Endodontics  
5:00 - 8:00 p.m.

### February 28

Business Luncheon with AdventHealth  
Location TBD  
11:30 a.m. - 1:00 p.m.

REGISTER AT [LAKENONACC.ORG](http://LAKENONACC.ORG)



Jan. 7, First Tuesdays After-Hours at A Ruff Day Bark Club - Members and guests brought their pups for a great night of networking at the luxurious A Ruff Day Bark Club. (Photo by Felicity Gomer)



Jan. 9, Breakfast Connections with Orange County Property Appraiser Rick Singh and CEO Cliff Long of Orlando Realtors Association - Orange County Property Appraiser Rick Singh and CEO Cliff Long of Orlando Realtors Association brought our Chamber a plethora of information relevant to Lake Nona properties. Thanks for the reminder that we have the pleasure of working in an innovative and booming region! Thank you to Drive Shack for the wonderful room and breakfast. (Photo by Felicity Gomer)



Jan. 16, Groundbreaking Ceremony at iLingo Academy - iLingo Academy broke ground on their newest development in Lake Nona. We welcome this fascinating, language-oriented school to our community. (Photo by Madelyn Long)



## LAKE NONA REGIONAL CHAMBER OF COMMERCE PARTNERS

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**NONA.MEDIA**

### PLATINUM PARTNERS:

**AdventHealth**



### GOLD PARTNERS:



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# Business Spotlight: Club Pilates Lake Nona

## Finding Balance Within Your Body and Connecting With Your Mind



ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF CLUB PILATES

Everybody needs Pilates. It's written all over the Club Pilates brochure. Every **body** needs Pilates. Everybody and every body deserves to feel good – not just physically, but mentally and emotionally/spiritually as well. Club Pilates Lake Nona is the place to help you achieve that mind-body balance and connection. You might find yourself wondering, “What is Pilates?”

“Pilates is a series of exercises that was developed by Joseph Pilates, originally on the reformer he created, which ... deals with springs, tension and release, so that's what gives you the lengthening of the muscles,” explained Michelle Bethencourt, owner of the Club Pilates Lake Nona location. “But the main focus is the core. Everything comes from the core, the abdominals. And from there, you stabilize, and the movement comes out. Joseph Pilates was very focused on a healthy spine, and with a healthy spine, you have a healthy body, you have a healthy mind.”

So how can you benefit from Club Pilates? You'll increase strength, prevent injury, boost flexibility, and improve posture.

“Pilates just helps strengthen and get you to your best self,” stated Bethencourt. “One of the things about Club Pilates is ... Club Pilates is for everybody and for every body. What's great about Club Pilates is that we cater towards everyone. Whether you are 95 and have arthritis and maybe have diabetes, or you're someone who's slightly overweight and having health issues, to the person who is like top of their game, physically fit ... we have something for everyone.”

Pilates is also really good for those who have injuries and need rehab. Club Pilates instructors receive over 500 hours of training to complete the certification program, so expect the most knowledgeable staff.

Club Pilates offers seven different types of classes with four different levels of difficulty, which although they are in a small class setting of 12 members maximum, the exercise is still very individualized for each class member. As a new studio, the Lake Nona location only currently offers five types of classes.

### Reformer Flow

The signature class on the Reformer with a contemporary twist; strengthens and lengthens the entire body.

### Cardio Sculpt

Recommended for those with basic Pilates experience, this class combines high-energy and low-impact and is perfect for cardio lovers; utilizes the Pilates jumpboard, which creates an aerobic workout without adding any stress on your joints.

### Center + Balance

Aim to recenter and balance your body; this class focuses on light movement and deep stretching with apparatus-assisted stretching.

### Restore

This one-of-a-kind class utilizes foam rolling and myofascial release. The Restore class is not recommended for those with high blood pressure, diabetes, osteoporosis, varicose veins, or pregnancy.

### Control

This class is exclusive to Club Pilates and utilizes the Barre Above method where you will sculpt and define your legs and glutes. The Barre Above method combines ballet, Pilates, yoga, and strength training for body toning.

“Because we are a new studio, I want to make sure all of our members, regardless if they've been doing Pilates for seven years or this is their first time, they all understand the Joseph Pilates foundations.”

Those foundations are centering, concentration, control, precision, breath and flow. When these foundations are married together, that's when you achieve that mind-body connection, which Bethencourt says is “very enlightening and it's almost addictive.”

Pricing at Club Pilates Lake Nona for the unlimited (single-studio) membership is \$199 a month, which means that you can take as many classes as you'd like within the month. An eight-pack (eight classes a month) membership is also available for \$159 a month and the four-pack (four classes a month) is \$89 a month. Memberships aren't for you? Drop-in classes are \$29, and classes are 50 minutes long.

For more information on Club Pilates Lake Nona, visit [clubpilates.com/lakenona](http://clubpilates.com/lakenona) or stop in for a free intro class. You may call the studio at (407) 910-2855 or book online to reserve your spot. Club Pilates Lake Nona has classes Monday through Friday beginning at 6 a.m. and ending at 8 p.m. with the current class schedule as follows:

- 6 a.m.
- 7 a.m.
- 8 a.m.
- 9:30 a.m.
- 10:30 a.m.
- 11:30 a.m.
- 4 p.m.
- 5 p.m.
- 6 p.m.
- 7 p.m.

Classes are also available on Saturdays and Sundays from 7 a.m. through 3 p.m. every hour. Joseph Pilates said it best: “You will feel better in 10 sessions, look better in 20 sessions, and have a completely new body in 30 sessions.”



# Nemours Children's Hospital Spends \$29 Million in Expansion

ARTICLE BY NATALIA JARAMILLO  
PHOTOS BY MARGOT WINICK



The inpatient capacity of Nemours Children's Hospital expanded by 30 beds for \$29 million, beginning last month.

The hospital expansion will include a new operating room, catheterization lab, and provide care for cardiac and non-cardiac patients, according to a Nemours press release.

The 100-bed and 630,000-square-foot hospital just celebrated seven years, and with the expansion, Nemours will add 40,000 square feet to the building.

“The additional working space allows Nemours to add critical care-capable beds and enable the hospital to handle more cardiac and other critical-care patients,” said Randy Hartley, Nemours' chief operating officer.

Families, doctors and hospital staff collaborated over

many months to plan the expansion with the advice of the Nemours Family Advisory Council. This council consists of parents to children being treated at Nemours who weigh in on who the hospital hires, advise and implement policies and services, and advocate for the needs of families in Nemours' care.

“When families are on the sixth floor, they will find a space that was designed with input of families who are sensitive to their needs from [the] experience [of] having loved ones in the hospital,” said Tanielle Randall, co-chair of the Family Advisory Committee.

The new expansion, which can be found on the sixth floor, treated its first patient in December. The cardiac operating room and catheterization laboratory were scheduled to open in January, while another section of this laboratory was scheduled to be available in late January.

The expansion will help alleviate the growing pediatric demand in Orlando.

In addition to a growing demand for high-quality care, Nemours also runs the world's most visited website for health information for kids and teens, [kidshealth.org](http://kidshealth.org), according to a press release.

**Kidshealth.org** has separate sections for parents, kids, and teens' information, as well as doctor-reviewed advice, health articles, videos, and tools, and lesson plans for early childhood educators.



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## The Artist: There Is No Rehearsal

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF SHIV HATTANGADI



Having ambition and dedication can propel you further than you think. It's uncommon to find someone so ready to take on a challenge and bursting with ideas in all types of forms. Someone who knows that we only get one life to do something great. Someone like our February artist – Shiv Hattangadi.

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

Shiv Hattangadi: I had no basic training or inclination toward it at a young age, unlike in music. After graduating from commerce college and [a] culinary and hotel management institute, I worked in my very first job as a trainee chef in an American top-branded, five-star hotel in Bombay, India, with 1,500 rooms and seven restaurants within. We had a total of over 220 chefs and cooks. We had a German and a French chef who used to do large 3-D ice carvings, butter sculptures almost eight feet high sometimes, chocolate carvings, for which they had special studios to do in such a massive kitchen. They also used to do daily amazing fresh fruit and vegetable carvings for plated or buffet garnish and decorations. All of which was not taught to me in the culinary institute. So I fell in love with that art and sculpture making.

As far as music is concerned, my dear dad was a hobby drummer. Probably, I carried it in [my] genes. I would play or bang beats on the dining table whilst eating, listening to music. My parents then sent me to music school to learn drums. I would accompany my mother and grandmother for devotional singing events every week. But the drum was [more] my passion than singing. Now, I am so devoted to music that I have to have my music performance fix, at least once a week.

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

SH: After I joined the hospitality industry as a trainee chef. It was so amazing for me to know, before even I completed the two

years training, I had mastered the art so well that I started training the culinary school teachers how to do this art and sculpting, so they could, in turn, teach it to their students. Little did I know, within four years, I would be so accomplished in this art that I would be appreciated by the then-British prime minister, Mrs. Margaret Thatcher, with an autographed photo and an appreciation letter from 10 Downing Street, London. After that success, I started receiving many opportunities in the media. Having started with a culinary medium, later on at home, I started creating large 3-D wax sculptures, styro-foam sculptures, [then graduating] to making terracotta clay, ceramic sculptures, and wall murals.



Margaret Thatcher admiring Hattangadi's butter sculpture.

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

SH: Sculptures and wall murals take about a couple of days to a couple of months for each, depending on the size and medium.

Let us say, it takes me just a few hours to make a clay sculpture of about less than 12 inches in height. Whereas, it takes me about two to four weeks to make a terracotta clay wall mural of 4' x 8', such as the Florida panther, and a wax sculpture about the same time as well. So to answer your question, sculptures are an ongoing passion and depend on the mood and time. Music – every week, for sure; sometimes more than once in a week.

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

SH: At the age of 21, I learned how to make 3-D sculptures, never having done it before and was surprised to discover that I had the inbuilt skills to venture out into creating 3-D sculptures without any formal training. Whereas music, I started learning at age nine, and [it has] always been my first passion. "Music makes friends."

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

SH: The large butter sculpture for the visiting British prime minister. I had to make [it] with just [a] two-day advanced notice. I worked day and night for two days non-stop. I was very happy with the end result and ... her hearty appreciation when she touched and looked at the sculpture. That was very challenging at such a young age and timeframe.

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

SH: 1. Probably make lots of wall murals similar [to] "Save Florida Panther" and "Save Florida Manatee" and have them accepted/purchased by local schools, hospitals, banks, or any larger business to be displayed on their walls. Each of the hand-created wall murals sends a very strong message. Educative slogans, messages are the in-thing and are much needed. Let's talk about nature, animals, weather, plastic disposable garbage, fire. All these are being [destroyed], due [to] the greed of all mankind. ... If possible, let's change and help [do] what we can. Growing up, I had learnt as a student that "the pen is mightier than the sword."

2. I have a master plan to create and build various humongous, themed sculptures from disposable plastic waste. ... Working toward it, but need some great sponsors ...

3. Finally, [I have written three manuscripts]. One is completed and looking for a traditional publisher, and the other two are halfway. With all my free time spent on music, art, sculpture, and volunteering, all these additional hobbies are on the back bench and very challenging due to time constraints, especially when I am a single parent to my two loving sons.

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

SH: If one were to read the above skills and dream projects that I have [done] and [worked] hard to succeed on all of them, one will realize the multiple skills and projects today's kids have ready, cut out for them to do. My message is to all the younger generation: "This world is yours, make the best of it." "We have this only one-time human life; there is no rehearsal."



### 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>.



## Tough Things To Talk About: How to Not Fear Uncertainty

BY NATALIA JARAMILLO

Uncertainty can be the root of all anxieties. Not knowing your next move or what the future holds for you can be scary, but it's how you look at it that puts you in a more relaxed state of uncertainty. There are a lot of times in life that will lead to the anxiety-inducing, answerless question of "Now, what?" What to do after college, what to do after you quit a job, what to do when you don't know what comes next.

First off, take the pressure off of things you can't control. Once you understand that you cannot control the unknown, it will help you realize that there's nothing you can do, and you must trust the process. Take faith in the idea that it will work out eventually, and there's not much else you can do. Check it off of your to-do list and try to forget the uncertainty.

Take time for yourself during this stressful time of uncertainty. Now is the time to throw yourself into your New Year's resolutions and take care of yourself. Eat as healthy as you can, exercise more, meditate or pray, or talk to someone about what you are feeling. Looking at ways to better yourself can help you deal with uncertainty.

If your uncertainty stems from something looming about an unsuccessful situation, flip the script and think about all that you

have accomplished. Changing your view on the situation will take away power and focus from the uncertain situation. If you just quit your job and don't know what to do next, slow down and think about all the possibilities you know you have and how much happier you will be soon at a job you like.

Do things you like; this will help distract you for some time while you are able to start the other tips. Go to the movies, watch TV, go hiking, go out with friends, do anything to distract you. Keep in mind that even if you distract yourself from whatever the uncertain situation may be, you still need to address the underlying issue of control and letting go of it. Do whatever you need to distract yourself, but don't take this and run with it. You still need to take care of the point of view in which you view the uncertainty and take care of how you handle the situation.

Talking to someone you trust about the anxiety and stress of an uncertain situation will take off a huge burden from your shoulders. Talk to a parent or friend or therapist with whom you feel comfortable discussing your plans, ideas and insecurities about the uncertain future. If you believe in psychics or tarot card readers and truly feel that they would make you feel better, then go for it. Like I said above, whatever eases your anxiety in a healthy, productive way, do it. Never forget the underlying issue of stress coming from uncertainty, which is control. Take away the control, and you will feel a lot better and more at ease with not knowing what your future may hold and what it could look like. In the end, you can make it all work out, and you have to believe that your close circle of friends and family will help you no matter what.





## USTA: College MatchDays Commence

BY DANIEL PYSER

February in Lake Nona means the college tennis season will be in full swing at the USTA National Campus.

The month kicks off with one of the most anticipated matches of the year, as the Florida and Florida State men square off at College MatchDay on Feb. 1. This will be the fourth consecutive year that the in-state rivals will face each other in Lake Nona. The capacity crowd each of the past three years has been treated to compelling matches, featuring two of the nation's top programs.

This year, on the heels of an NCAA semi-final appearance, the Gators are ranked No. 1 in the Oracle ITA Division I Men's Preseason Team Rankings. Florida touts a strong team, returning most of its key contributors from a successful 2019 season. The Seminoles find themselves ranked just outside the Top 25.

College MatchDay is a series of marquee, neutral-site college tennis matches designed to showcase some of the nation's top collegiate tennis programs. The event is free and will feature a Net Generation kids' clinic, as well as additional kids' activities, live music, specialty food and drinks, games, and giveaways.

Through three years at the USTA National Campus, College MatchDay has attracted more than 15,000 fans, averaging more than 1,000 fans per match.

The 2020 College MatchDay slate features two more compelling women's matchups. On Feb. 15, a preseason No. 12-ranked USC team will take on Notre Dame. And finally, on March 1, the Florida State women (No. 16) will take on Ohio State (No. 25)

in a showdown of two teams ranked in the preseason Top 25.

The USTA National Campus has served as the home court for both the UCF women's and men's programs since it opened, and both Knight squads are expected to have strong seasons with talent-filled rosters.

The UCF women, who find themselves ranked No. 13 in the preseason poll, have a number of home matches in February, while the men return home on Feb. 29 against in-state foe FAU.

The campus will be filled with other college action throughout the month, as the USTA National Campus serves as an ideal neutral venue for programs around the country to stage early-season matches in favorable weather conditions. On average, more than 300 colleges and universities, including NCAA Divisions I, II, and III and NAIA, play at least one match at the campus each year.

These additional matches are arranged through initiatives like the USTA Collegiate Series and Spring Break Tennis. The USTA Collegiate Series will involve a number of neutral-site matches featuring some of the country's top Division I programs, including a preseason No. 18-ranked Texas A&M women's team and a showdown between the Florida State men and a traditionally strong, No. 22-ranked Oklahoma program. Meanwhile, Spring Break Tennis is a company that helps teams from throughout the country find applicable matchups while traveling to Orlando during their respective spring breaks. Each year, this has led to hundreds of college programs from varying levels, mostly from colder climates, taking advantage of the campus' vast number of courts and Orlando's favorable springtime climate.

*All of these matches are free and open to the public. For more information on all USTA National Campus events in 2020 and to reserve free tickets for all three College MatchDays, please visit [www.ustanationalcampus.com](http://www.ustanationalcampus.com).*



# COLLEGE MATCHDAY

USTA

## SEE THE ACTION CONTINUE IN 2020



University of Notre Dame

VS



University of Southern California

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Florida State University

VS



The Ohio State University

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# Focus on Your Blood Pressure This American Heart Month

BY RAJESH TOTA-MAHARAJ, M.D.



February is American Heart Month, and what better time to raise awareness about high blood pressure, a serious health issue that impacts approximately one out of every three American adults?

While most people are familiar with the terms “high blood pressure” and “hypertension,” there is far less understanding of what exactly these refer to and why you need to pay

attention to this key medical indicator. The truth is that one of the best things you can do to safeguard your heart health is to be educated about your blood pressure and how to keep it under control.

## Health Impacts of Hypertension

Your blood pressure is a measure of how hard your blood is pushing against the walls of your blood vessels. When your blood pressure is higher than it should be, that means your heart is working extra hard to send blood out to different parts of the body. This is a dangerous issue that can eventually lead to serious heart conditions, including atherosclerosis (hardening of the arteries), stroke, and even heart failure. It can also cause kidney disease as the arteries around those organs are affected.

As an early warning sign of serious heart disease, your blood pressure should be measured at least once a year by your physician – and more often if you have a history of heart problems or high blood pressure.

## Know Your Numbers

Your blood pressure measures two different functions of your heart and arteries. The first number is your systolic blood pressure, an indicator of how hard your blood pushes against your veins when the heart beats. The second number is the diastolic blood pressure, which is the amount of pressure within the blood vessels when the heart rests between beats. Together, these numbers give your doctor a clear picture of your heart health.

Your physician will let you know where your blood pressure



falls within these five ranges:

- Normal: Below 120/80
- Elevated: 120-129/Less than 80
- Stage 1 high blood pressure: 130-139/80-89
- Stage 2 high blood pressure: 140 and above/90 and above
- Hypertension crisis: Higher than 180/Higher than 120
- Steps to Lower Your Blood Pressure

If you have elevated or high blood pressure, it's important to take steps to better manage your heart health before you experience serious health issues. Talk to your health provider about a plan that is right for you, which will likely include the following:

- Shedding extra pounds if you are overweight
- A regular exercise regimen
- Consuming more heart-healthy foods, including fruits, vegetables, and low-fat/low-cholesterol foods
- Reducing your sodium intake

- A smoking cessation program if you smoke
- Limiting alcohol consumption
- Learning stress-reduction techniques
- Regular blood pressure monitoring

*Dr. Rajesh Tota-Maharaj is a board-certified, interventional cardiologist with AdventHealth Medical Group in East Orlando. He is passionate about identifying and addressing risk factors to avoid preventable heart attacks.*

*For more information or to schedule an appointment, visit [AdventHealthCardiovascularInstitute.com](http://AdventHealthCardiovascularInstitute.com) or call (407) 303-6588.*



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# Namaste With Natalia: Bow Pose

## Dhanurasana

### Your Monthly Yoga Pose

ARTICLE BY NATALIA FOOTE  
PHOTOS BY MICHAEL FOOTE



If you've ever taken one of my yoga classes, it's likely you've heard me say, "Let your heart shine." This visual of seeing light streaming out of your heart is a way to connect to your "heart center." Ideally, it provides both a visual and visceral sensation of warmth, strength and lightness from your chest cavity. By simply hearing, "Shine your heart," you may bring awareness toward your heart and may even puff out your chest and arch your back a little more.



This month's pose is bow pose, or dhanurasana. Bow pose is a heart opener and considered a back bend or an extension of the back. Bow pose opens the whole front part of the body while gently massaging the internal organs. It is a pose that you generally do in the latter third of class as you want your shoulders, spine and core to be warm and ready for the opening.

1. Warm up the spine, shoulders, quadriceps and core.
2. Lie on your stomach, forehead to the ground, arms on the ground behind you.
3. Bend your knees toward your buttocks, keeping your knees hip distance apart (or closer).
4. Hold on to your ankles or arches where your thumb is pointing upwards (toward the toes) on the inside of the arch of the foot.
5. Kick your heels up and back and allow the strength of your legs to lift your torso. The knees will naturally want to widen; bring them together as you work on this pose.
6. Breathe and notice the weight of your body on the diaphragm and allow your breath to expand into the back body, deeply inhaling and exhaling.
7. Continue to use the strength of your legs to open the heart and "let your heart shine."
8. Stay in the pose for five full body breaths.
9. Once you are done with backbends and heart openers, come into a close-kneed child's pose to round out the back.



As with all yoga, bow pose is accessible to all bodies but may require modifications for your specific body. Each body has its own unique story. As you move through your yoga practice, remind yourself that your pose will be different from your neighbor's pose because you both have completely different stories. Modifications are ways to allow you to access a pose regardless of where you are. Bow pose has excellent modifications to both increase and/or decrease sensation.

#### Modifications for bow pose:

1. One-legged bow pose: Begin the same as traditional bow but keep one leg extended and one arm supporting your upper body.
2. Bow pose with a strap: Place a strap at the ankles and use your arms to help bring your legs and back closer together. This can help people with less mobility, and it can also increase sensation for people with hypermobility.



Be mindful as you move in yoga and in life, and wherever you are right now, "Let your heart shine!"

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.*



Chirag J. Patel, MD, FACS  
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## EAGLE CREEK ELEMENTARY

BY JESSICA SCULLY

Hello, Panther Community!

### Teacher of the Year

We had a great time celebrating our Teacher and Support Person of the Year this month. Congratulations goes out to Ms. Grande, our music teacher, and Ms. Ramos, our registrar. Thank you for representing Eagle Creek and for all that you do to support our students each and every day!

### All State

Madison Hanchi, from Ms. Downing and Ms. Johnson's fifth-grade class, recently attended and performed at the 2020 All

State Elementary Chorus at FMEA in Tampa with our choral director, Darlene Grande.

### Schoolwide STEM Challenge

We had so much fun testing Balloon Cars

this month. We are excited to announce our top three participants in our school-wide Balloon Car STEM challenge! First place – Jose P. (2<sup>nd</sup> grade); second place – Ava G. (2<sup>nd</sup> grade); and third place – Camila R. (4<sup>th</sup> Grade). These students will be moving on to compete among

other area schools to determine an overall winner.



## SUN BLAZE ELEMENTARY

The Partners in Education (PIE) program links businesses and organizations with schools in relationships that enhance student learning and promote community engagement. Each flourish from the support and prosperity of the other. When businesses take part in the education of these young people, they help strengthen the workforce of the future. The Partners in Education program is vital in helping the community and the school system work and grow together.

We are so thankful for all of our Partners in Education. We want to thank the following Partners that have provided incentives for students and staff, sponsored events, and participated in classroom activities at Sun Blaze: The Kendrick Team at Keller Williams, John Madison Landscape Inc., Dunkin Donuts, NONA Soccer Academy, Domino's Pizza, Championship Martial Arts, Mathnasium of Lake Nona, Astro Skat-

ing Center, Sakowitz Smiles, Victory Martial Arts, Learning Synapse, Orlando Science Center, WonderWorks, Pediatric Dental Group, M&M Premiere Servicing, Buffalo Wild Wings, and Redeemer Church.

"It takes a village" is an African proverb that means that an entire community of people must interact with children for those children to experience and grow in a safe and healthy environment. We are so thankful for the involvement and investment of our Lake Nona *village* in public education.

We always want to invite our Lake Nona community to follow our social media links to stay connected with all that is happening at Sun Blaze Elementary. The website address is SunBlazeES@ocps.net. You can follow us on Facebook at SunBlazeElementary.

Go, Stingrays!



# LAKE NONA HOUSING MARKET UPDATE

December 2019

**kw** | THE LIZ TEAM  
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LHernandez@theLizTeam.com  
www.theLizTeam.com

### Laureate Park

**48 HOMES**  
Active Inventory

**8 HOMES**  
New Listings

**SOLD LAST MONTH: 13**

Average sold price:

**\$505,477**

**95%**  
List to sold price ratio

**100 DAYS**  
Avg. Days on the market

### Eagle Creek

**20 HOMES**  
Active Inventory

**8 HOMES**  
New Listings

**SOLD LAST MONTH: 5**

Average sold price:

**\$474,180**

**98%**  
List to sold price ratio

**54 DAYS**  
Avg. Days on the market

### Village Walk

**18 HOMES**  
Active Inventory

**3 HOMES**  
New Listings

**Sold last month: 3**

Average sold price:

**\$426,667**

**98%**  
List to sold price ratio

**40 DAYS**  
Avg. Days on the market

**Talk to Liz, your LAKE NONA market expert today at 407-717-2464**

Take advantage of the unique opportunities in today's housing market.

All data from Orlando Regional MLS. The Liz Team is not responsible for any mistakes and/or miscalculations of any of the data.



## LAUREATE PARK ELEMENTARY

BY SUZANNE WORKUM, PRINCIPAL



Laureate Park Elementary wrapped up 2019 by giving to our community. The students and families of our LPE Student Government and Safety Patrol donated items for a local, personal care items drive to be given to Ronald McDonald House, Covenant House, Fisher House, and others. In addition, the students of LPE donated several pallets of food for the Second Harvest Food Bank. A great act of kindness goes along with the thoughtfulness of giving that was schoolwide!

Our smallest Longhorns studied holidays around the world to expand their cultural awareness. They learned about holidays in Mexico, Italy, England, Australia, Israel, and many others.

The Laureate Park PTA has been hard at work supporting our teachers, students and school. A recent donation to the library brought many new books that our Longhorns can check out. We kicked off 2020 with our Donuts with Dudes events for our students and their favorite dads, grandpas, uncles, or neighbors.

Finally, some good news about Laureate Park Elementary went viral when LPE families rallied together to surprise our fantastic crossing guards with some very generous Christmas gifts. We love our crossing guards



for keeping our kids safe when walking to school.

In 2020, Laureate Park Longhorns are focused and working hard on meeting and exceeding our academic goals for the remainder of this school year.



## NORTHLAKE PARK COMMUNITY SCHOOL

BY LEE PARKER

### 4<sup>th</sup> Grade ELL Students Visit Valencia College

On Dec. 6, our 4<sup>th</sup> grade ELL (English Language Learners) students had the opportunity to visit Valencia College's Lake Nona campus. Students took a tour of the campus and learned about college life from college students. Other activities included science bingo, DNA extraction from strawberries, and a demonstration of the water cycle. NorthLake Park, along with our friends from Eagle Creek Elementary School, collaborated with Valencia College for this one-of-a-kind learning experience for our students.

### 5<sup>th</sup> Grade's Macy's Day Parade

The fifth-grade students have been learning about the history of the Macy's Day parade and created a STEM project to resemble the floats. Classes and parents were invited and gathered along the backfield on the Friday morning before break to view the floats.



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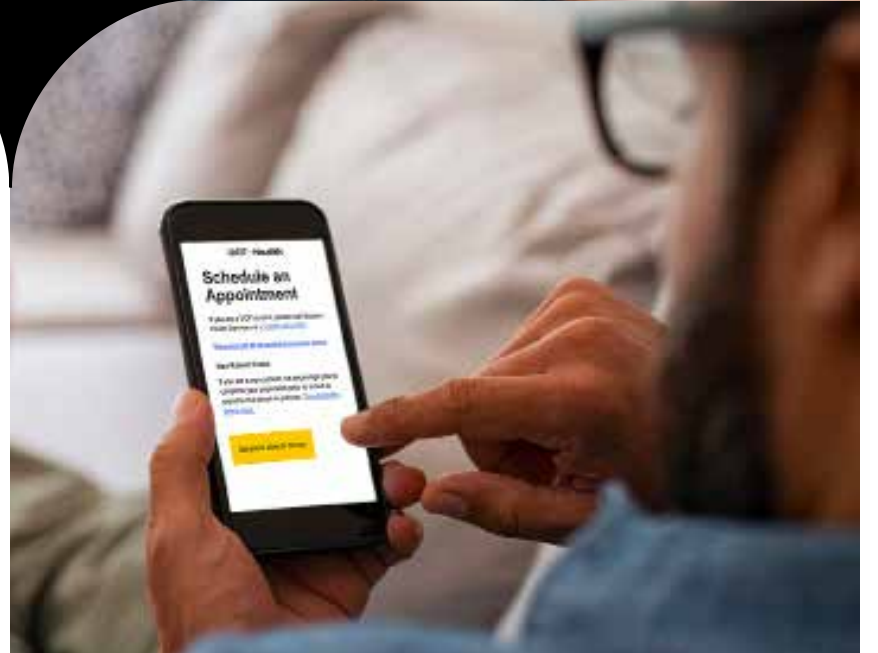
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FEBRUARY 2020 Volume 5 | Issue 2

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## Katie's Cucina: One-Pot Cajun Chicken Pasta

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

February marks a few fun events for the month – the Super Bowl, Valentine's Day, and Fat Tuesday! We love to have a big meal on Fat Tuesday that has some sort of Cajun flavor and influence. This year, I think I'm gonna make a big batch of my Cajun chicken pasta. It's filling, feeds a crowd, and is made relatively quickly.

My kids have a rather sophisticated palate. They love creamy pasta. My husband and I love Cajun pasta, so I took the chance and made this One-Pot Cajun Chicken Pasta for dinner last year. I used my own Cajun seasoning spice blend, since I can control the spiciness level. By keeping it simple, my kids devoured this dinner. In fact, my 5-year-old even asked to try the "spicy" sausage (i.e., andouille sausage), and he loved it. He even asked for a second plate of dinner! Andouille sausage can be tricky to find sometimes in the grocery store. I have found a prepackaged brand near the hot dogs and other kielbasa sausages at Publix. Every now and sometimes, Earth Fare has fresh andouille sausage at the meat counter. You can even ask the meat counter to make it fresh (but give them a day or two to prepare the sausage).

**Pasta Freezing Tip:** This recipe makes eight servings of pasta. If you're only cooking for 2-4 people, you can freeze this meal and reheat it for a future dinner. To freeze the



cooked creamy pasta, you'll want the food to cool completely to room temperature. Then, spray a metal disposable cooking container with cooking spray. Add the pasta to the container, seal tight, and freeze! When you want to eat the dinner (in a few weeks on a busy night when you know you won't have the energy to cook), simply thaw in the refrigerator the day before. Add it into a skillet with a half-cup of cream (if it's a cream-based pasta) or quarter to a half-cup of water for a tomato-based pasta. You can also use a quarter-cup of water and a quarter-cup of cream if you don't want to add additional calories to the creamy pasta. Heat until warm on medium heat with a lid on, then divide evenly among plates and enjoy.

If you're looking for a new one-pot easy dinner, I hope you'll give this Cajun Chicken Pasta recipe 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 CAJUN CHICKEN PASTA

Servings: 8 | Prep time: 10 min. | Cook time: 25 min. | Total time: 35 min.



### Directions:

1. Preheat a large skillet on medium heat. Sprinkle 2 teaspoons of Cajun seasoning on top of the chicken breast, turn over, and sprinkle the remaining seasoning on the chicken breast. Add 1 tablespoon of grapeseed oil in the skillet, followed by the chicken breast. Cook for 5 minutes. While the chicken cooks, slice the andouille sausage into half-inch thick pieces. Remove the lid, turn the chicken breast, add in the andouille sausage, and cook for an additional 5 minutes with the lid on.
2. Remove the chicken and andouille sausage from the sauté pan. Add in the onion and salted butter. Cook for 2 minutes until the onion starts to become golden in color. Next, add in the canned tomatoes and the penne pasta. Mix well. Then, pour the container of chicken stock into the pan.
3. Next, place the burner on high heat and bring to a boil with the lid on. Set a timer for 12 minutes. Once the pasta has come to a boil, lower to medium heat. Stir at the halfway point.
4. While the pasta cooks, slice the chicken breast and set to the side.
5. Once the pasta is done cooking and most of the liquid has absorbed, turn the heat off. Add in the Neufchâtel cheese and sprinkle in the remaining 1 teaspoon of Cajun seasoning. Mix until creamy and combined. Then, add in the chicken and andouille sausage as well as the freshly chopped parsley. Divide evenly among plates and enjoy.

### Ingredients:

- 1 tablespoon grapeseed oil
- 3 boneless skinless chicken breast or the equivalent to 1 & 1/3 pounds
- 3 teaspoons Cajun seasoning divided
- 4 andouille sausage links cut in 1/2-inch pieces
- 1 tablespoon salted butter
- 1 medium onion diced
- 14.5 oz. can organic diced tomatoes
- 1 lb. penne pasta
- 32 oz. chicken stock unsalted
- 8 oz. Neufchâtel cheese (1/3 less fat than cream cheese)
- 1/4 cup fresh Italian flat leaf parsley minced

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## One Date at a Time: Let the Good Times Roll

BY SHARON FUENTES



Hubby and I had our first date at a dueling piano bar 25 years ago, so as you can imagine, they have kind of been our thing. Ironically, we had yet to try one in Orlando since we moved here ... three and a half years ago.

We decided to remedy that, and thankfully, Jellyrolls at the Disney Boardwalk Resort was worth the wait!

Jellyrolls is an adult-only, 21-and-over nightclub open every night from 7 p.m. to 2 a.m. and named after Jelly Roll Morton, a legendary jazz pianist, not the dessert. I know this now because I googled it after I asked why they didn't serve the dessert and the cocktail waitress looked at me funny. In my defense, their logo does look like a slice of yummy sponge cake layered in sweet jam goodness. In fact, the only downfall to this piano bar is that the only food they do serve is free popcorn! But it's all good, just eat before you go. Or you can make a whole night of it by eating at one of the restaurants on the Coney Island-style boardwalk beforehand. Not sure if you can get a real jelly roll dessert there, but you can get lots of other things. Sorry, I digress.

There are several dueling piano bars in our wonderful city to choose from, but Jellyrolls was the best choice for us. It wasn't filled with the rowdy, younger, and boisterous "drink-beer-by-the-buckets" party crowd that you can find at Howl at the Moon on International Drive, or the crazy busy CityWalk crowds ready to celebrate Mardi Gras every night of the year at the New Orleans-themed Pat O'Brien's. Nope, Jellyrolls is a hidden treasure that sits quietly toward the end of the boardwalk and offers a more casual vibe. The crowd ranged from young people celebrating birthdays (and even a bachelorette party) to moms and dads escaping their kids; there was even a table filled with seniors who were thoroughly enjoying themselves, I might add. There were those on vacation but also many locals. Jellyrolls may have a laid-back "I'm on vacation" vibe, but it still can get busy, loud, and wild like its sister piano bars I mentioned before. Even though the show doesn't start until 8 p.m., I highly recommend you get there early if you want a table by the stage. We got there at 7:30 p.m. and were lucky to snag one. By 9 p.m., there was standing room only, and people practically fought us for our table when we left at 11.

While there is a \$15-per-person cover charge to get in, there is no drink minimum – which is good because drinks are not cheap. That said, they weren't outrageous either when you consider it's a DISNEY property. I tried their Blue Screw-



driver, and while it was on the weaker side, it was still very good. To be honest, though, we really weren't going there for the drinks; we were there for the music and experience.

Dueling piano bars are typically characterized by having two grand (or baby grand) pianos placed opposite each other with two talented musicians who tickle the ivories as they play audience-requested songs. Supposedly, the musicians try to top one another – thus the name dueling. At Jellyrolls, the dueling is more witty banter with each other as the piano players work together to entertain the audience. The result: a room filled with happy people singing along and lots of laughter.

When we left Jellyrolls, we took a relaxing stroll on the boardwalk. The boardwalk alone would make a great date where you could play the afternoon midway games, share a funnel cake, watch the early evening street performers, shop, and even view the Epcot fireworks if you time things right. We are going back for that; and to look for a real jelly roll, too, because I suddenly have a craving.

### A FEW INSIDER TIPS ABOUT JELLYROLLS:

- If you are a Disney Passholder, parking at the Disney Boardwalk Resort is free.



Or you could park at Disney Springs (for free) and take a Disney transportation bus over to this Epcot resort property.

- Most people offer a \$1 or \$5 bill with their song requests, but if you want to FASTPASS and have your song played quicker, give them a \$20 or higher.
- You can now purchase specialty drinks in a refillable Jellyroll souvenir 16 oz. insulated tumbler for \$22 with refill drinks for only \$10, which if you plan on coming back, can save you a few bucks because you can bring the tumbler back again and again and only pay the refill price.



## Let's Talk Lake Nona: A New Wave Of Innovation Powered by Verizon

BY LAKE NONA



Juan Santos.

You may have noticed a small tower in the Lake Nona Town Center. This tower is the first step to building a community-wide 5G network powered by Verizon. Earlier this year, Lake Nona announced a new agreement with Verizon to bring the company's different technologies into our community, including 5G.

Lake Nona has always been at the forefront of connectivity. We laid the groundwork with our fiber infrastructure that provides high-speed internet access to homes and businesses. Now, we're working to make that connectivity seamless throughout Lake Nona, no matter where you are.

While the effects may not be immediate, 5G will have an impact in Lake Nona beyond personal use. In addition to quicker

connectivity and downloads, 5G will spark advancements across a variety of industries that have a presence in Lake Nona, including health and wellness in Medical City and mobility with autonomous shuttles.

In this Q&A, Juan Santos, senior director of innovation at Tavistock, Lake Nona's developer, offers insight into the partnership and what it means for the future of innovation in Lake Nona.

### Lake Nona: What's the goal of our agreement with Verizon? What are we hoping to achieve and bring to the community?

Juan Santos: Our objective is to make sure that Lake Nona is the best place for entrepreneurs to start their businesses through infrastructure that inspires and supports their innovation. We have a physical infrastructure with our roads, buildings and waterways, and connectivity to the world thanks to close proximity to the airport. We have a digital infrastructure with over 20,000 miles of fiber, and we have human infrastructure with the people who come to work, study and live in Lake Nona.

With 5G, we're on to the next chapter of enhancing that connectivity. Lake Nona is one of the few places in the U.S. where you can pull out a 5G device and use it. We are creating an environment where entrepreneurship is driven by this intersection of technology, people and place that makes Lake Nona the ideal location to start a business, big or small.

### LN: How do you see technology shaping the future of Lake Nona?

JS: I think technology, to a degree, shapes the future of the world because it changes the way we communicate and the way that we experience a lot of things. For example, if you leave your phone at home, you go back for it. But if you leave your credit card or wallet, you'll ask a coworker to buy you lunch. In Lake Nona, we want to be a community of today, every day. We're providing people with the tools to shape the future.



Beep Shuttle.

### LN: What can residents and visitors expect to see in the future from this agreement?

JS: Over time, residents can expect to see connectivity on their mobile devices that is as fast or faster than what they have at home with their fiber connection. In the near future, there will be more devices than people connected to the internet. Most of the things currently connected to the internet have a person on the other side of the screen, like your phone or your computer. We'll start to see devices like our shoes or car doors directly connected to the internet. To do that, innovators will have to figure out how to deliver connectivity with machines that have very low battery usage. So, with 5G, you can create a device where the battery lasts a month or a year.

We're going to see technology innovations beyond anything we can imagine. Without 4G, we wouldn't have Netflix or Uber. The only thing we know about 5G right now is that it's faster and has less latency than 4G. Early users of 5G could be anything that has to do with a remote control. Drones could be controlled using 5G, like drone deliveries. Right now, with robotic surgery, the doctor is in the procedure room or the room next door. With 5G, a doctor could be performing surgery remotely from the other side of the world.

We're excited to see all the ways Verizon's technology will inspire advancements across Lake Nona. In the coming months, there will be several announcements that will detail how this new technology will be used to attract entrepreneurs with innovation labs, accelerators and co-working spaces.







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## Dog of the Month



### Henry

**Owner:** Christy Tsiantos

**Breed:** Cockapoo

**Age:** 1 year

**Dog's Quirk/Story:** "Oh, Henry!" is the number one phrase heard in our household. Henry is a silly, quirky and highly mischievous one-year-old pup. He loves to hoard toilet paper, emptying the whole roll in a few seconds' time. His other favorite things are his teddy bear (which we have two of just in case), pretending he doesn't hear us, kissing strangers, and hanging out at Boxi Park. He has boundless energy, a naughty streak, and lots of love to give. Henry certainly makes every day interesting!



*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 Your Neighbor: John and Laura Powell

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF LAURA POWELL



John and Laura Powell.

John and Laura Powell are parents to five kids. John is a building contractor, and Laura is a family nurse practitioner as well as a wellness advocate with the Juice Plus Company. They are also Nonahood residents. Read our conversation with them below!

## Nonahood News: What is your job?

John Powell: I am a building contractor. So, I do commercial builds, new construction, intended buildouts, resi-

dential, remodels, all kinds of things like that.

Laura Powell: I'm a family nurse practitioner, and I am a wellness advocate with the Juice Plus Company.

## NHN: What is the Juice Plus Company?

LP: The Juice Plus Company is a company that is into growing your own food and fruits and vegetables to better people's health. It's a company that has found a way to put 30 fruits and vegetables in capsules without losing its nutrients. They have these aeroponic tower gardens that they have at Epcot, the man that developed that, he actually started a tower garden company. He developed it at Epcot, and then he sold it to the Juice Plus Company about eight years ago.

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

JP: We have five kids. Four of them are still in school. So, I wake up early, 6, get the high schoolers fed and out the door, take them to school. Then, I come back and I get the middle schooler up, get him fed, and then hopefully she can take him to school when she goes to work, and then I can take off. Then, I go through my day of going to job sites and all that craziness, and then I'm rushing back to get them from school [laughs].

LP: I do home visits, so I'm actually gone in the daytime. My territory is Orange County, Seminole County, and Lake County, so I go pretty far and sometimes I have to leave really early, so he does all the dad duties in the morning. I used to, but now since I'm driving so much ... I see patients in the daytime, about seven a day. For the Juice Plus Company, I do a lot of consulting for health and wellness usually through phone, sometimes meetings.

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

JP: It's hard to find people that have the time to do the stuff that you need done. There's so much work out in this area, in Orlando, in East Orlando, Southeast Orlando, that the trades are doing everything they can to bring in people to work for them also. You're really handcuffed by what they can handle. I have to depend on other people to not only have the capacity to do what they need to do but also come and do it when they say they're going to come and do it.

LP: Probably the hardest thing about my jobs is just seeing a lot of people suffering with diseases all day long that, a lot of times, I know can be prevented with the right education and healthy lifestyle, and a lot of it can be improved with healthy lifestyle ... that's why I'm so passionate about prevention.

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

JP: For me, when you see a bare piece of land that there's nothing there, and six months to a year later, you have something beautiful that you can put your name on; that's a pretty powerful thing for me to be able to know that it can affect somebody's life and give them a better home, and it's something that they've been dreaming about forever.

LP: Mine is turning around poor health conditions and helping people to enjoy a healthy life through lifestyle, diet, exercise, and just promoting wellness and seeing change happen from illness to wellness.

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

JP: There's a lot of opportunities here on both sides, commercial and residential. Even with the brand new homes, you see people who want to do remodels instantly when they walk into a brand new home. I've got a job that we're going to be starting here soon, putting an apartment over the top of a garage. So, even though it's a brand new home, they're ready to make a change. It's a good place to be.

LP: I've been in Orlando for 25 years. We lived in North Shore, and we were there since 2002 and we just moved over here. I've always worked in this area because it has a big population, so there's always a ton of work available. The Lake Nona area I prefer when I'm in Orange County, where I can stay local; it's even better because there's less

traffic. I haven't left because of the schools, and my kids are in the schools. Even if there's opportunity elsewhere, it's really the community, the schools that keep us here.

## NHN: What's your kids' age range?

LP: 11, 14, 15 – he's going to be 16 on Saturday – 17, and 20. So, the 20-year-old's at UCF, then there's three in high school, and one at Lake Nona Middle. So, it's our first year with no elementary school kids.

JP: Yeah, it's been a while since that hasn't been the case.

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

LP: I see myself still here because Alex, the baby, will be a junior. I hope to be working full-time with Juice Plus Company because I'm really passionate about prevention rather than treating illness all day. Everything else, the same, but I'd like to [not be] traveling around three counties, but just home and doing my business from home and help other people grow their businesses.

JP: There's only so much one person can handle, and I'm not really looking to blow up my company but just stay steady with project after project after project in a manner that's capable for me. At the same time, meeting the needs of the family. Be consistent.

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

LP: Tennis just became my hobby. That's one cool thing about the neighborhood is when people say, "Hey, you want to join a tennis league?" And, we're so close to USTA. We're so lucky and fortunate to be able to play on these awesome courts. The other thing, we like to travel a lot as a family. We try to do a couple big trips a year; skiing is a lot of fun.

JP: My hobby? I guess golf. I love to play golf when I get a chance. I used to play baseball. I played professionally with the Texas Rangers until 1999; I had surgery on my right elbow so that kinda shut my career down.

LP: He was a pitcher.

JP: So, that skill couldn't become a hobby because I really can't play anymore, can't throw much anymore, but I guess golf keeps me busy most times.

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

LP: We were actually here before it was Lake Nona. We were in Kissimmee, and then they were building North Shore in 2000 or 2001 and that's when we moved over. The first area was wide open, there was nobody there, and it intrigued us to come over and take a look at it.

JP: Our first house was between Kissimmee and St. Cloud. We had bought a home that needed a lot of remodel to it. Then, we had Alaina, who's now a senior, and so when she was born, we decided to move. They were building houses over here, so we came to look at them and we fell in love with the area. It was really peaceful, nice, and I like the location because it's right by the 417 to 528, and it's a great location for me because I travel for work. Every time you open your eyes, it's another thing popping up. It feels fun, but for families.

## NHN: So, you moved from North Shore to Laureate Park?

LP: He was actually building some houses over here, and I had never even known this place existed. One day, I asked to see some of the houses that he was building, and they were beautiful. I loved it. So, I said let's move in here, so we did. We needed a bigger house with five kids; we outgrew that one over there. And, it has all the schools we want. That was huge because we knew we wanted to not hop around more schools. I love the community. It was neat how it has all the family-friendly activities, like riding bikes on all the trails. It's just a great place to live.

## NHN: Where are you from originally?

LP: I'm from Satellite Beach, Florida. Like an hour east, on the beach. He's from Snellville, Georgia.

JP: You can say Atlanta; that sounds better.

LP: Snellville, where everybody's somebody.

JP: It's 45 minutes east of Atlanta, between Athens and Atlanta.



The Powells.



Addison (14), Aaron (16), Alex (11), Alaina (17), Andrew (20).



LP: We met at Auburn; we both went to Auburn.

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

LP: I love to ride my bike around all the trails with my daughter. We'll go ride around and they just have all the little parks and little places. It's just neat to have everything right here in its own little community. I love it even more because so much more is going to happen out here. That's my favorite part is probably all the accessible outdoor areas and places you can do. Being so close to the tennis courts was nice. I love being active, so it's awesome.

JP: I think the one that is fun is how the community in Laureate Park decorates. I mean for Halloween, people go crazy. It's a lot of fun, and everybody comes in and in Christmas.

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

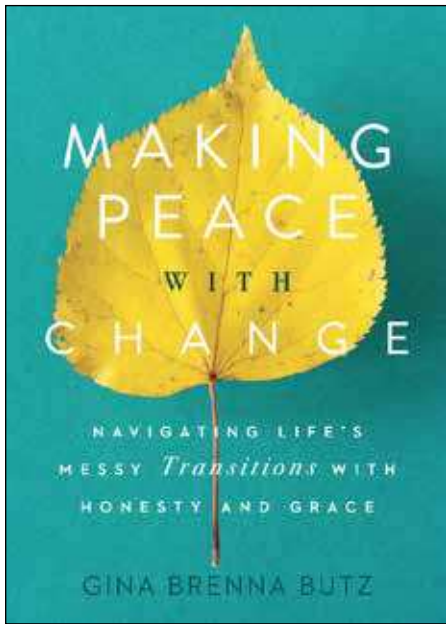
JP: If you're with a family, I think it's a great place to be. As this continues to grow, even for the younger adults, it's going to get even better. It's phenomenal. So close to the med school and great opportunities.

LP: I'd say move, come in, get involved with the community. I think that's the key.



## Five Ways To Navigate Transition Well

BY GINA BUTZ



When we moved to Orlando seven years ago, it was easily the most challenging move we've ever made (and we've made a lot of them). It took a few years for us as a family to settle into life in Central Florida. Our kids, 10 and 12 at the time, were in formal schooling for the first time; my husband was adjusting to a new level of leadership in our organization, and I was just trying to figure out where the grocery store was (as well as every soccer field in the greater Orlando area, thanks to our daughter's love for the sport).

Out of that transition came my book, *Making Peace with Change: Navigating Life's Messy Transitions with Honesty and Grace*. It's the book I wish I'd had in all those changes we went through as a family.

If you're new here, still figuring out how to thrive in this season, here are a few suggestions for navigating transition well:

**1. Call it hard where it is.**

When change happens, it's tempting to get busy and pretend everything's okay. After all, we're not supposed to complain, right? But there's a difference between complaining and honesty. Honesty is just calling it what it is – and sometimes, it's just plain hard. When we honestly state how something impacts us, we can invite others in to care for us. It's the doorway to see the emotions stirring in us, what those emotions say about what is most important to us, and how we are responding to them.

**2. Examine your expectations.**

We all carry expectations into new seasons, whether we realize it or not. Often, they're based on how things worked in the previous place. It's important to look at what expectations we have on ourselves and others and ask whether they are realistic. Sometimes, we need to be patient to see our needs be met; others, we need to be willing to let go. For our family, examining our expectations has been a way to trust God to meet our needs, rather than trying to scramble to make life happen a certain way.

**3. Give yourself space to grieve.**

Grief isn't much fun, but what I've learned is that it doesn't go away if we just ignore it. While we don't want

to negatively compare our current situation with whatever we left behind, it's important to honor our losses. We need to make space sometimes to let ourselves grieve who and what we miss. Doing this keeps our hearts open to receiving whatever we are given in this new season. (After all, if we miss something, it's because we loved it. We want to be open to loving again.)

**4. Seek out community.**

Five years into our time overseas, we were asked to relocate to Singapore. There, we started visiting a local church. We didn't feel particularly invested until we were invited to join a Bible study of several other couples who had moved there around the time we did. That group became our family because they understood the process of adjusting to a new location. In transition, we can often get so busy with the details of settling in that we don't make it a priority to pursue others who can help us set down roots. We need to be intentional to do that – whether it's through a local church, a school, sports, or some other venue.

**5. Be kind to yourself.**

A friend once told me that when you move a plant from one place to another, even within the same house, it will probably wilt a little at first. It's the same with us. It can take time to adjust to a new season, and it's tempting to be hard on ourselves if we don't bounce back as quickly as we hope. This is where we need to be gracious with our-

selves. Maybe it means we eat off paper plates one more night because we can't find the kitchen boxes yet, or we give ourselves grace when we get hopelessly lost on the way home. We need to speak to ourselves the way we would speak to a good friend in the same situation.

Transition can be unsettling, but it can also be a gift. It can shake us to our core – disrupting our sense of identity, competence, and connection with others. But it's also an opportunity to learn to respond to ourselves in ways that are more compassionate and gracious; as we do, we increase our capacity to be compassionate and gracious with others.

To learn more about *Making Peace with Change: Navigating Life's Messy Transitions with Honesty and Grace*, visit [www.amazon.com/Making-Peace-Change-Navigating-Transitions/dp/1627079718/](http://www.amazon.com/Making-Peace-Change-Navigating-Transitions/dp/1627079718/).



## Zen and the Art of Being Online: TikTok Is A Journey Into The Psyche of Generation Z

BY CHRISTIAN CASALE

It's too easy to lose track of time swiping up and down TikTok, where minutes become hours and even the eye strain doesn't make you want to do something else. I feel like I'm living someone's doomsday prophecy of what the internet and smartphones would do to young minds. I lay in bed in the dark, and only the backlight illuminates my facial expressions – blank, smirk, and gut-busting laugh.

But in my defense, TikTok is fun. It's really fun. Life-ruiningly fun.

It's almost a perfect outlet for the next generation of internet users, Gen Z, as many navigate high school and college and take the reins from Millennials – who thus far have evolved internet culture and humor.

The videos aren't longer than 60 seconds – perfect for an internet-induced attention span. The app's algorithm is simple – as you like the videos, ones that are tailored for you will show up on your feed – which is constantly updated and seemingly never-ending.

What struck me first is how young the users seem to be. The usual trend with social media since Facebook is that the youth

will gravitate to a platform, the older generations catch up, and the young promptly leave that platform.

Sound familiar?

Almost all of the videos I see are from those in high school and college – which provides a space for young people to vent about their insecurities, anxieties and observations to one another.

There is no need for the high production value that YouTubers would need to gain a following. Everything someone needs for their videos is already on the app. Ideas, instead, are the commodity on TikTok. It creates a feeling that anyone's video could be viral.

What exactly are the videos? That's a whole other layer. Let me just describe the last video I liked and you can see how difficult the app can be to explain.

One features a man labeled as "America," with an overlay of the *Star Wars: The Last Jedi* scene where Kylo Ren orders his troops to fire on Luke Skywalker. The man mouths, "Do it," as we hear Ren say, "Do it." He pulls the "Manifest Destiny Lever" (made of Legos), and he mouths, "More! More! More!" while Ren says it in the scene – as Wikipedia screenshots of the Louisiana Purchase, the Adams-Onis Treaty, Oregon Treaty, Alaska Purchase, and USS Maine overlay.

Do you know who gets that joke? Students taking U.S. history.

A video made by a 16-year-old in his living room that uses a clip from a Netflix show to make a joke about forgetting to defrost the meat before their mom gets home will get more views and laughs than anything that night's *Late Show* could do.

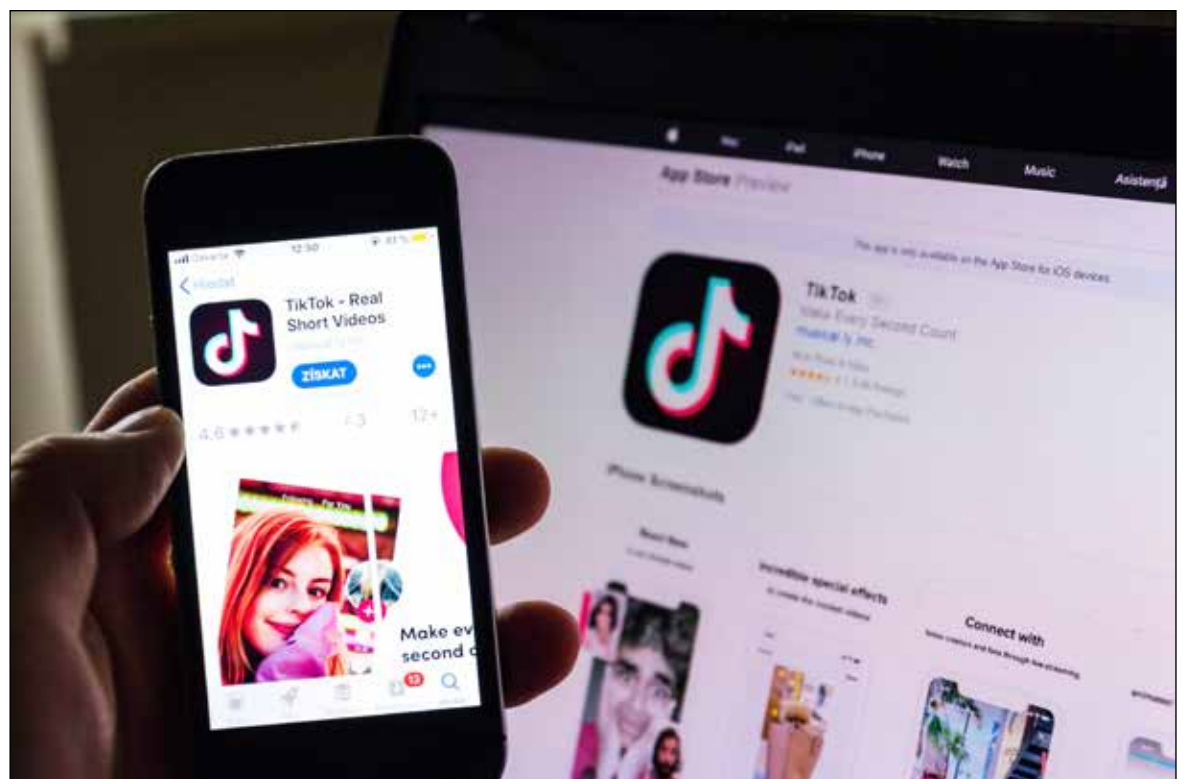
With most of the users being the same age, it's easy to make jokes about shared experiences. Specific videos about high school life, youth culture, and college dating are geared far more toward me, a 21-year-old sophomore, than traditional entertainment demographics.

TikTok also serves as the next step of the exceedingly random memes that have popped up on social media platforms, like

Instagram and Twitter, as Generation Z has approached internet maturity.

Will the app be able to sustain popularity with young people, as Snapchat and Instagram have, or will it take the route of Facebook and cause a mass migration once Baby Boomers, GenXers, and maybe even Millennials carve out a presence? Only time will tell.

In the meantime, I, and others my age, will be content to just keep scrolling.





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## Fun Family Fridays: Family Disney Date

ARTICLE BY NATALIA FOOTE  
PHOTOS BY MICHAEL AND NATALIA FOOTE

We live in the best place in Florida. Now, this is clearly my opinion, but I truly feel that we hit the jackpot in where we live.

Each year, an average of 52 million people visit Disney World. It is the most visited

vacation resort in the world. And we, those of us who receive *Nonahood News* to our home, live a comfortable 30 minutes away.

As a child, I loved going to Disney World. I didn't live in Central Florida, but we visited every couple years. As an adult, I want to share some of those memories I made with my parents with my own children.

When my oldest son was nine months old, my husband and I decided to become annual passholders. Our son was free, and we found all the baby spots in each park and enjoyed going for a few hours on the weekends.

After a few years of having our passes, we stopped renewing. We had two kids, and four passes is much more expensive than two. Our lives were also busy with soccer, golf, basketball, birthday parties, and the many friend and family commitments we made. Life simply takes over; family time is pulled in different directions.

This past year, we won four Disney World park hopper tickets, and we decided to go over winter break. WE LOVED IT.

Gone are the days when we needed strollers and diapers and multiple snacks. The kids are older and can ride all the rides. They have become little people that enjoy similar things we enjoy. Needless to say, we became passholders again.

We arrived at Magic Kingdom around 2 p.m., and it was jam-packed. It was so packed we even ran into three other neighbors while at Magic Kingdom. This is my husband's least favorite park, but we had planned ahead and had three fast passes ready to go!

Our first fast pass was Pirates of the Caribbean. As it turned out, the ride was shut down, so Disney, being Disney, gave us a "free" fast pass to nearly all the rides at Magic Kingdom. We chose Big Thunder Mountain because my youngest son had never ridden it. It was so great!

Our next ride was the Buzz Lightyear ride. This ride is also a game. For the first time,



my boys rode together, and my husband and I got to ride together. They loved teaming up against us, and we enjoyed watching them laugh every time they hit a target. Seeing them as buddies was worth the season passes.

Our final ride was the racecars. The sun was beginning to set, and I got to ride with my younger son and listen to him giggle as he maneuvered the steering wheel. He's not quite tall enough to press the gas pedal on his own, so I would push with all my might and we still went very slowly. But he didn't mind. He was driving a car by him-



self. My older son and my husband were behind, trying to catch us and squealing as they got closer and closer to our car.

By 5:30, we were ready to get home and make dinner. Having the passes gives us the luxury to go for a few hours and not feel guilty for not doing and seeing everything. Although if it were up to me, I'd stay until the fireworks.

We get moments. In life and as parents, one moment ends as another begins. I have enjoyed every stage that my kids have been in, but I also know that they have all been passing moments. Even this current stage is a moment that will shift and pass. As parents, we get these little beings, and as we guide them, they turn into little people, then big people, then they are grown folk. For now, I'll continue to enjoy these moments I get. I'll try and be the mom they want and the parent they deserve. I'll continue to cherish the simple laughter from driving a very slow racecar.



## In the Garden: Let's Be Friendly To Our Neighbors And Yards!

BY AMBER HARMON

In an area of rapid growth and development, Central Florida also has a lot of beautiful, natural resources to protect, and we all have an impact on our environment. From the aquifers to the natural springs and the marshlands, our landscapes are the home to native wildlife. Everyone has a vested interest in keeping our lakes and natural resources clean and unpolluted. Florida Friendly Landscaping is a guidebook of nine principles that help us to protect our natural environment one yard at a time.

As Florida Friendly principle #1 and any gardener will tell you, it is crucial to have "the right plant, in the right place." What this means is take the time to evaluate the location of plants, bushes, and especially trees in your yard for the short and long term. You may think the cute little lemon tree looks great right outside your front door, but one year from now, it will be 10 feet tall and wide or more. Make sure there is enough space for future growth when planting trees. Consider the amount of shade they will provide for other plants in the yard and ensure that the proper amount of sunlight is available for the plant year-round. A happy plant is a healthy plant. When the plant is healthy, it typically has no pesky insects, either. The insects come when the plant is under stress, due to less than optimal sun, nutrients, water or other conditions.

When dealing with pests, do some research to try and understand what is causing the pest issue. Many times, there is a simple solution like too much or too little water. If the plant is not in the right place, it may need to be moved to more sunlight or

maybe it's time to fertilize. By determining the root cause, many pest issues can be treated naturally by adjusting the watering or sunlight and never touching a pest spray bottle. If pest treatment is needed, consider a natural or organic treatment. As always, read the instructions carefully for the most effective results.



Caterpillar

When considering the health of local wildlife as well as the environment, we should work to reduce the amount of water, fertilizer and pesticides that we use in our yards from simply programming sprinkler timers to the right level of water for the season or being responsible about any fertilizer or pest management treatments used out in the yard. Imagine the water that can be saved in one week by reducing the sprinkler time from 20 minutes in the summer to 10 minutes in the fall. That's a 50% cutback in just one yard. Then, multiply that by every yard in the neighborhood, then in the county. Now, that's a lot of water saved by a simple sprinkler adjustment. It's being aware of every home's impact that will really make a difference in our community.

As for fertilizing the yard, a great option



is organic compost and worm casting. This is a natural way to add nutrients the way nature intended! When done in regular feedings, small amounts of compost can be spread around the yard and absorbed into the soil and roots by watering. The compost will break down and return to the earth without concern of the chemical runoff that comes from chemical fertilizers. Isn't it interesting that when thinking about fertilizing, it's more common to think of a bag of chemical fertilizer than it is to naturally fertilize with compost as gardeners have for centuries? When chemical fertilizers are used and over-used, we see the results in the pollution of our aquifers and lakes. Just imagine a lake surrounded by homes that, year after year, add chemical fertilizers to every yard on its perimeter. The ground can only filter out so much before it gets into the water and affects the wildlife. Just remember, every yard can make a difference.

There are a total of nine principles of Florida Friendly Landscaping as well as an extensive list of Florida Friendly and native plants on the University of Florida website at: <https://ffl.ifas.ufl.edu/>.

If you have an upcoming project, think Florida Friendly when choosing your plants or landscape company. The Florida Yards & Neighborhoods Homeowner program is

a resource to get advice about how to make a yard more Florida Friendly and also be recognized for Florida Friendly modifications done to a yard. When you do Florida Friendly modifications to your home, please share them on our Facebook page @MyNonasGarden. Happy gardening!

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.

"We make organic vegetable gardening easy!"





# Mama's Turn: A Trip to the Playground

BY SHARON FUENTES

I recently had the opportunity to travel with three of the best women I know to one of the greatest cities ... New York. One of my gal pals' sons is currently in an off-Broadway show that, in March, will be transferring to BROADWAY! (A Lake Nona High School alumni will be on Broadway, people! AMAZING!) We wanted to support our fellow Drama Mama and her Broadway-bound baby by going to see the show before it hits the big stage. So, we ventured out on a whirlwind, crazy quick girls' trip to the Big Apple. Seriously, it was like 36 hours in NYC ... and GO! And you know what? It was awesome!



The first day of the trip was all about THEATRE and trying to stay warm when it was a high of 28 degrees. We stopped for pictures in front of the theatre that "OUR BOY" is performing at and shared happy tears and laughs about his journey of getting where he is. We told everyone we met WHY we were there, and to our pleasure, they all reacted with just as much excitement as we did. We saw a matinee show, but to be honest, it was just to pass time until the evening show – the one with one of our babies in it, doing what he loves the most: acting, playing music, and shining on that stage. It was a wonderful day filled with lots of MAMA pride from us

all. And cheesecake. How could I forget cheesecake? When in New York, one must have a Junior's cheesecake. I believe it is an unwritten commandment.



The second day, we were able to sleep in a bit and relax and just enjoy planned spontaneity. We didn't know what we were going to do other than head toward the Garment District to check out this cool art installation of seesaws we heard about and get bagels to take home, or else my family wouldn't let me in the door. We accidentally came across Mood, the fabric store on the show *Project Runway*, and, of course, had to go in to see if we would see Swatch the dog and to say "THANK YOU, MOOD" when we left. We oohed and awed over the architecture of the buildings we saw and just enjoyed the beautiful day and the fact that it had warmed up to 43 degrees. Finally, we found *Impulse*, the official name of the art exhibit of seesaws that had taken over the area between 37th and 38th streets and Broadway. According to the article I had read about this exhibit, its purpose of being there was "to embody the idea of serialism, repetition, and variation to produce zones of intensity and calm." But for us and all the people we saw there trying them out, the 12 illuminated seesaws that played music as you bounced up and down were a reminder of our youth and a source of pure joy. I haven't laughed so hard in years. The 20 minutes we spent trying them out was the biggest stress reliever I have ever had. Suddenly, we weren't moms, or wives, or grownups with responsibilities. The other people there were not a certain age, race, nationality, or gender. We were all just people, thoroughly enjoying the mo-



ment. It was liberating and something we all agreed the world could certainly use more of. Eventually, our stom-



achs began to rumble, and the reality of time and our need to eat lunch before our quickly approaching plane ride back home took over. And we left this temporary playground in the middle of the busy New York streets. But I would like to think that we carried a bit of that joy with us.

On the plane ride home, I began to think about the whole trip, about my friendship with these ladies and life in general. That was when it hit me. The reason those seesaws resonated so much for me is because life and friendships are just like seesaws. Life is filled with ups and downs, and most of us are just trying our best to find balance between work and parenting and everything else. It's difficult. But if you are really lucky, you will have a few good friends in your corner who are willing to go on a trip to New York with you, or to jump on the other side of that seesaw and lift you back up when you are feeling low.



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).



Lake Nona

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# Family Shift: The Struggle Is Real

BY RODNEY GAGE, LEAD PASTOR



RG RODNEY GAGE  
YOUR FAMILY COACH

One of the hardest lessons I have had to learn in my life is summed up in this quote by Brian Houston: “Your capacity for pain will determine your potential for growth.”

Years ago, our son, Luke (seven years old), was diagnosed with an extremely rare disease called “Perthes.” It’s a disease that causes the ball of the femur to die slowly. If left untreated, the ball can completely crush under the person’s weight, causing significant problems for a lifetime. At the time of Luke’s diagnosis, I was the head coach of his Little League baseball team. One of the most challenging moments in my life was when my wife, Michelle, and I pushed our once active, vibrant little athlete out of Shriners Hospital in a wheelchair, not knowing if or when he would ever have a normal life. After qualifying for a case study and using a wheelchair for over three years, today, Luke (19 years old) is 100% healed and healthy.

It was during those three hard, long years that we learned the priceless lesson of knowing that it is possible to find strength in the struggle. It is often through our struggle that we find our most powerful story to impact others. It was during those three years in a wheelchair that Luke learned to play guitar and piano. Today, he is a singer, songwriter and producer, and he sings before thousands of people.

In my personal life and as a family coach working with hundreds of couples and parents, I have learned that we have a choice when we face pain and struggles in life. We can either grow bitter or grow better.

As parents, one of the most important les-

sons we can help teach our children is how to grow stronger through our struggles. The next time you encounter a setback, or one of your children faces a disappointment at school or with friendships that causes them to doubt themselves or lose confidence, use those struggles as stepping stones to remind them about four essential lessons we can learn from the four facts of life.

## 1. Struggles are inevitable.

It’s not a matter of if but when we’ll face struggles. We may face struggles with our health, finances, marriage, kids, jobs, or many other things. Unfortunately, struggles are not an elective class that we don’t have to take. They’re a required course. No one is exempt!

## 2. Struggles are unpredictable.

Often, our struggles and setbacks come out of nowhere. We are often blindsided by problems that catch us by surprise. That’s what makes a problem a problem; we often fall into them unexpectedly.

## 3. Struggles come in different shapes and sizes.

We seldom get bored with the struggles we face because there is such a wide variety of them. They can be minor inconveniences, or some are catastrophic. Some are custom-made to teach us things we would have never learned any other way.

## 4. Struggles are purposeful.

### • They purify us.

Someone once asked a silversmith, “How do you know when the silver is pure?” He responded, “When I can see my reflection in it.” How do we know when we’ve learned the difficult and painful lessons in life? When we can see our reflection of the new and stronger person we have become.

### • They give us endurance.

Author and leadership expert John C. Maxwell says, “Everything worthwhile is uphill.” In our quest for quick and easy, instant gratification and hassle-free in



Luke (19) in December.

our culture, we want results immediately. However, growth and endurance is a process, not a destination. Growth requires time and endurance.

### • They help us grow.

The late Zig Ziglar said, “Life really is like a grindstone, in that it will either grind you down or polish you up.” It all depends on what you’re made of.

When you read the instructions on how to make a chocolate cake, you first learn what ingredients you need: eggs, milk, butter, unsweetened cocoa, baking soda, baking powder, vanilla, etc. However, if you eat raw eggs by themselves, they’re horrible. No one eats a stick of butter by itself (well, some might), no one eats baking soda by itself, etc., you get the point! But when you mix it all together, put it in the oven, and let it bake, you get a delicious chocolate cake.

That is how growing through our struggles can make us stronger. It’s about learning how to take something bitter and making it better. The next time you and your

spouse go through struggles or one of your children faces hardships in school or in friendships, remember to turn the “i” into “e.” Changing one letter can make all the difference in allowing our struggles to make us better rather than bitter.

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



# To Generation Z: How to Be Alone

BY NATALIA JARAMILLO

Independence is something we all long for after we turn four. We want to decide what we wear and what we eat and who we are friends with at the tender age of four. The responsibilities that come with independence only increase with age. When we turn 16, all we want to do is drive, so we can go wherever we want whenever we want. When we turn 18, we can vote, and at 21, we can drink and so many other responsibilities that come with our newfound independence.

Sometimes, however, these new independent freedoms come with facing new challenges alone. As we grow up, I have found that there are more and more things you have to do alone. The older you get, the smaller your friend circle tends to become. We spend more time away from friends and family at work alone and have to do adult chores typically alone. I’ve never had a friend willingly come with me to the DMV, so I had to go alone. Being alone for the first time can be scary, but it’s something that should be looked at positively.

Being alone facilitates so many things and makes others harder; however you look at it, being alone is part of growing up and happens more often as we age. It can be scary to face so much independence all at once, but it happens to everyone. I have learned that as I travel internationally completely alone for the first time (and I mean completely alone, I know absolutely no one) that this will make me stronger and better equipped to handle anything thrown my way.

Practicing being alone makes all the difference. There will come times that you have

to be alone, and to not feel so awkward, practice makes perfect. If you are studying in the library, don’t tell anyone and just go and study by yourself. It’s a little step in the right direction and will teach you the value independent studying can have on your grades. Take it a step further and go somewhere you haven’t been before, completely alone. Make sure it’s a safe environment to be alone in, but take the opportunity to get to know the area without anyone else’s opinion.

Your opinion is the only one that matters for most of your life. Take advantage now of the time to explore your thoughts and ideas. A good way to explore your own mind and opinions is to be alone. Go into the world and embrace your own thoughts and learn from them. The only way to really understand yourself is to spend some time alone thinking and developing your own views on the world.

If the idea of being alone terrifies you, take charge now to turn your relationship with yourself around. The relationship you have with yourself is the most important one, and the only way to really strengthen it is to be alone and understand and work through your issues. Feel your emotions and take deep breaths. Tell yourself that it’s okay to be alone. Do things that you feel comfortable doing alone until you are more comfortable doing them alone and escalate. Spend some time reflecting on yourself and your thoughts. Your relationship with yourself should be a priority, and this relationship will be improved drastically by spending some time alone.



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# Felicity Mae Know

BY FELICITY MAE GOMER

**Q: “I’m trying to save money for a new car. Any tips?” Anonymous**

A: Put as much as you can into savings every time you get paid, even if it’s only \$20. After a while, even that adds up. Do your very best to budget what’s left and try [very hard] not to take any money out of your savings account. It’s like a potato chip: you can’t stop after just one! You’re going to be tempted to keep withdrawing. Keep your end goal in mind to motivate yourself not to buy those clothes and tell yourself, “There is food at home.” I have to remind myself constantly that if I want my dream house, I don’t need to Uber Eats four days a week. If you can pick up some extra cash doing odd jobs, take advantage of that! I deliver food in my free time for a little extra cash to put into my savings. Mow some lawns, sweep some floors, take some online surveys, wash some cars. Ask your parents and neighbors if they need anything done around the house. Practice self-discipline and conservation, and don’t do anything wacky to mess up your credit if you’re signing for it alone. Good luck with that new car! You’ll be so proud of yourself when you sign for it!



**Q: “How do I start networking? How do I find a job when I have no experience?” Roberta**

A: Get out of your comfort zone for a bit. Tag along with someone you look up to and find a networking event to attend if you need another person there for support because who enjoys networking alone?

Joining your local chamber of commerce is a fantastic way to start building connections, even if you aren’t representing a business. As luck would have it, individuals can join at a relatively inexpensive cost. Forming genuine personal relationships with professionals in the area will do you a great service. In addition to finding great friends, it can help you find a job if they know the right people – you never know who someone knows! Showing your face and making good impressions may take you extremely far. Go in with the mindset of crafting relationships rather than “having something to sell” and you might just meet the person who will help you to the next step in your career.

**Q: “It’s hard for me to focus on my schoolwork. I noticed that I take hours to finish an assignment because I scroll through my phone. How can I keep my attention on my school stuff and get it done on time?” Luis**

A: Happy spring semester to you, too! This question hit me in the academic heart because I have always struggled with the very same thing, and, oh man, is it annoying. Try putting your phone on “Do Not Disturb” until you’ve completed what you need to complete. A break is acceptable periodically, but really try to discipline yourself and stick to 15 minutes or so before getting back to the grind. Consider telling yourself that the due date is actually earlier than it is so that you finish it with time to spare. This can help distribute your workload because I know I’ve had multiple semesters where two or three extensive papers have been due on the same night. Convince yourself that each paper is “due” on a different night preceding the deadline. Who needs that typing-twenty-pages-of-research-in-one-night kind of stress in their life? What I find that helps me is getting together with a friend who also has schoolwork to work on; it keeps us accountable and minimizes the desire to stare blank-eyed at our phones. My best friend and I try to get together at least once a week to conquer the week’s assignments. Maybe going to a local cafe with free internet might help you if being surrounded by other hard-working individuals is what inspires you. No matter which method fits your fancy, best of luck to you. Let’s get this bread!



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## SPORTS & FITNESS

### Camp Gladiator Trainer Talk: Does It Matter When I Eat My Food?

BY VERNICE SALVERON



Eating at certain times in order to enhance fat loss outcomes has been somewhat of a popular topic among health enthusiasts. Ever heard of the saying “no carbs after 5 p.m.” or “eating breakfast is best for fat loss.” This is referred to as nutrient timing, and it seems to be perpetuating the confusion around nutrition. It’s confusing enough to understand what to eat and how much, but when to eat adds another dimension of complication. But is it really necessary for weight loss? It is no wonder that many people simply throw their hands in the air and turn to diet programs that give you shakes and tell you when to drink it.

Using a meal replacement system may be a good idea to chase down a short-term weight-loss goal, but this is certainly not the answer to achieve long-term sustainable results. The primary reason why such fad diets are initially successful with weight loss is because they simply place you in a caloric deficit. Meal replacement systems and fad diets can be a very expensive way of getting you to consume less food, in addition to potentially causing some very negative metabolic adaptations if sustained over a long period of time.

Let me explain. Every person has a unique basal metabolic rate (BMR) that is the number of calories your body needs to function with the absence of activity (lying down). This is represented by a caloric number and does not account for any movement or the added energy expenditure that we need to walk, think, work and exercise. In order to ac-

count for our activity, we need to multiply our unique BMR by an activity factor to obtain our estimated total daily energy expenditure (TDEE). This can be calculated using the Schofield equation based on your height, weight, gender and age. Eating below your BMR for a long period of time is very dangerous not only for continued weight loss but overall health. Eating this little simply does not adequately nourish the body for optimal functioning.

So the bottom line is, if you want to lose weight in a healthy manner, aim to eat somewhere below your TDEE and above your BMR; this will put you in a safe deficit. If you want to gain weight, eat above your TDEE. If you eat below your BMR for a sustained period, you will likely lose weight in the short term but probably notice negative changes in mood, energy, sleep, and cognitive function, and also likely become stagnant in your weight loss progress.

Now, let’s get back to nutrient timing. Nutrient timing is a theory indicating that eating meals at particular times of the day will enhance a certain outcome, such as muscle gain, weight loss, and physical performance. And while there may be some anecdotal evidence for performance athletes, there is little scientific evidence to support the benefits of nutrient timing for weight loss. This means, yes, you can eat carbohydrates before bed, you don’t have to rush home to scarf down protein 30 minutes after your workout, and there is no real difference in weight loss outcomes if you eat three meals a day, six meals a day, or practice intermittent fasting. As long as you are adhering to the principle of eating below, at, or above your TDEE, your long-term results are the same.

Eating an adequate distribution of carbohydrates, protein, healthy fat, vitamins and minerals is also essential for sustainable fat loss and optimal health. And as a general guide, you should ensure that your plate is filled with mostly vegetables, a palm-sized portion of lean meat (or equivalent to 20-40 grams of protein), and enough carbohydrates and fats to provide your body with adequate energy. Understanding macronutrients is also vitally important for health and weight loss, and I will cover this topic in-depth next month, so stay tuned.

APPLICATION TOOLS:

In order to calculate your TDEE, please go to



[www.cassandraandvernice.com/calorie-calc](http://www.cassandraandvernice.com/calorie-calc). I also recommend using the app My Fitness Pal to track your calories and macronutrients to help you with your nutrition goals.

Please note that the above information is targeted to the general population and should not supersede any medical advice or be adhered to if you are pregnant or have any known medical conditions that are impacted by your nutrition.

*Vernice Salveron-Gasper, CPT, Partner Trainer, can be reached at (321) 947-9948 or [vernicesalveron@campgladiator.com](mailto:vernicesalveron@campgladiator.com). Like Camp Gladiator on Facebook and follow @campGladiator on Instagram for exclusive offers, fitness tips, pictures, events, camp updates and more! Visit the website at [campGladiator.com](http://campGladiator.com).*

**Camp Gladiator Location & Times**

- Lake Nona Family Dentistry – Monday, Tuesday, Thursday 5:15 a.m.
- Spring of Life United Methodist Church – Tuesday, Thursday 5:45 p.m.
- Moss Park Elementary School – Monday, Wednesday 6:30 p.m.



# Spring Youth Wrestling Program Looks Forward to Summer Olympic Spotlight

ARTICLE BY VALERIE SISCO  
PHOTOS COURTESY OF BRANDON MARSHALL

As the spring season of wrestling opens this month for kids in Lake Nona Youth Sports, Coach Brandon Marshall admits he's looking forward to summer with a lot more excitement than he usually does.

Wrestling was reinstated as a sporting event for the 2020 Summer Olympics in Tokyo after losing its place in 2013, and Marshall couldn't be happier.

"Wrestling is one of the oldest sports in history, and removing it from the Olympics agenda would have been a disappointment and a real loss for our sport," he said. "Watching wrestlers compete under the spotlight at the Olympic level inspires kids to give wrestling a try."

Marshall is an alumnus of the U.S. Olympic Training Site at Northern Michigan University and started wrestling in

elementary school.

"Wrestling has always been an important part of my life, but the benefits I have gained extend far beyond the accomplishments on the mat," he said. "Throughout high school and college, the sport of wrestling has served as an anchor for me, despite any other challenges I was facing in various aspects of my life."

Marshall doubts he would have had the same confidence and determination to pursue a career in medicine if he hadn't benefited from the self-discipline and mental toughness he practiced as a wrestling competitor. Marshall is attending the UCF College of Medicine in Lake Nona, hoping to graduate in the spring of 2021 and pursue a career in orthopedic surgery.

"Wrestling offers kids so many benefits, including cardiovascular fitness, strength and sportsmanship," Marshall said. "The endurance and coordination they learn through competing easily translates to a variety of sports and gives them great skills for life, too."

Wrestling practices for Lake Nona Youth Sports kicked off this month for young athletes, ages 5-15, and Marshall is convinced



wrestling is a sport that has a place for everyone. "Whatever your body height or weight, you can compete," he said. "It's great to see kids gain confidence as the season goes along and see improvement in their fitness and skills."

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 details on wrestling programs, contact Brandon Marshall at [jrlionswrestling@lakenonayouthsports.org](mailto:jrlionswrestling@lakenonayouthsports.org).



## LAKE NONA YOUTH SPORTS

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### CURRENT EVENTS

- **HEROES Lacrosse**

- Try out our new upgraded lacrosse program, formerly Jr. Lions Lacrosse. We emphasize core values of GRIND, LEADERSHIP, and SERVICE while having fun and making new friends! More info online or by emailing:

[JRLionsLacrosse@lakenonayouthsports.org](mailto:JRLionsLacrosse@lakenonayouthsports.org)

- **Wrestling Registration Open Now**

- Season starts Feb. 24.
- Visit website to register now!
- Practices: M/W from 6-7:30 p.m.

- **Spring Tournament Flag Registration Open**

- Under the Lights, powered by Under Armour. All registrations are online through the link to flag football on our main page.

- **Football**

- Conditioning camps and clinics available now.
  - Camps are designed for skill building.
- Info and registration online through our main page.

- **Baseball**

- Partnership with SOBR. See website for updates and more information.

- **Opportunities to Help**

- *Feeling led to help families in need?* "Sponsor a Child Program."
- We are always looking for new corporate sponsorships. Please send us an email: [JRLionsFundraising@lakenonayouthsports.org](mailto:JRLionsFundraising@lakenonayouthsports.org) or find us on social media: [www.facebook.com/LakeNonaJuniorLions/](https://www.facebook.com/LakeNonaJuniorLions/)

Email [LakeNonaJRLions@LakeNonaYouthSports.org](mailto:LakeNonaJRLions@LakeNonaYouthSports.org) or for more information [LakeNonaYouthSports.org](http://LakeNonaYouthSports.org)

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## The Lake Nona Book Maven Review

*Miracle Creek*

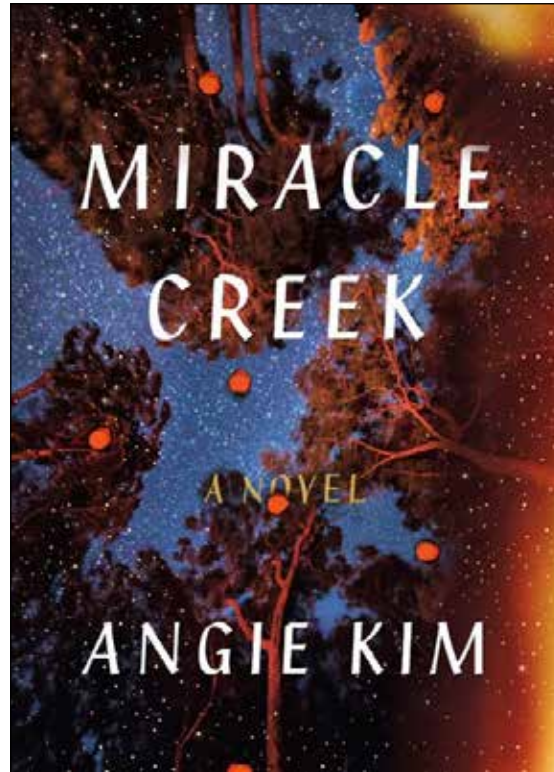
Author: Angie Kim

This book was recommended to me by a friend who reads way more than I do. It's the first novel for this author, so first, I checked out the reviews – it scored 3.94 on GoodReads, and it's labeled a bestseller on Barnes & Noble with an average of 4.3 in positive reviews. Given all that, I was disappointed to find it just a bit hard to get into the story. But once I did (about 20% into it), it was a page turner.

The story centers around an immigrant Korean couple and their teenage daughter who move to rural Virginia. They decide

to set up a hyperbaric chamber business offering one-hour sessions of 100% pure oxygen to sufferers of various ailments that the oxygen exposure is purported to aid or even cure. I think this book might just as easily have been titled *Secrets and Lies*. The tragedy is a murder. A fire starts near the oxygen intake of the hyperbaric chamber (the chamber is like a small submarine in their barn). Was it accidental? Planned? Just a mistake? One adult and one child die as a result, and the fire is determined to be caused by arson. The search for the culprit and the lawsuit that follows are the basis of the story.

This is not really a courtroom drama, although there is certainly some drama in the courtroom. And it isn't a detective story – there is no detective – it reads more like the writings of a focused journalist determined to find out who really did what. We read to find out who is telling the truth and who is keeping secrets. The whos and the whats unfold slowly as the story progresses, spending time on the actions of several different characters in turn.



The interesting and different aspect to this novel is the author's exposure of the very private thoughts and motivations of each of the main characters, making the reader consider how we treat each other and why. She touches on how we treat immigrants and the disabled, the things we all hide from each other and sometimes from ourselves, as well as the toll caregiving can have on us. And she exposes the physical and psychological scars we carry and often hide. She even touches on the momentary evil thoughts we have about others, sometimes silently wishing them misfortune.

This story reminded me of an Agatha Christie novel, where at many different points in the action at least two or three of the characters could have "done it," but it's not until the end of this novel that we find out for sure which one of them is the real criminal. Read it and try to guess!



## Music Review: A Valentine's Day Playlist

BY DEMI TAVERAS

What's the most common subject talked about in music? You know it, I know it. It's love, which is why it was actually quite difficult to put together a 10-song playlist for Valentine's Day. It was a struggle narrowing down the best songs – and of course, it has some bias – but here's a Valentine's Day playlist to blast all of February, whether you're dancing along to it with your special someone or crying alone in bed about the one that got away. Get ready for this emotional rollercoaster.

1. "Can't Help Falling in Love" by Elvis Presley: Starting off with the classics! This song is three minutes of beautiful sorrow. The king's velvety vocals were a match made in heaven for this melancholy tune.
2. "Never Too Much" by Luther Vandross: The antithesis to the previous song, which is purposeful on my part. "Never Too Much" is a funky song that not only makes you want to dance, it makes you want to profess your love for someone, anyone, everyone! You can always find me belting out the lyrics to this song in my car.
3. "In the Still of the Night" by The Five Satins: Back to the classics. I actually pinpointed this song after hearing it in *The Irishman*, which had to be the 10th time I had heard it in a movie. After I finished watching that movie, I had the song on repeat for the rest of the night. This gem perfectly encapsulates what I imagine falling in love in the '50s felt like.
4. "Pink Matter" by Frank Ocean featuring André 3000: Not a traditional love song, "Pink Matter" is like lyrical poetry. You're able to hear it over and over and come up with different interpretations each time. André 3000's verse is one of my all-time favorites as he raps about a sort of Bonnie-and-Clyde relationship.
5. "everytime" by Ariana Grande: A cute, poppy track off of Grande's *Sweetener*, describing how impossible it can be to escape that one person who always seems to have a hold on you, and you can't help but think that every path will always lead you right back to them.

6. "All I Do Is Think of You" by Troop: Cue the R&B, please. A Valentine's playlist is not complete without some OG R&B. This is the perfect song to slow dance to – heavy emotion and passionate lyrics over a soothing beat.
7. "Love on the Brain" by Rihanna: This has to be one of Rihanna's best songs. "Love on the Brain" is a sultry ballad about an addicting, potentially problematic romance. All I have to hear is the first beats of the drums, and I will drop everything to stop and sing along. (Also, Rihanna, please come back. We miss you. We need you.)
8. "I Wanna Be Yours" by Arctic Monkeys: My dream first wedding dance would be to this looming, dark song. (I might have to do some convincing, I've realized.) They take a different approach when writing about love. For example, "Let me be your coffee pot." Sorry, what? But honestly, everything sounds great when it's sung by the lead singer, Alex Turner.
9. "Watermelon Sugar" by Harry Styles: Probably not the most obvious choice for a love song within Harry Styles' discography, but it's a pick-me-up song, very bright and feel-good. You always need a summer love song thrown somewhere in the mix.
10. "The Way You Look Tonight" by Frank Sinatra: I had to end this playlist with Sinatra and one of his most popular jazzy songs. It's the purest confession of love. It also reminds me of falling in love during the middle of a New York winter. I guess we'll have to settle for the beginning of a Florida spring, won't we?

Happy Valentine's Day to all!



## The Nona Film Review: Marriage Story

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF  
[NETFLIX.COM](https://www.netflix.com)

RATED R



\*Spoilers ahead\*

What day do our minds leap to when we usually think of February? Valentine's Day, the day to celebrate love. It's a holiday that most people either love or hate because, in my opinion, people focus solely on the romantic side of love. It's more than a day to just celebrate your partner; it's a day to celebrate all your loved ones! Even the loved one most of us seem to lose sight of in the shuffle of everyday life – ourselves. (Yes, treat yourself!) So this month, instead of reviewing any cliché romantic comedy, I'm choosing to review the Netflix drama *Marriage Story* that focuses on a couple going through a divorce. Not very romantic, you say? Oh, but it is, and it's realistic love. *Marriage Story* plunges into how deeply two people can love each other, their son, and their family, but if their personal needs aren't being met, progressing as a couple can become very difficult.

*Marriage Story* stars Adam Driver and Scarlett Johansson as Charlie and Nicole, respectively, who both have careers in theatre and live in New York with their son when they decide to separate. Nicole has had enough of suppressing her desire to live in L.A. and putting a successful career in Hollywood on the back burner. At first, they agree to carry out the divorce amicably without lawyers. Then, as Nicole makes her transition to L.A. with her son and feels like she's still under Charlie's control, she finds a lawyer, Nora, and Nora assists her in making steps in her own best interest, not Charlie's.

As a viewer, it's easy to take pity on Charlie after he gets served the divorce papers. He has to figure out how to get his own expensive lawyer and balance his time between L.A. and New York. His son starts favoring his school,

friends, and home in L.A. rather than New York, which leads him to favor being with Nicole rather than Charlie. Charlie tries to pull himself back up by hiring a cutthroat lawyer named Jay, right before they go to court; in court, Jay and Nora throw low blows, telling exaggerated versions of how one parent behaves to help the other parent's case. Of course, this escalates the tension between Charlie and Nicole, and they have a huge fight (that's naturally been made into a meme on Twitter, sigh) – the boiling but also lowest point for both characters. After visits from a social worker, Charlie and Nicole as well as their lawyers agree on the details of their divorce, leaving Charlie with the lesser part of 55/45 custody of his son.

Time goes on, and viewers see how Charlie and Nicole's dynamic has changed with the inclusion of Nicole's new boyfriend. Charlie also accepts a residency at UCLA, putting him in L.A. for a year. The irony is not lost on us viewers, since we know living in L.A. was what Nicole had always wanted, and now that they're divorced, Charlie finally was able to make a permanent move. But, such is life. While their love is not the same, it still remains in an entirely new form; they both work to reach the closeness of a family unit they so badly crave for their son. Taking into account their sacrifices and the pain they both endured, their love for each other purely shines through. Their emotional journey and the strong performances from all of the cast greatly landed with me; it was a cathartic cinematic experience.

*Marriage Story* was nominated for six Golden Globes, with Laura Dern, who excellently played Nora, winning Best Supporting Actress for her role. It is also nominated for six Oscars, including Best Picture and Best Original Screenplay; I'm excited to see what other awards *Marriage Story* will bring home on Feb. 9 during the 92nd Academy Awards.

*Demi is the editor-in-chief for Nonahood News. 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)!*





# Sunny Side Up: Ants

BY PHILIP LONG

Given the chance, any ant will cheerfully skitter up the pants of any Floridian. It has been written. So it was probably only a matter of time before they scurried their way into my column.

On walks around our fair city, I've become somewhat inoculated to Floridian ants' sophisticated feats of engineering. I tend to forget that beneath what looks like puffy mud-balls flung from heaven are lively civilizations where ants work, love and do stuff that I need to watch a few more episodes of National Geographic to catch up on.

I forget until I step on one of their puff mounds of doom.

Recently, I was tasked with setting up goals for a pick-up soccer game. I was in a bit of a haze because I hadn't slept well, but since it's Florida, I was also in the literal haze of our regular forecast: "For the next few days and into forever, we'll be experiencing some blow-torch, black-smithy, heat-hotness lava air." Ignoring this, I focused all my mental faculties on setting up the goals.

Driving around, you've probably seen the semi-circular, pop-up goals kids play with whilst large men yell at them (not the goals, the kids, I assume).

Since I coach soccer for a living, I can set up the let's-all-yell-at-kids goals no problem. They do exactly as advertised (not the kids, the goals. Dangling modifier dang-a-rangs. However, dang-a-rangs does accurately modify kids). As soon as you slip the goals out of their sleeves, they pop into your face and into place. Then, to pack them up, all you have to do is twist, fold and slide them back. Sometimes

that's true, but whoever makes these goals is evil, for they reverse engineered every third goal to not twist no matter what you do, making you look like a total ignoramus-doo-fus-dork. This embarrasses me even when no one's laughing at me.

I think I digressed. This particular day, I was focused on setting up goals with tangle-friendly nets and fancy aluminum frames with spring-pressured buttons designed to rip the tips of your fingers off. So I should be excused from torture. Nope, I live in Florida. Since our soccer field is tirelessly mined by ants, I hadn't used my special ops training to not get blasted by the fireball that was now shimmying up my leg.

Now in considerable pain, I briefly thought of the pond, but in a moment of Jurassic clairvoyance, I knew that could be a very bad idea. I saw the headline: "Florida Man Flees Ants Into Jaws of Gator." That title could sum up the perils of living here, but alas, "Sun-Afflicted, Mosquito-Bitten, Florida Man Scuttles on Tippy Toes Around Ant Mounds, Spinning His Arms in Futile Attempt to Fend Off Deer Flies, Whilst Belligerent Ants Bury Their Barbed Hindquarters Into Any Flesh to Be Found Until What's Left of Florida Man Leaps for 'Safety' of Pond, Only to Be Chomped By Grinning Gator Who Then Spits Florida Man's Bones Back to Waiting Turkey Buzzards" is more accurate. Ah, the semi-circle of life.

I don't really have much more to share with you about ants because, as a rule, I try not to study the subjects of my articles. This helps me to be a truly objective journalist and a resource for real news. But I will say, if you are bitten, try to stay calm, so as to avoid winding up in a news headline.

I stayed calm that day, simply rolling down my socks and carefully picking the little buggers out of my ankles, calves, and yes, between my toes (why always between the toes?!). I maintained my state of calm by screaming at the top of my lungs for my dear, sweet mother who birthed me. I was picked last for soccer. Typical.

*Philip is a father and husband who coaches soccer with Coerver Coaching and freelances as a writer, illustrator, and carver. He's constantly sniggering to himself whilst whittling spoons and toys in the kitchen (hey, it's way too hot outside). To his wife's chagrin, the kids track wood chips around the house. He would love to hear from you at [plong3510.com](http://plong3510.com), either to giggle with him about something silly he wrote or for any carving, illustration or writing needs. Oh, and plea*



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## Lake Nona High School Art Students to Compete in OUC 2020 Rain Barrel Painting Contest

ARTICLE BY NATALIA JARAMILLO  
PHOTO BY SABRINA MASSONI

Four Lake Nona High School art students hope to win the Orlando Utility Commission's rain barrel painting contest in 2020.

The winner's barrel will be up for display at CityArts, an Orlando-based art gallery on Magnolia Avenue. The winners will also be able to auction their water barrels to teachers and OUC employees, where they will receive all the funds raised for their school's art program and be featured on the 2020 OUC water conservation calendar cover. The student winners and their art teacher will receive gift cards as well as a plaque.

Carmen N., Fabiana R., Kylin O., and Christopher M. are the four students looking to win this year's rain barrel contest. The students are taught by Lake Nona High's very own art teacher, Sabrina Massoni. The students are in her fifth-period Painting II class.

"I have impressed on them that we are a competitive school, and we want to keep our winning streak going, but I'm proud of their work no matter what," Massoni said.

The student's rain barrel is filled with hand-painted vintage postcards. Each

postcard has either historic architecture, portraits, wildlife and nature, or Disney figures, and each student is responsible for painting their own category. The rain barrel has a background of a slightly clouded, bright day behind the postcards and a collage of present-day Central Florida images.

"It's more than a normal school project," student artist Carmen N. said. "We wanted to do something that we all could show our individual styles."

OUC expects around 153 Orange County middle and high school students to participate in the 2020 contest. The contest is run in themes that include Water Conservation, Florida, Environmental/Eco-Friendly, and Orlando/Orange. The Lake Nona high school students entered their barrel in the Orlando/Orange theme category.

In 2019, another group of Lake Nona High School students won the most creative rain barrel award for their circular mural of Weeki Wachee mermaids.

The OUC rain barrel contest has been ongoing since 2006 to educate participants about the importance of conserving water. About 1,200 students have participated in the contest since it began in 2006. The annual contest hosts its award ceremony for winners and contestants at the Orlando Repertory Theatre in the spring.



At Lake Nona High School, Sabrina Massoni's art students working on their 2020 OUC watercolor rain barrel contest piece.

## FEBRUARY EVENTS

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

- 5 Nona Business Referral Group (NBRG)
- 6 Chef's Night – Second Harvest Food Bank
- 6 National Alliance on Mental Illness: Family-to-Family Program
- 8 Macrame Plant Hanger Workshop
- 9 Occasional Astronauts Debut at Boxi Park
- 11 Empowering Women Through Mental Wellness Workshops
- 12 Nona Business Referral Group (NBRG)
- 13 National Alliance on Mental Illness: Family-to-Family Program
- 14 Valentine's Day
- 14-16 Orlando Ballet – CINDERELLA
- 15 Nona Cars 4 Kids
- 19 Nona Business Referral Group (NBRG)
- 20 National Alliance on Mental Illness: Family-to-Family Program
- 21-23 Lake County Balloon Festival
- 22 El Carnaval in Lake Nona
- 25-29 Mean Girls at Dr. Phillips Center
- 26 Nona Business Referral Group (NBRG)
- 27 Nona Connect – Building Communities Through Connections
- 27 National Alliance on Mental Illness: Family-to-Family Program
- 29 Orlando Taco Festival

### 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 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/)

#### 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/)

#### 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/)

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)



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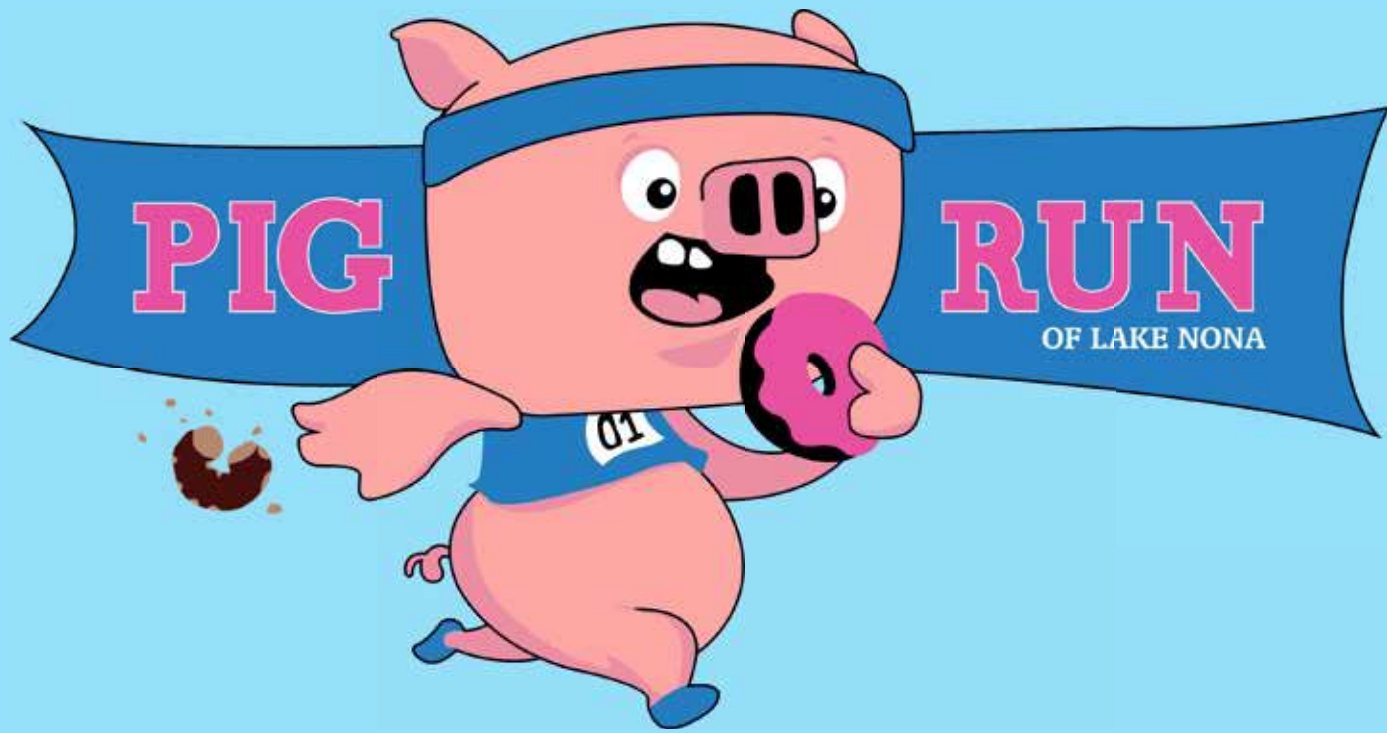
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# TENTH ANNUAL!



# DONUT DELAY!

## REGISTRATION FOR 2020 IS OPEN!

### APRIL 11TH, 2020 AT 9 AM



“PIG RUN OF LAKE NONA” IS A 5K WITH A TWIST! AT THE HALFWAY POINT, YOU WILL ENTER OUR “PIGPEN” AND ATTEMPT TO EAT SOME DELICIOUS, GLAZED DUNKIN’ DONUTS. THIS IS NOT A TIMED RACE ... MORE OF A CHALLENGE. SO COME OUT AND HAVE SOME FUN TRYING SOMETHING DIFFERENT!

REGISTER TO JOIN THE FUN OR SIGN UP TO BE A SPONSOR AT

[WWW.PIGRUNOFLAKENONA.COM](http://WWW.PIGRUNOFLAKENONA.COM)