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NONA MEDIA

EDITOR'S NOTE

Editor's Note: Reform

BY DEMI TAVERAS, EDITOR-IN-CHIEF



2020 has proven itself to be a year full of unexpected twists and turns. This year has been progressing like none that I've lived to experience. One current event after another sends our minds into uncertainty – the spread of coronavirus, the unjust murders of black Americans like Breonna Taylor, George Floyd, and Ahmaud Arbery, the new developments of the upcoming

election season. It can feel like a serious overload for some of us who don't do well with change. But while change might not be always welcomed, it is necessary.

How can we continue to move forward as a community, as a society, and as a nation if we ignore the injustices taking place right under our noses? They're being called out to the point that purposefully forces us not to turn a blind eye anymore. Our institutions are supposed to protect everyone.

We have to stand for love of all people within our communities, and right now, that does mean specifically focusing on a group of people who, proven time and time again, continue to face life-threatening situations because of the color of their skin. It is an uncomfortable discussion for some but nevertheless a necessary one so that some people do not have to LIVE uncomfortably in their own society.

We have to take initiative. Recently, throughout the U.S., there have been exemplary displays of initiative being taken by people, young and old, out on the streets peacefully protesting for these tragically-taken lives – even right here in our community of Lake Nona. But we can't begin to stop there. We have to work in both our personal and professional lives to ensure that we fight for what's right and speak up when something is wrong. We need to vote so the proper initiative is taken by our elected officials, who must listen to the pleas for reform. We must not allow racism or discrimination in any capacity. Demanding reformation lies on all of our shoulders.

With this in mind, I hope Lake Nona continues to be the inclusive and diverse community it has always been to me and many others I know. We at *Nonahood News* will continue to represent all in Lake Nona. We've always been in this together. Let's continue to do so.



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This Is What Love Directs Us to Do

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



Dr. Deborah German

UCF medical students Lake Lindo and Joshua Salzman have known each other since kindergarten; they grew up together in Orlando and played YMCA basketball together. And recently, Lindo, who is black, and Salzman, who is white, knelt next to each other on the College of Medicine's green for eight minutes and 46 seconds to honor the life of George Floyd and protest police brutality.

They were part of a "White Coats for Black Lives" event organized by students and attended by many of us, including community physicians and medical school staff and faculty. Participants knelt in silence for the amount of time a Minneapolis police officer knelt on Floyd's neck during an arrest on May 25, causing his death.

Lindo and Salzman said they talk often these days about how their life journeys – similar in many ways – are vastly different because of race. "As a white male, it's important for me to publicly acknowl-

edge racism," Salzman said. "My experience may not be the same as Lake's, but at this point in our history, as a nation, we all must act. We have been silent for too long."

Lindo also received his undergraduate degree at UCF and helps lead our chapter of the Student National Medical Association, which represents minority medical students. As a leader in the medical school's Arts in Medicine program, he's organizing a chalk art event where people can share their support for equality, justice, and humanity. "I appreciate that people came together today to show unity," he said. "This is a difficult time."

White Coats for Black Lives is a national movement as healthcare providers and medical students support Black Lives Matter. One UCF student's sign read, "Racism is a public health crisis."

"It was important for us to do this event to not only stand in solidarity with the black community and Black Lives Matter movement but to showcase that we as a school are committed to doing our part to dismantle systemic racism within the institution of healthcare," said rising fourth-year student Yasmeen Elswaf, who helped organize the event. "We recognize this is a public health issue that affects our black healthcare workers and black patients daily, so we need to speak up and advocate for this community."

Dr. Katherine Daly leads counseling and wellness services for UCF medical students. She said she attended White Coats for Black Lives to offer support, noting that black medical students feel increasingly isolated because they are so underrepresented in medical school while the nation continues to battle racism, racial protests, and COVID-19. "For many students, there is a kind of collective grieving," she said. "It's important we are all aware of that pain."

Rising second-year medical student Shani

Pennant agreed.

"It's very important to know that we have a show of solidarity and that the medical community stands behind us, especially with all the health disparities that we face as African-Americans here in America," she said.

"For everyone to come out and show that Black Lives Matter, that they actually can stand for us, and that they're willing to put their face to the cause, to me, is invaluable," Pennant said. "It also gives me a chance to show my face, to show that black people can be doctors, too. We have the ability to do anything if given the chance. And I think that's a very important message to send to the community and to other people in the United States."

Medical student Spencer Adams brought his son, Matthias, to the event. The 4-year-old beamed as he wore his tiny white coat, proclaiming, "I'm a doctor." He took a knee with his father and appeared to be praying. Adams said it was important to show his son love in action – not just in words.

"I want him to know that it's not enough to just sit around the kitchen table and talk about racism and inequality," the rising third-year student said. "We must take action. That's what love directs us to do."



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



Nona Heroes: Officer Edgar Malave

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF EDGAR MALAVE



Officer Edgar Malave joined the Nonahood five short years ago to continue his life of honor and service. A Marine since 1992 and a member of law enforcement for over 20 years, Officer Malave has brought great pride and

accomplishment to our region. His commitment to each community he's ever been in is proof of a good guy, a public servant, a hero.

Originally hailing from Puerto Rico, the 46-year-old veteran spent his youth in Massachusetts and moved to North Carolina when he joined the Marine Corps in 1992. After his four-year enlistment, Officer Malave came to the Sunshine State, where he was a corrections officer for one year and then went on to work as a Florida state trooper for three years. He has held a multitude of positions within his current organization, the Orlando Police Department, where he has served for the last two decades. "On Sept. 25 of this year, I will reach my 20-year anniversary with



the OPD," Officer Malave shared with me, beaming with pride.

To say the officer is a man of many talents is an understatement. Throughout his time at the Orlando Police Department, Officer Malave has found himself in roles such as a patrol officer, a detective with the gang intervention unit, a detective with the Criminal Investigations Division, and even on the back of a bicycle in the Paramore Heritage Unit. Finally, the decorated officer has come to his favorite role as the District 1 Police Liaison. "I've made hundreds of friends," he said.

A treasured memory of his career in law enforcement perfectly epitomizes his dedication to bettering the lives of our community. While working as a missing persons detective, Officer Malave received a call from a gentleman looking for his missing father, who was an accomplished college professor who suffered from mental health issues and had begun to distance himself from loved ones. He had separated himself from his family and was somewhere in the streets of Orlando, homeless. Officer Malave worked tirelessly to comb through databases and search the area before finding him near International Drive several days deep into his investigation. His son and another relative flew to Florida to speak to

his father immediately. Later, Officer Malave received a phone call and a heartfelt thanks from the son, who was profoundly grateful to have recovered his father. Even years after the incident, he recalls the memory with precision and fondness, and it is clear that his everyday service is propelled by meaningful acts such as this one.

Officer Malave's life is made even better by those he loves. A husband to Shannon, who he describes as "my wife who has put up with me for the last 10 years," he has successfully raised two children, Kassie and Kris, who are completing their education and who will, without a doubt, go on to do great things.



The Marine veteran's connection to his city has been interrupted by COVID-19, as all of us have experienced. He misses interacting with the people of District 1 and attending local events. "It has certainly made it difficult to connect with the community in-person," he said. One of his great joys and the motivation behind his service in the Marine Corps as well as law enforcement is his love for serving and enriching the lives of those around him.

Outside of the career he is so passionate about, Officer Malave finds joy in his hobbies. He enjoys radio-controlled cars and



exploring new trails around the state – to me, the perfect combination of recreational activities!

As a prominent member of the Orlando law enforcement scene, the Marine holds one ultimate goal near and dear to his heart: "To educate as many people as possible in the likelihood of them being a victim."

Protecting the population and enhancing their lives is distinctly expressed through Officer Edgar Malave's career and achievements, and we are lucky to have him serving our country and our community as a Nona Hero.

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



The Social Network for Lake Nona

Creator Mindset: Our Love Affair With Experts

BY NIR BASHAN

Dr. Walter Freeman pioneered early neurology with a surgery he felt would help relieve patients with a whole host of symptoms. He was an expert. His intentions were grand. His results were tragic. He ended up creating one of the worst blemishes in the history of medicine. Dr. Freeman came up with the lobotomy – a brutal surgery that removed part of the brain and left scores of patents in a zombie-like state.

In the past century, medicine has been full of these stories. Experts thought that heroin was a good treatment for cough and fever. Fen-Phen was touted by experts as a miracle drug for weight loss but then was subsequently pulled from the market for causing heart valve defects in as many as a third of patents. ADHD was used by psychology experts to describe just about every abnormality of childhood. And hysteria was a catch-all “female disease” created by experts that showed far ranging symptoms such as faintness, irritability, and bloating, which led to some very interesting and embarrassing “cures.”

It turns out that medical experts have quite a few blemishes from their past. But these blemishes are not just found in the medical field. Far from it. They are found literally in all human endeavors.

Yet what still remains is a stubborn and outdated logic as old as time. If someone is an expert, we tell ourselves they must know more than we do if they are the expert. They are to be listened to. They are to be trusted. But in today’s hyperconnected world that is ever-changing, ever-evolving, and moving at breakneck speeds, it takes creativity to question. To explore. To seek



common sense and truth. Because without creativity, we are just “doing” without questioning.

Today, our experts tell us to do things like social distancing and self-isolating, quarantining, and wearing or not wearing masks. And while no doubt some of these things are important, when we look at things creatively, we begin to realize that the current crisis we are in will yield its mistakes as well – things we will look back at and think how horrendous our judgement was at the time! Why did we do that? What about the psychological impacts of shelter-in-place and isolation? Why did some countries shelter only vulnerable populations and decide on herd immunity for everyone else? What about the missed routine care that was disrupted by fear? It was only 30 years ago that smoking on an airplane was normal, and in the '60s, pregnant women would drink alcohol! Our current situation is no different and will nonetheless yield some eye-popping embarrassments when looked back at 30 years from now.

But perhaps the most important part is that within these mistakes lies the potential for creative growth.

Mistakes can be the catalysts of things far larger and greater than we could have ever imagined. It’s not about if mistakes will happen but instead when they happen and what we do with them. What we do with mistakes is far more important than what the mistake is in the first place. It turns out

that making mistakes can pave a path for creativity – only if we are willing to look at our mistakes and find in them meaning. It’s not good enough anymore to plow forward without paying attention to our mistakes. Mistakes are like history; if you ignore them, you are bound to repeat them.

So instead of pointing fingers like our politicians do, we should be looking carefully at the mistakes we are making and learning from them. There is a kernel of truth and creativity in each mistake, and the potential of each mistake to be the catalyst of something great is there. Right under

our nose. We just have to make an effort to learn from them. No matter if we are in the medical field or in manufacturing.

The good news is that, by and large, all of the mistakes from medicine in the opening paragraph have been somewhat rectified. We thankfully no longer perform lobotomies. ADHD diagnosis has gone way down – perhaps not far enough for some, but there is progress. Heroin and cocaine are now scheduled as 1 and 2 drugs, respectively. Medicine – and humanity at large – has shown time and time again a willingness to look at mistakes and use them to see a better path forward. A better path forward that would have been impossible without creativity.

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The Social Network for Lake Nona

Let's Talk Lake Nona: Get to Know Dr. Ally Silverton, Tavistock Development Company Medical Director

Meet the medical mind expanding and enhancing Lake Nona's wellbeing initiatives

BY LAKE NONA

Health and wellbeing are built into the DNA of Lake Nona. From a thriving health and life sciences cluster in Medical City and a first-of-its-kind prototype healthy home to purposeful planning of neighborhoods and businesses, positive health intentions are factored into every aspect of our community.

In late 2019, Tavistock Development Company made the critical step to integrate a medical director into the community with the express focus on taking Lake Nona's wellbeing mission to new heights.

Dr. Ally Silverton has had a busy few months on the job. From expanding established initiatives like the Lake Nona Life Project to developing programs for the new medically-integrated wellness facility and supporting the community during a global pandemic, Dr. Silverton is providing valuable expertise to help shape Lake Nona's existing and future projects.

"Bringing on Dr. Silverton is a natural progression to keep Lake Nona at the forefront of predictive and preventive community health," said Jessi Blakley, Tavistock



Development Company vice president of strategic communications. "We're excited to have her innovative mind and fresh perspective on the team to accelerate wellbeing initiatives within Lake Nona's living lab environment."

Dr. Silverton's background spans both clinical and behavioral aspects of health, making her uniquely suited for her new position in Lake Nona. After studying biology and cultural anthropology at Duke University, Dr. Silverton went on to receive her M.D. and master's degree in public health focused in behavioral science and health education from Emory University in Atlanta. During her residency at New York University, Dr. Silverton continued her training at the Manhattan VA Medical Center, NYU Langone Medical Center, and Bellevue Hospital.

In addition to working as an internal medicine physician at some of the nation's top hospitals in Atlanta and New Orleans, Dr. Silverton also supplemented her casework by assuming the role of assistant professor, in which she educated medical students and residents while publishing peer-reviewed research in national journals.

In her new role, Dr. Silverton has transitioned from day-to-day individualized patient care to macro-level care for an entire community.

"It has been interesting to take a step back and look at things on a larger scale," said Dr. Silverton. "In a hospital setting, we're focused on taking care of really sick patients who often have complications from

lifestyle-related conditions, such as diabetes or heart disease. In Lake Nona, we aim to enable wellbeing in a variety of different ways from community events and neighborhood design to try to prevent disease before it appears."

Dr. Silverton has taken the lead on the community's marquee health initiative, the Lake

Nona Life Project. Dr. Silverton serves as co-investigator working closely with AdventHealth Research Institute, the lead partner, to help future generations live healthier lives. She has been instrumental in expanding the Lake Nona Life Project beyond Lake Nona residents to participants who work, study, and play here.

"With the Life Project, we're exploring how a healthy lifestyle and community has an impact on whole-person health over a lifetime," said Dr. Silverton.

Lake Nona's community wellbeing initiatives are supported by complementary efforts to incorporate health and wellbeing at the planning and development level. In addition to attracting like-minded wellness companies to Lake Nona's business ecosystem, Dr. Silverton is playing an integral role in shaping the medically-integrated wellness facility that recently began construction in Lake Nona Town Center.

"This is going to be a unique location for our community to come together around a full range of health and wellbeing activities," said Dr. Silverton. "We are creating programming, amenities, and resources that will be inviting to residents, athletes, employers, students, and even patients transitioning from hospital care. The facility is a perfect complement to the broader Lake Nona wellbeing initiatives."

On top of her growing list of responsibilities, Dr. Silverton has been a tremendous resource to Lake Nona and our partners as we respond to the new realities of living

and working in a COVID-19 environment.

In addition to partnering with the University of Central Florida and Aventus Biolabs to bring validated COVID-19 testing to Lake Nona, she has also informed the back-to-work strategies for Tavistock Development Company and many other partners in Lake Nona. Having Dr. Silverton in-house has provided valuable insights in how Lake Nona has been able to prepare and respond in accordance with the ever-changing COVID-19 guidelines.

In response to how healthcare is evolving with COVID-19, Dr. Silverton sees telehealth as a new approach that's here to stay. "The adoption process was slow, but now seeing how many patients are transitioning to telehealth and how those patients have been able to appreciate the benefits, it's definitely something that I envision will be part of everyday practice. Especially when you think about other areas of focus like physical therapy or health coaching – there are a lot of great use cases where telehealth can provide significant benefits for patients."

When asked about what's next for Lake Nona, Dr. Silverton added, "Health innovation is accelerating at an unprecedented rate, and there are many ways that could provide benefits for a living lab like Lake Nona. Understanding how we continue to progress and bring new technologies to the community will be a part of my everyday work."

For more information about Dr. Silverton's work and Lake Nona's wellbeing initiatives, visit LakeNona.com and LiveWorkParticipate.com.



Dr. Ally Silverton

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Katie's Cucina: Grilled Beef Tenderloin With Corn and Poblano Salad

BY KATIE JASIEWICZ, KATIESCUCINA.COM

July marks mid-summer, and as most can relate, this is not a normal summer by any stretch of the imagination. We are having to adapt and change the way we enjoy the hot days of July. With everything going on, date nights for my husband, Jon, and I are far and few between these days. Jon and I have started enjoying a date night in each week. We put the kids to bed a little early and make a fancy dinner to enjoy with some extra peace and quiet. It gives us time to reflect on our week and connect without any interruptions.

We find ourselves dining on quick meals (think 30 minutes or less) during our date nights in. On occasion, we do order in, but for the most part, I don't mind cooking for us. This beef tenderloin recipe has been one of our favorites to repeat in our house. The corn and poblano salad is addictive, to say the least.

I love the simplicity of this recipe. It goes to show that if you pair the right flavors together, cooking doesn't have to be complicated or take hours to make. The mix of spicy, sweet, and salty is the perfect balance to a flavorful meal.

The poblano pepper is on the medium scale as far as the heat index goes. So if you can't handle the heat or just don't prefer spicy food, then use

less of it. I can't say to omit it completely because it's a core ingredient to this recipe.

Whether you're entertaining a few friends or family (you can double/triple this recipe) or just want to make a special meal for the person you love, I invite you to try my recipe for grilled beef tenderloin and corn and poblano salad.

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



GRILLED BEEF TENDERLOIN WITH CORN AND POBLANO SALAD

Servings: 2 | Prep time: 12 min. | Cook time: 18 min. | Total time: 30 min.



on the plate and sprinkle with Montreal steak seasoning. Set to the side. Reduce heat to low, and place the corn and poblano pepper on the grill. Grill for 5 minutes; flip and cook for an additional 5 minutes. Remove from the

Ingredients:

- 2 beef tenderloin filets
- 1 teaspoon Montreal steak seasoning
- 1 teaspoon grapeseed oil
- 1 poblano pepper
- 2 ears fresh corn
- 1 dash each of garlic powder, paprika, salt, and dried cilantro
- 2 tablespoons feta, crumbled

Directions:

1. Preheat the grill to high heat. While the grill is preheating, drizzle grapeseed oil on the poblano pepper and corn. On a separate plate, place beef
2. Place the beef tenderloin filets on the grill. Grill on each side for 3-4 minutes for medium steaks (the internal temperature should read **145°F** [medium] and then rest for at least 3 minutes).
3. While the steaks cook, put together the corn and poblano salad. Carefully cut the corn off the cobs and place the kernels in a bowl. Cut the poblano pepper in half. Remove the seeds, then chop the rest of the pepper. Add a dash of garlic powder, paprika, salt, and dried cilantro (fresh if you have it on hand). Mix well and then sprinkle on two tablespoons of feta cheese.
4. Remove the steaks from the grill and let them rest for at least 5 minutes. Serve with the corn and poblano salad and enjoy!

grill and set to the side.



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Dog of the Month



Snow

Owner: Katusca Conforme

Breed: Siberian husky

Age: 1 year, 3 months (at time of submission)

Dog's Quirk/Story: Our daughters have asked for a dog for eight years, and we finally gave in. We wanted to adopt and visited several places, but most were older dogs. And so, we got Snow from PetSmart.

Funny thing is we went out to get birds. That's what my husband wanted, but they didn't have the colors he wanted. The girls complained that it wasn't fair because they were waiting to get a pet. So we went in to pet the dogs and came out with a new puppy.

She was seven weeks when we got her, and it's been a fun adventure so far.

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>



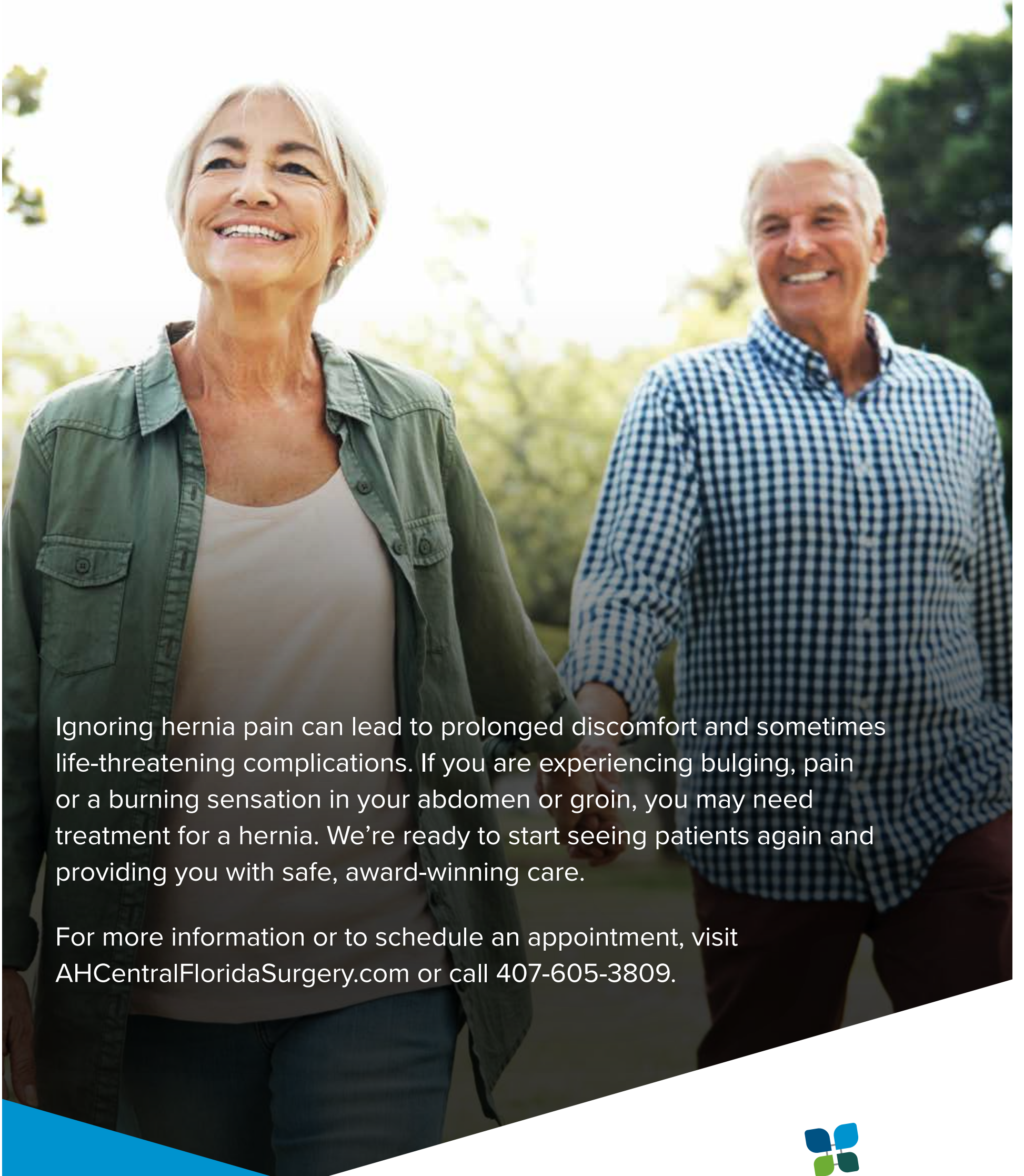
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Advent Health

Namaste With Natalia: Cobbler's Pose

Baddha Konasana

Your Monthly Yoga Pose

ARTICLE BY NATALIA FOOTE
PHOTO BY MICHAEL FOOTE



Baddha means caught or restrained. *Kona* means angle. *Baddha konasana* simply means "restrained angle." However, it is referred to as cobbler's pose (sometimes butterfly pose) as the cobblers in India sit in this posture while working.

According to B.K.S. Iyengar, author of *Light on Yoga*, cobbler's pose is excellent for those suffering from urinary disorders because the pelvis, the back, and the abdomen receive a plentiful supply of blood and are stimulated. Iyengar also says it relieves sciatic pain and prevents hernia when practiced regularly. As with any exercise, please consult your doctor before beginning to practice. Having said that, *baddha konasana* is a gentler posture that is avail-

able to nearly every yogi.

In addition to blood flow to the pelvis area and tension relief in the sciatic nerve, cobbler's pose is an excellent posture for meditation. The posture is open yet grounding. Iyengar recommends placing the palms together at the heart for meditation in this posture; ultimately, hand placement is a personal preference during meditation.

1. Sit with the legs extended in front of you.
2. Bring the heels in toward the center of the body as close to the perineum as possible.
3. Bring the soles of the feet and the heels together, wrapping your hands around the outer edges of your feet.
4. Widen your thighs and lower your knees as close to the floor as possible.
5. A modification for knees that are very high up is to sit on a block to relieve tension in the hips.
6. Sit up straight while grounding the hip bones to the earth (or block).
7. Allow your gaze to get lost in the space at the tip of your nose and calmly breathe, holding the pose for as long as you can.
8. If you would like to deepen or increase sensation, place the elbows near the thighs.
9. As you exhale, begin to hinge at the hips.
10. While keeping an erect spine, bring your belly button toward your feet and, ultimately, your chin toward the ground.
11. Stay for 3-10 breaths.
12. Inhale as you sit up.
13. Release the grip of the feet and extend the legs.

Baddha konasana is an accessible posture that can be incorporated into your daily yoga or stretch practice.

Namaste.

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Businesses: My name is [name] and I am a the [title] of [business] in Lake Nona. We support diversity and inclusion.

Residents: My name is [name] and I am a resident of [neighborhood]. I support diversity and inclusion.

Artists: My name is [name] and I am an artist who creates [medium]. I support diversity and inclusion.

UPLOAD YOUR VIDEO AT [NONA.LINK/UNITY](https://nona.link/unity)



LAKE NONA

REGIONAL CHAMBER OF COMMERCE UPDATES



FROM THE CEO

As we move into summer, I want to remind you that the News and Resources page of our website is loaded with a wealth of helpful information for both COVID-19 updates, economic news, and other business-oriented subjects.

Coming in November – our first Lake Nona Regional Chamber golf tournament. This promises to be a fun day full of camaraderie on the course. Stay tuned to our event announcements as we confirm the arrangements.

Your chamber has 1,000 commercially manufactured masks available for members to reserve and pick up as you need them. Just drop us an email or call with the number of masks needed.

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Don Long, President/CEO

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JULY 7
Chamber Mingle with Saint Cloud Chamber of Commerce
Duke's Brewhouse
5:30 - 7:30 p.m.

JULY 9
Breakfast Connections with Central Florida Expressway - "Lake Nona Update"
Location TBD
8:00 - 9:30 a.m.

JULY 23
Ribbon Cutting at Goodwill Lake Nona
8:45 - 9:30 a.m.

JULY 24
Business Luncheon with Mayor Jerry L. Demings - "State of the County Recap"
GuideWell Innovation Theatre
11:30 a.m. - 1:00 p.m.

EVENT GALLERY



May 19, Tuesday Zoom: "Share a Laugh, Tell a Joke!" – Members and visitors participated in a comedic Tuesday Zoom dedicated to telling jokes. (Photo by Felicity Gomer)



May 26, Tuesday Zoom: "Let Freedom Ring!" – Members of the chamber and the community gathered via video chat to share what freedom means to them. (Photo by Felicity Gomer)



June 9, Tuesday Zoom: "Show and Tell" – In another specially-themed Tuesday Zoom, members and guests shared items that hold significant meaning to them. (Photo by Felicity Gomer)



June 11, Breakfast Connections with Judge Michael S. Kraynick, Ninth Circuit Court – Eagle Creek Golf Club's The Belfry Restaurant hosted our very first in-person event in the new normal. Judge Michael S. Kraynick spoke on the important topic of COVID-19's effect on the court system. Thanks to nona.media for livestreaming the event for our virtual attendees! (Photo by Felicity Gomer)

NEW MEMBERS

- Carrabba's Italian Grill
- CertiPay
- CJ Johnson Insurance, LLC
- Clear Channel Outdoor
- Cushman & Wakefield
- Gastroenterology Institute of Orlando
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- Harmony Preserve Weddings & Events
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- Marketing Nutz
- Morgan Stanley
- My Kids' Doctor
- Orange County Tax Collector Scott Randolph
- Orlando Storm
- Regenerative Sport Spine and Spa
- Rhodes + Brito Architects, Inc.
- Rukus Cycling Lake Nona
- Seacoast Bank
- Shamrock Auto Body & Service Center
- Splash & Dash LLC Pressure Cleaning
- Sport Clips
- The Bodysmith Inc
- The Corporate Brand
- The Kendrick Team at Keller Williams
- The Tavern at Harmony
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The Social Network for Lake Nona

Four Ways Physical Therapy At AdventHealth Can Help You Heal



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- Making social distancing possible in all waiting areas
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Four Reasons to Get In-Person Physical Therapy

We're taking these steps and more each day so that you can get the physical therapy you need now – without fear and without delay. A physical therapist's expertise and training focus on empowering you to address and correct the root problem. With your physical therapist, you can work to regain your freedom of movement in four unique ways.

1. It can help you avoid ongoing medications or surgery.

While traditional means of treating pain certainly have a place in some cases of chronic pain management, physical therapy itself can be a highly effective treatment option.

Treating pain by changing how you move requires an attitude shift. You might initially prefer procedures or medication if you assume the pain will end if your bones or muscles are repaired. However, a procedure might not mean an end to pain.

2. It offers an exercise plan tailored to your unique goals.

If you have long-term pain, the underlying injury has likely healed, and the pain is probably coming from an overactive nervous system that needs to be cared for gently. Exercise can help.

Instead of using lab tests and imaging to investigate your health, a physical therapist will ask you what you want to accomplish and then help you build an exercise plan from there. It's their goal to meet you where you are and help you take small steps toward your goals.

3. It gives you a partner for the journey.

Physical therapists know that recovery is a process and that follow-up treatment for an injury can be just as important as initial care. That's why they'll be by your side for the duration. From helping you create a care plan that meets your specific needs to ensuring you're healing as expected, they'll be there until you feel like yourself again.

4. It can help you feel whole again in body, mind and spirit.

Ultimately, talking to a physical therapist is an opportunity to take control of your overall health – and that means more than just improving your physical health. In fact, studies show that a pain-free life means a happier life. And physical therapy can set you on the right path.

To start healing, schedule an in-person or video visit.

*AdventHealth Lake Nona Sports Med and Rehab is here for you in-person or virtually to help you eliminate your pain without delay. Our licensed physical therapists have the experience to help you find relief from your aches and are ready to help you start healing. **Please call our scheduling center at (407) 303-8080 to schedule a video visit or in-person visit.** Learn more at [AHSportsMedCentralFL.com](https://www.AHSportsMedCentralFL.com).*



The Lake Nona Book Maven Review

American Dirt

Author: Jeanine Cummins

First, let me say I enjoyed reading this story. In addition to being an Oprah Book Club selection that was just released in January, it rated 4.32 stars on Goodreads and 4.8 stars at Barnes & Noble. In choosing to read this book and discussing it among friends, I inadvertently stumbled into a controversy I was not prepared for. I am not Latinx and can only speak about this book from my own point of view. But apparently, I'm in good company; Oprah stepped into the same controversy. More about that later.

This is a story of Lydia Quixano Pérez, a middle-class owner of a small bookstore, from Acapulco, Mexico. She and her husband, Sebastian, have an eight-year-old son, Luca. When a charming gentleman buys two of Lydia's favorite books, they start up a conversation that leads to a friendship.

Lydia's journalist husband publishes an exposé about the leader of the new and very violent drug cartel, and shortly after, 16 members of Lydia's family are killed at a barbecue. Only Lydia and Luca, who hide in the house, are left alive. Lydia then realizes her "friend" from the bookstore is the head of the cartel. Knowing she and Luca are next, she tries to escape to somewhere out of their reach, which means out of Mexico and up to el norte (the United States). Their trip is fraught with danger, not just from violence and robbery but also from the danger of traveling on foot and riding on top of the trains, heading north with other migrants.

Lydia and Luca's trip is described in detail, and I marked some places where I liked the author's descriptions and use of metaphor. The story moved along at a good pace, and the little details of traveling with a young child hit home with me. Having heard southwest border migrant stories only on the news, I was interested to read a book about someone who was a

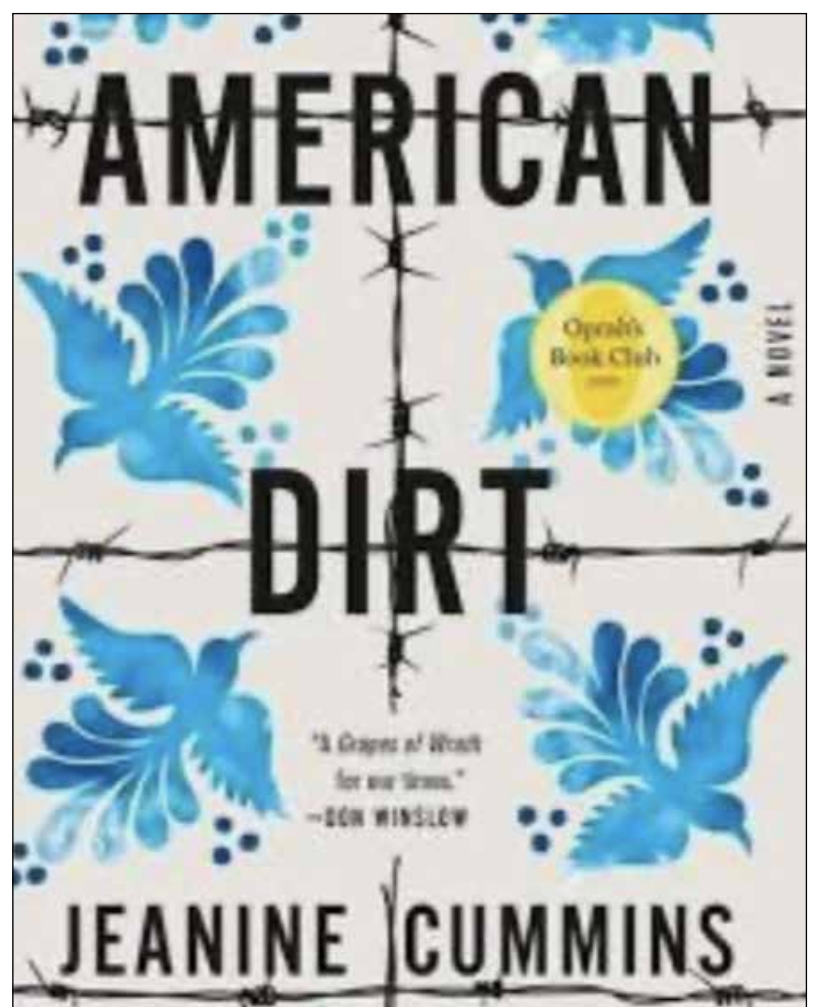
middle-class wife and mother having to migrate to seek safety in the U.S.

Before I moved to Lake Nona, I lived in the same place all my life except for college. The immigrant story more broadly has always interested me. The U.S. has often been a home for immigrants from many different places. Recently, I have found many new friends in Lake Nona from so many other states and countries that I wondered what makes someone move from one region, country, culture, language to another? What do they find when they get there? How do they settle in? Those questions, along with the current news aspect of the border-migrant dilemma, drew me to this story.

When I chose this book, I was not aware of the Oprah Book Club controversy. I am not Latinx, not of Mexican heritage, and have not spent any time in Central or Western Mexico or the border region. And initially, I would say I liked the book. It was a "woman escaping danger" story that takes place in northern Mexico. I soon found out that many Mexican/American immigrants and expats (literary and otherwise) have a VERY different view of the way this story is portrayed. Their differences, most made public on social media, the web, and in print, range from characters that are caricatures, telling an ethnic story from a white, eastern viewpoint, and publishers who overlook much more authentic Latinx voices.

The discussions are a little more complicated than simply a non-Mexican author appropriating their Mexican story. I'm neither willing nor able to jump into that discussion. So I suggest you read the book and decide for yourself. I was disappointed to hear many Mexican/American educators say that they would not even read the book. I can understand not wanting to support an already successful non-Mexican in telling a Mexican immigrant story. Maybe they just shouldn't purchase the book. They could get it from the library and help readers understand which elements they think make for an untruthful portrayal. I think that approach would further the cause of helping readers understand the true immigrant experience.

Happy reading!



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Sunny Side Up: Snakes

BY PHILIP LONG



I don't believe I'll ever run out of material for this column because if I ever need to reach for something to write about, I can reach, with trembling hands, into the bag of perilous terror of living in Central Florida. Today, I pull out a very real scene of me, on my front lawn, watching a snake slide out of our drainage grating. My wife's already assured me it's a black racer, that they're not venomous, and I should not be such a sissy pants about the whole thing. Yeah, big words coming from inside the front door!

In this moment, I imagine I'm a slightly more handsome Indiana Jones. Ironically, I've just read *The Yearling*, a timeless classic for young adults on the sheer horrors of living in Florida. As I remember the story, it's about a farming family fending off black bears, rattlesnakes, raccoons, dogs, rats, bugs, heat, and palmetto fronds to the face. There's something in the book about a boy adopting a motherless deer and learning something about something and spending a lot of time contemplating that something. But as I watch the snake rise from the grating like a cobra, I have no idea how the boy in the book found the time.

The snake's head weaves back and forth as I creep nearer. As I crawl, I remember an anecdote in *Swiss Family Robinson*, where the father kills some sort of reptile by hypnotizing it. So, cool as a cucumber can possibly be in Florida, I begin to swing my machete back and forth, back and forth, back and forth. Wham! I get him. Right on the noggin.

Now, reader, if you are sensitive to violence, I suggest that you should not have read the sentence above. I also feel for you, for while being a rugged, intellectual, Indiana-Jones type, I'm thoroughly in touch with my emotions. There's a tear on the page upon which I wrote this, and now, my eyes glisten as I transcribe, thinking of any sort of violence, in particular the kind done to me.

Back to the snake. Soberly ecstatic that I have almost bopped the poor guy's head off, I sprint around the house with him to the back, where my wife is behind a computer trying to make a living in the modern world – otherwise known as checking Facebook. I, who truly brings home the beans by protecting our quarter-acre lot, hold up my kill and roar like a man. She isn't impressed. My coming-of-age daughter says, "Oh, Dad, you're gross!" This is the way teenage daughters show affection.

Then, my coming-of-age daughter makes me feel even more manly by asking me how I got the snake, stroking his skin and muttering and grunting with me about fire, rocks, and big sticks.

In looking back on this impressive scene, I was a little torn about sharing it in this column. I know I might have found a more humane way to kill the snake, which, being a black racer, keeps rodents away and is quite useful if you don't mind being bitten every once in a while, screaming at the top of your lungs, and running around your cul-de-sac until you pass out in the heat. But I'm sure that even if you are sensitive to taking the life of a snake that is threatening you, you agree that it hurts less to protect yourself than allowing snake fangs to sink into your eyebrows or pinky toe.

I've also learned some valuable lessons from this snake encounter. First, while I live in a comfortable suburb with tennis courts and other boring stuff, I should never be duped into thinking I'm safe. In front of my house, I can cheerfully chat with a neighbor about how he should keep his clippings on his side of the property line for crying out loud, while in the back I can be fighting off a pack of turkey buzzards that have finally gotten together and decided they're tired of eating gross stuff and want something fresh. Of course, my daughter would inform them that I am indeed gross, but as a rule, turkey buzzards don't listen to teenage girls. Buzzards have spent too much time observ-

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ing teenage girls in high school courtyards across the state.

In sum, I've lost where I was going in this particular article. Sorry. As I type, I look through our back window at lizards skittering around while butterflies, bees, deer flies, and mosquitoes dominate the heat-hazed air. I listen to my daughter roam around the

house calling stuff gross. And I thank my lucky stars for air conditioning, doors that lock, and books, which I'm finding to be way more useful than I ever thought.

Nelson Peña Running for Florida House of Representatives, District 48

"Inspiring Florida for a Better Future"

BY NELSON PEÑA

Nelson Peña is an immigrant who came to the U.S. at 18 years old after graduating from high school and arrived in New York with only his backpack as luggage. While in New York, he attended college to learn English and worked in many different areas, such as grocery stores, warehousing, and as a waiter at many restaurants. As he continued with his educational advancements, he was able to complete a bachelor's degree in communications and then a master's degree in business administration (MBA). Meanwhile, he was also assisting his mother with her laundry and cleaning business, where he managed and controlled all of the financial aspects of the business.

Peña continued his professional career and began investing in the real estate business in 1995. He founded his rental real estate company named Peña's Enterprise, where he currently works as the president and CEO. As he extended his real estate investments, he continued to invest in different states, including Florida, New York

and Pennsylvania. His professional work experience includes many different managerial positions, such as manager in the customer service area, sales executive in a logistics transportation company as well as in-office areas.

Peña originally started his community service back in 2006 in New York City as a director for the Woodycrest Homeowners Association for several years. After relocating to Orlando with his wife and three children over 10 years ago, he started getting involved in his community as a member of the Architectural Review Committee. Then, he decided to become a member of the Homeowners Association Board of Directors, where he eventually became president. Additionally, Peña became a member of the School Advisory Committee (SAC) at Orange County Public Schools – a committee that helps to make important decisions for the school's improvement and increase student achievement. Peña is also the treasurer for the board of directors for the Mediation Center of Central Florida, a nonprofit dedicated to making mediation accessible to all residents of greater and Central Florida.

Appointed by Sen. Victor Torres, Peña served on the board of directors as a treasurer for AMIkids Orlando. This nonprofit focuses its efforts in helping troubled teenagers. Their services help kids discover the potential within them, transform their lives, and strengthen our community. He also served as a treasurer for the board of directors for the South Orange Little League in South Orlando. There, he was also a coach and manager, a trainer, and a mentor.

Peña was responsible for defending the non-English speaking constituents that were summoned to the Osceola Small

Claims court. When the court did not want to service those who did not speak English, he presented this case to the television station Univision. Free of charge, he also helped many immigrant families process all of the documentation required by the Immigration and Naturalization Service for families to come to the U.S. legally.

Last but not least in Peña's impressive resume is his role as the president and CEO of a motivational company that focuses on training and educating people, especially teenagers, in many areas such as finance, budgeting, time management, life planning, and techniques of achieving life goals. Peña is a member of the Valencia College Horizon Scholars Program, working as a mentor who spends his valuable time mentoring high school students to motivate them to reach a college-level education.

Nelson Peña is a motivational leader with an extensive business background who is highly qualified to serve and represent District 48 of the Florida House of Representatives. His ultimate goal is to continue to defend the rights of the people and their critical issues, such as unemployment, healthcare benefits, more mental health resources, affordable housing, better funding for public education, and protection of natural resources. Peña has the educational background along with the analytical skills necessary in order to formulate good decision-making for District 48 and its constituents.

The Social Network for Lake Nona

Tough Things to Talk About: Diversity and Inclusion Within Lake Nona

BY NATALIA JARAMILLO



Diversity and inclusion are two of the most used words during 2020, along with COVID-19 and quarantine. The Black Lives Matter movement has erupted into protests over police brutality across the nation for over 20 days straight. At a time when diversity and inclusion have never been more important, no chamber of commerce in all of Orlando includes a diversity committee, except for Lake Nona.

Lake Nona Regional Chamber of Commerce has the first diversity committee in Orlando, stated Cynthia Washington, the chair of the Lake Nona diversity committee that began in November 2019. Washington is also the president of Washington Concepts, Inc., who has helped federal, state, and local governments find pre-screened and qualified diverse vendors for 23 years.

“I was very surprised at that because I chaired the smaller minority business committee in D.C., and D.C. is diverse, just like Orlando,” Washington said. “The Orlando chamber is thinking of – and I spoke directly to the president – they are thinking of having [a committee for

women], but there is no diversity committee in Orlando.”

While the city of Orlando does have an Office of Multicultural Affairs and a Minority and Women Business Enterprise program, the Orlando Chamber of Commerce does not have a diversity committee.

The 9th congressional district, which includes Lake Nona, is made up of roughly 74% of residents who identify as white and 13% who identify as African-American, with 40% identifying as Hispanic/Latino of any race, according to the 2015 American community survey by the U.S. census.

Washington says the Lake Nona Chamber of Commerce, which involves memberships from local businesses, needs to do better in terms of diversity.

“I would say they are not doing well at all,” Washington said. “I’m looking at KPMG coming here, and they have a diversity manager, but we want to see them meet with the diverse vendors here in Lake Nona.”

Washington also named the United States Tennis Association, which has its national campus in Lake Nona.

“We know there’s no diversity there, I’ve been to some of their meetings, and we want to see more diversity there,” Washington said. “There’s large entities here

that we want to start with to increase diversity.”

More meetings, even virtual meetings, to discuss diversity and more efforts to include the Lake Nona Chamber’s diversity committee in their activities are just some of Washington’s ideas for how local businesses can do better.

“They could become more aware that we are here and that we want to participate and that we are qualified to participate,” Washington declared. “I think everyone should join the Lake Nona chamber because that’s the direction we are going in to ensure that they acknowledge diversity is important, that they want us involved, and [that] they move forward to involve us in their contracting efforts.”

Nonahood News is doing its part, too. We have begun a new project to promote diversity and inclusion in the Nonahood, where business owners, residents and artists can send in videos stating they support diversity and inclusion to the link below, which will then be compiled, showing our Nonahood coming together in support of diversity. Send your video statement to nona.link/unity.



Will You Need A Visa to Enter Europe in 2022?

BY NATALIA JARAMILLO

The answer is ... kind of! At the end of 2022, American citizens will need to apply and gain acceptance to the European Travel Information and Authorization System before being granted entrance into the Schengen area.

The 26 Schengen countries include Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, and Switzerland.

Technically, the ETIAS is not a visa, but it is an application that travelers will have to complete and be accepted for before entering any of the countries within the Schengen area. Once inside a Schengen country, traveling to another country within the Schengen area doesn’t require you to apply for a new ETIAS. Once you are accepted, your ETIAS application is valid for three years, meaning you do not have to reapply if you leave and

return to the Schengen area.

“The ETIAS authorization is not a visa,” the European Union website states. “Nationals of visa liberalization countries will continue to travel the EU without a visa but will simply be required to obtain a travel authorization via ETIAS prior to their travel. ... An ETIAS travel authorization does not reintroduce visa-like obligations.”

A visa requires applicants to make biometrics appointments at official offices, where fingerprints and pictures are taken, and validating information is mailed to embassy offices typically in another state. A visa also has several limitations and requires applicants to apply months prior to visiting the country that requires the visa.

The online application includes an \$8 fee and questions ranging from a passport number and prior travel history to drug use and terrorism. The questionnaire should take an average of 10 minutes, and approval can take minutes, with a 95% approval rating. Experts recommend applying for the ETIAS as soon as you book your trip to the Schengen area; however, you can risk it and apply up to 72 hours prior to your flight.

The ETIAS requirement was initially supposed to begin in January 2021; however, there were delays with the ETIAS Regulation and the Entry and Exit System, which is the electronic system used to track visitors in Europe. Along with these delays

came the global coronavirus pandemic that put a halt to most work around the world.

The application system was put into place to combat terrorism and crime and keep track of all visitors who enter the area.

“The ETIAS will be an automated IT system created to identify any security or irregular migratory risks posed by visa-exempt visitors travelling to the Schengen area, whilst at the same time facilitate crossing borders for the vast majority of travellers who do not pose such risks,” the European Union stated in a July 2018 memo.

The ETIAS requirement will even have a six-month grace period where tourists visiting the Schengen area will be told about the requirement, but it will not be enforced until mid-2023, giving tourists the chance to apply and receive acceptance.

To apply for the ETIAS, applicants must have a passport valid for at least three months before your trip ends, a working email address, a debit or credit card, and knowledge of your health history. All travelers will need to have their own ETIAS application, but those under 18 will not have to pay the \$8 application fee. The ETIAS limits travelers to a leisure or business stay of only 90 days but stays active for three



years, and it will not replace an actual visa for those looking to stay in the Schengen area for a longer period of time.

Once accepted, the ETIAS still does not guarantee entry into a Schengen area country, but it does grant permission to enter. Entrance remains up to the border control agent, and travelers can still be asked to present return flight information, evidence of sufficient funds for the duration of the stay, or proof of travel health insurance.

The ETIAS system began its creation in 2016 and initially included 62 countries, such as the United States, Mexico, and Canada. Americans looking to travel to the United Kingdom for short stays still do not need visas as the U.K. is not a part of the Schengen area.



Family Shift: How to Talk With Your Kids About Racism

BY RODNEY GAGE, LEAD PASTOR



RODNEY GAGE
FOUR FAMILY COACH

The recent unjust deaths of black Americans have sparked outrage in our country. Many have taken to the streets to protest, and the endless media coverage has caused many of us to ask questions about how we can successfully root out racism in our society. Topics like racism can be difficult conversations to have with our children. However, it is the best and most important place to start in the fight to root out racism. Below is a framework you can use to guide your conversation within your own family.

R – Reestablish Everyone Is Created Equal.

There is no race, culture, or skin color that

is better or more important than another. We are all created equal. Race was God’s idea. He loves variety and diversity. If God didn’t love diversity, then he would have created everyone the same. We don’t choose our race; we don’t choose who our parents are going to be; we don’t choose how or when or where we are born. We don’t choose our background or culture. God decided who He wanted us to be. We are all members of the human race.

A – Affirm Racism Is Wrong.

The word partiality is an old English word for “prejudice.” Partiality is when someone treats one group better or more important than another. Anytime we put labels or stereotypes or use bias toward one group over the other, we are devaluing and dishonoring someone else’s dignity. As we work to root out racism once and for all, our children need to know the importance of treating everyone equally.

C – Confess Any Bias Toward Those Different From You.

There are many attitudes and beliefs that people hold onto and may not even be aware of. For example;

- **Racist:** Someone who hates or discriminates against another race. Racism is an expression of pride, arrogance, and hate.
- **Bigot:** Someone who believes stereo-

types and belittles another race. They often use inappropriate and offensive language or make jokes about a particular race or gender.

- **Avoider:** Someone who might say they’re not a “racist” or a “bigot.” They feel uncomfortable being around someone different than them. Therefore, they try to avoid others who are different altogether.
- **Insensitive:** Someone who is just insensitive to what hurts or offends others. The truth is, we don’t get to decide what is hurtful to someone else.
- **Apathetic:** Someone who says, “I just don’t care about this whole race thing!”

Our goal as parents is to help our kids understand the different attitudes, beliefs and behaviors that are common in our society. Encourage them to identify and confess if they have been guilty of these attitudes and behaviors or if they have seen or heard others display these attitudes and behaviors. Why is this so important? Because it helps us reinforce the first two points. We need to confront racism head-on with our kids and help them know that the only solution to rooting it out altogether is to become reconcilers and bridge builders.

- **Reconciler:** Someone who is a bridge-builder. Someone who is actively building bridges between races and cultural

differences.

I – Initiate Conversations With Those Different From You.

One of Stephen Covey’s “habits” from his book *The 7 Habits of Highly Successful People* is to “seek to understand before being understood.”

Read more online at nonahoodnews.com

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 and rethinklife.com.



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USTA National Campus' Phased Reopening

ARTICLE BY DANIEL PYSER
PHOTO COURTESY OF USTA

The USTA National Campus officially reopened to the public on Monday, June 8, following a comprehensive and systematic readiness assessment, marking the end of a nearly three-month hiatus of operations brought about by the COVID-19 pandemic.

The phased reopening began with court-time reservations and private lessons and moved to limited adult and junior programming. These programs represent a condensed version of the campus' traditional summer programming offerings in order to adhere to health and safety guidelines. This phased approach toward eventually returning to normal operations will continue throughout the summer as it becomes appropriate to expand programming, with the eventual goal of reintroducing events to the campus calendar.

With the health and safety of all guests and staff as its foremost consideration, the USTA developed a set of policies and protocols in conjunction with its Medical Advisory Group that are consistent with the guidelines issued by the Centers for Disease Control and Prevention (CDC), the Governor of Florida's Executive Orders, Orange County, the Florida Department of Health, and other relevant agencies.

These new procedures and policies will ensure that all tennis played at the USTA

National Campus is done so in the safest possible manner as the USTA welcomes guests from Lake Nona and beyond back to the courts.

Guests at the campus are required to wear face coverings at all times with the exception of when they are on court, and all guests will be subject to a temperature check and health questionnaire upon arrival.

One of the key changes for those who are regular participants at the campus is that all reservations must now be made online prior to arrival and no "drop-ins" or walk-ups will be allowed. This allows the campus team to monitor capacity and to ensure guests adhere to social-distancing protocols. Not all courts will be used, and staggered start times will be utilized to allow for social-distancing.

Initially, common areas such as locker rooms will be closed, so guests are encouraged to arrive dressed and ready to play. Players should also bring all of their own equipment, including racquets, balls, towels, and water bottles.

Food service areas, including the Net Post Grill and Courtside Café, will remain closed for the time being.

Safety tips and recommendations will be posted throughout the site, but any guests who would like to view a more complete list of procedures and protocols should visit www.USTANationalCampus.com. The campus website will also have the latest information regarding any updates and/or changes to the campus guidelines.



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In the Garden: Summer Solutions for Your Vegetable Garden

BY AMBER HARMON

Summer in the Florida garden can still be a productive time of year, depending on your taste and gardening goals. If you like heat-loving varieties of vegetables, you can have a thriving garden all summer long, even in the Central Florida heat. If you don't like the limited vegetables that can "take the heat," you can use the summer to address any plant pest, plant disease, or weed issues that may have caused troubles in your garden over the last season. Here are some details on both of these summer options for your vegetable garden.



Tomatoes

Once daily temperatures reach 85 and 90 degrees consistently and the evening stops dipping down into the 70s, many of our spring vegetable-producing plants like squash, romaine, and cucumbers will just stop producing flowers and thus halt production of veggies for the season. There are, of course, exceptions to this rule, and those are our heat-loving varieties of plants. For example, larger tomatoes, like beefsteak, stop producing first when we get above 85 degrees consecutively. This typically happens by July. The cherry tomatoes will keep producing for a few weeks after that, but they will also slow dramatically or stop altogether around July. The exception is the Florida-native Everglades cherry tomato. The Everglades cherry tomato will continue to produce delicious tiny cherry tomatoes all summer long. The Everglades cherry tomato plant actually gets so big that it will outgrow any tomato cage. Other heat-loving plants include African blue basil, okra, lunch-box peppers, eggplant, scallions, mint, rosemary, winged beans, malabar spinach, and Seminole pumpkins. If you like all of these veggies and herbs, then you can have a thriving garden all summer long.

If you don't like the list of summer vegetables or have had some real trouble in the garden with pests, disease, or weeds, the summer is a great time to address those issues. A process called solarization uses the heat of the summer sun to essentially cook the pests, disease, and weeds out of the garden. The garden is cleared out of plants and debris, moistened with water, and is covered with a clear cover for six to eight weeks to cook. During this time, the garden soil needs to reach a temperature of around 160 degrees in order to be effective. Raising the temperature kills all weeds and weed seeds as well as the bacteria that causes different plant diseases and pests in the vegetable garden. These

are issues that can take a lot of time during the season as well as reduce the yield from the garden. If the challenges overwhelm the garden in a season, it may be time to solarize.



Eggplant

However, don't take solarization lightly. It takes many seasons and sometimes years to build up the healthy structure in the soil. Healthy soil has good bacteria and microbes that give life to the soil and help plants to absorb nutrients and minerals for food. Thus, when a garden is solarized, it also wipes out the good bacteria in the soil. It takes time to build back the structure of the soil to make it a balanced environment again. In order to help the process, in the next season after solarization, amend the garden with nutrient-rich compost and worm castings to help encourage the growth of good bacteria and microbes in the soil.

For complete details on how to solarize your garden, you can trust the information from the University of Florida's IFAS website. Be sure to understand the process and steps necessary to properly complete the solarization before getting started.



Solarization

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 for more information.

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Laureate Park



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Active Inventory



15 HOMES
New Listings

SOLD LAST MONTH: 11

Average sold price:

\$531,199

97%

List to sold price ratio



80 DAYS

Avg. Days on the market

Eagle Creek



25 HOMES
Active Inventory



11 HOMES
New Listings

SOLD LAST MONTH: 3

Average sold price:

\$691,981

99%

List to sold price ratio



11 DAYS

Avg. Days on the market

Village Walk



29 HOMES
Active Inventory



2 HOMES
New Listings

SOLD LAST MONTH: 0

Average sold price:

\$445,578

99%

List to sold price ratio



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Avg. Days on the market

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The Artist: My Soul's Work

ARTICLE BY DEMI
TAVERAS
PHOTOS COURTESY OF
JAMES BERRY DUMAS



Birthday Cake

While there are no art historians on our nona.media team (yet), we can all appreciate the value behind art inspired from the Impressionist movement of the 19th century ... or the vibrant abstract characteristics from the 20th century. But what we appreciate the most is the value behind art that comes from deep within ourselves – in our souls. Let's appreciate and learn about the artwork of James Berry Dumas' soul.

Nonahood News: What drove you to become an artist?

James Berry Dumas: I have no doubt I was born with a creative bent. This is my gift from my creator. And I have drawn and painted since I was a child.

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

JBD: I remember the very first time I drew something and showed it to my parents. I felt so proud. I think it was at that moment I knew something about what I wanted to do. That is not to say I did not wrestle with my decisions based upon my abilities and inabilities. I was born and grew up in a rural area of Louisiana. There were no art classes. It was all about the basics. I didn't know of all the possibilities out there.

NHN: How often do you find yourself creating art?

JBD: I am driven by my desire to create. There is hardly a day that goes by [where] I am not painting, planning a painting, or working on some aspect of the process. It's what gives me pleasure and satisfaction when I'm not otherwise enjoying being with my friends and family here in Florida.

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

JBD: I was visiting Prague several years ago when I stumbled upon The Galerie Jakubská. The featured artist was Alexandr Onishenko. It was a small, cozy upstairs-downstairs gallery. The paintings took me by surprise. I had never seen anything like them. The color combinations were rich and vibrant oils applied with a palette knife. He described his work as "New Impressionism." I was awestruck. After I left there, I could not stop thinking about what I had seen. I couldn't get his art off my mind. I must've known then that was how I wanted to learn to paint.

When I retired from my architectural practice three years ago and moved to be near one of my sons in the Lake Nona area of Orlando, I made it my mission to learn to paint ... hopefully like Mr. Onishenko. After some research, I discovered the Crealdé School of Art in Winter Park. That is where I found the class I was looking for. At their Winter Garden location, a teacher, Noreen Cope, had a class she titled "Impressionism with an Edge" – oil painting with a palette knife. I had found what I was looking for.

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

JBD: My favorite paintings have been those that came out of me with the smallest amount of effort. What I mean is, they were not a struggle. Some people may say or explain it as being in "The Zone." It's where things just flow nearly effortlessly.

Of my paintings, I would say that would be "Lake Nona Sunset," "Birthday Cake," "Summertime," and any painting in my "Laundry Day" series, among others. Another favorite is a painting I did of a wave for my surfing son, Blake, who lives in Destin. I got great joy in knowing I was going to please him with this surprise. And as the saying goes, "It just don't get much better than that."

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

JBD: Well, that's an easy one. In class, we have three hours from start to finish to create a complete painting. Often, we may not even know the subject matter. It's interesting how eight people can look at the same object or objects to paint and come up with eight totally different interpretations. It's a challenge to get it right.

NHN: What are some of your dream projects?

JBD: I would love to create a series of large abstract paintings to hang in a commercial installation. I would also like to paint something worthy of hanging in a prominent building, such as a government building, museum, or gallery location. And maybe the most satisfying dream would be for someone I hold in high regard for their professional work and who they are as a human being to buy a painting from me. For me, that would be the crème de la crème.

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

JBD: That definitely comes from deep within me. I call it my soul's work. It's how I nourish myself. It's a necessity. It brings me satisfaction.

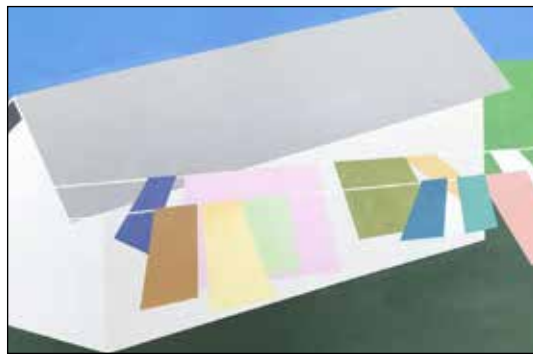
NHN: What are your future goals and plans?

JBD: I, of course, hope to continue growing as an artist. It will be nice to be invited to hang in a gallery someday. Or to sell my work through the Winter Park Sidewalk Arts Festival. And I think it would be very satisfying and enriching to teach art. Especially to young people. I have taken a battery of tests twice in my life. Once at age 20 and again at age 55. The results were the same. According to the results, I am creative, social, and would make a great teacher. I cannot imagine a day in my future when I do not paint.

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



Lake Nona Sunset



Laundry Day Series (1)



Laundry Day Series (2)



Laundry Day Series



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