

# nonahood news<sup>®</sup>

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**JANUARY 2020**  
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## THE ARTIST: BORN TO CREATE ON PAGE 10



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# EDITOR'S NOTE

## Welcome to 2020

BY DEMI TAVERAS, EDITOR-IN-CHIEF



We have officially welcomed in the new year! 2020 means a new volume of *Nonahood News* issues to get excited about. This is the first issue of Volume 5, marking five years since our beginning. We have evolved over the years as we continue to work together to present content for those in the Lake Nona community, and we are definitely not short of content this year.

This month, we have started featuring our newest recurring article, "Let's Talk Lake Nona," from the development team behind the Lake Nona community. We are greatly looking forward to reading about the latest updates and going-

ons in our beloved community every month and how we continue to grow and evolve in the Nonahood.

We are also continuing to present vibrant and interesting content every month in each of our sections for any kind of reader – Local Leaders, Business & Real Estate, Features, Health & Wellness, Food & Drinks, Lake Nona Living, Lifestyle, Sports & Fitness, Arts & Culture, and Events. There's really something for everyone and all ages, whether you're looking to read about the Nobel Notables that the streets of Laureate Park are named after or a new recipe to try out at home.

Each month and each advancing year, our *Nonahood News* team greatly enjoys compiling the innovative and original content our writers create for us, and we're glad to be recognized by the Best of Orlando awards in 2019 in the Publishers category. What an amazing start to this new decade!

So, if you're new to the Nonahood or already one of our trusted readers, I would like to give another warming welcome to all! I hope you enjoy our next volume.



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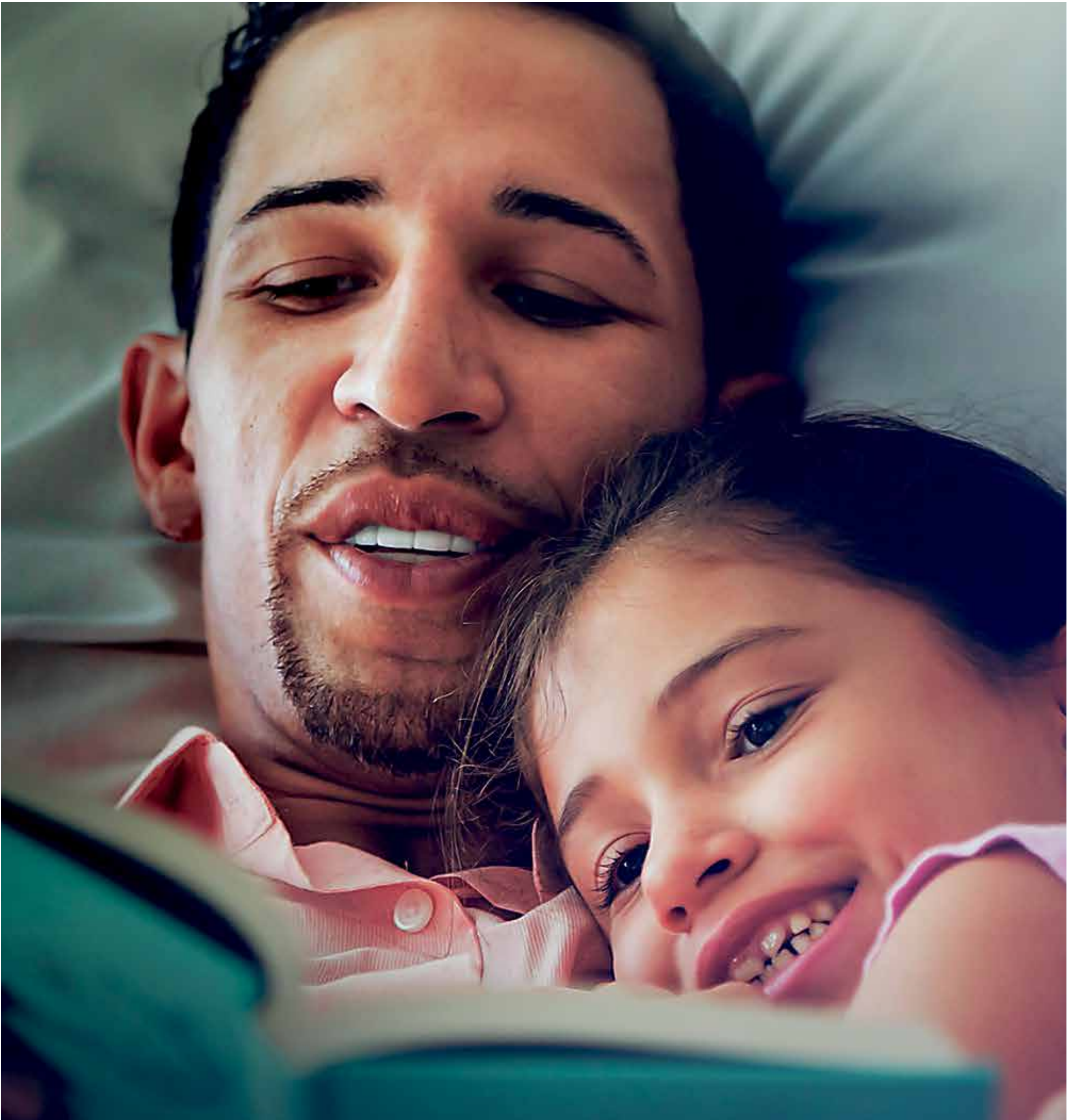


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## Med Students Teach Health Literacy to Nona High Schoolers

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



Dr. Deborah German

As Lake Nona High School eleventh grader Juliana Guerrero studied the nutrition facts on the labels of some of her favorite snacks, she was shocked to learn what she thought was healthy was not so healthy after all.

“It was very surprising for me,” she said, “because the snacks that I thought would be healthier, the nutritional labels didn’t match up with what I thought I knew, for example, with the amount of added sugars and sodium. And so going forward, I’m going to pay a lot more attention to labels.”

Guerrero was among a group of eleventh



graders who are learning health literacy from a team of UCF College of Medicine students. The program is part of an independent research project led by fourth-year medical student Arjun Patel and teaches the high school students health literacy and wellness. In a recent session, students learned how to analyze nutritional labels for added sugars, sodium content, and serving sizes.

“Having the med students here has been fun,” said Guerrero, who wants to become a cardiologist. “It’s not like they’re just giving you a lecture. I’ve learned a whole lot from them, and it’s been enjoyable. They make us do all these activities, and being able to interact with them allows me to pick their brains about med school.”

Patel said the main goal of the program was to not only teach the students health literacy but also life skills they needed to promote and maintain good health.

“When I got to medical school, I recognized there was a need to learn these types of health skills at an early age,” Patel said. “No one had taught me to read nutrition labels or about health insurance. The fact is several diseases are preventable if we

take action at an early age. So my intention is to make sure these students get what they need, so they can take ownership of their health early on.”

Patel partnered with Dr. Lloyd Werk, a pediatrician at Nemours Children’s Hospital, and third-year medical student Zachary Helm to design a six-module curriculum that teaches high school students to be self-advocates for their health, get the most out of doctor visits, choose health insurance, and make smart food choices. As part of the research component, Patel collected pretest data to measure the students’ level of health literacy and plans to collect post-test data when the program ends.

“I knew absolutely nothing about health insurance,” said eleventh grader Liliana Riviera, “because I usually leave that up to my mom. Now, I have a better idea of what to look for, and that’s good because I will have to make these decisions on my own one day.”

Shari Bowers, a health sciences teacher at Lake Nona High School, said having the medical students teach the class was a refreshing experience for her students and



marked a great community partnership.

“When the medical students approached me, I thought it was an excellent idea,” she said. “The kids are very engaged, they get a break from hearing me, and they are closer in age to the medical students, so they can relate to them better and can talk about new technologies and innovations that I hadn’t learned about.”

Patel hopes the program will help underscore the importance of preventative medicine as the most important form of healthcare.

“Healthcare should not only be ‘sick care,’” he said. “Most people tend to wait until they aren’t feeling well to start thinking about their health. As future physicians, our job is to make sure people stay healthy and don’t get sick in the first place.”

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



## Nona Heroes: Andrea Conway Of the Central Florida Children’s Home

BY CHRISTIAN CASALE



Photo courtesy of Andrea Conway.

The bedrooms at the Central Florida Children’s Home look like any other for a child – toys strewn on the floor and posters of the Avengers or Disney princesses on the walls. But the two sets of bunk beds on either wall set it apart, as does the enormous dining table for house dinners and the gigantic backyard that features a playground.

The kids are all at school, Eastland Christian, when I visit, so it’s eerily quiet on my tour.

Andrea Conway, a registered nurse and

staff member who works with the kids daily as a house parent, learned about the home in 2009 when she began attending Eastland Baptist Church. She talks about how she got started working there with a warm fondness for her work.

“I thought, ‘Well, this is really great,’ and I loved children,” Conway said. “We went to the home, and after meeting the kids, it was lunchtime and the pastor asked me to show the girls how to make grilled cheese sandwiches. I’ve been going out there ever since.”

Central Florida Children’s Home is open for parents who don’t feel that they can beneficially watch over their children. Parents can ensure that their kids will attend a good school, eat when they want to, play in a gigantic backyard, and have emotional support while they get back on their feet.

To some parents, it’s a relief that their kids can stay together and be visited easily, according to Renee Carmichael, the office administrator.

“[Parents] know that they can come to pick up their kids anytime they want,” Carmichael said. “The children can be loved and cared for while they get back on their feet. Unlike the state, where if they take your kids, it’s a long process to get them back.”

Earlier in life, Conway went back to school to transition from business to medicine and immediately started working with infant patients. After spending time in Michigan to tend to her parents, Conway returned to Florida.

“When I got back to Orlando, we got more involved with the church, and I started working for the pastor,” Conway said. “I get to go over to the Christian school that’s part of the church and help with the kids. If any of them show up with weird rashes or boo-boos, I get to see what I can do for them.”

Conway will often spend an entire day at the Children’s Home, starting at 5 a.m. The house will have breakfast, and then she and the other house parents will make sure that the kids get ready for school, their lunches are packed, and they accomplish their morning chores. Before the kids leave for school, they will read the Bible and “talk



Courtesy of Shea Rose Photography.

about what it means and how we can apply it to our daily lives,” Conway said.

Tuition for school is paid through scholarships and donations to the home. Carmichael estimates that it costs about \$1,000 a day to keep everything running, which is mainly collected through small donors.

The kids may be back at the house as late as 5:30 p.m. due to after-school activities. As soon as their homework is done, they’re allowed to play outside or with their toys and video games inside. Everyone eats dinner together, and then it’s time for showers, dinner and bed.

“Every one of these kids come with damages, every one of them,” Conway said. “I’ve learned more about problems for children and the difficulties they face growing up in unstable and unsafe environments. And what happens to kids emotionally when a parent walks out or if there are drug problems. It’s one thing to learn about it book-wise, but it’s another thing to see it and how these kids live with it every day and try to overcome it.”



Photo courtesy of Nicole LaBosco.

To donate to the Central Florida Children’s home, visit: [www.centralfloridachildrenshome.com/donate](http://www.centralfloridachildrenshome.com/donate)

*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).*





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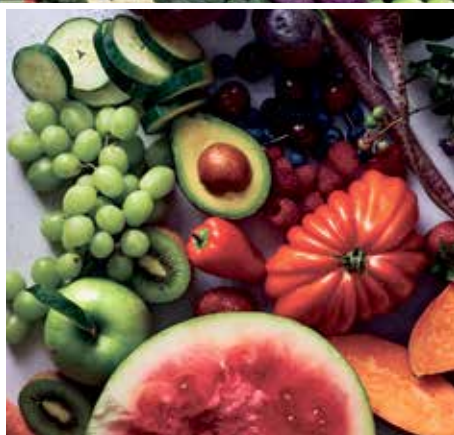
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# Nobel Notable of Laureate Park: Gabriela Mistral, Peripatetic Poetess, or Una Poetisa Itinerante

ARTICLE BY DENNIS DELEHANTY  
PHOTOS COURTESY OF WIKIMEDIA COMMONS

This is the tenth in a series of articles that celebrate the lives of the Nobel Prize laureates whose names grace the 125 streets of Laureate Park and the first to honor the life and work of a Latin American literary giant.



That sober date has arrived when we pause to review our lives over the past year, contemplate struggles won and lost, and seek ways to better ourselves in the weeks and months ahead.

At this period of reflection, some of us may think upon our successes or misses as parents and providers, as we watch our toddlers so quickly tumble through time to turn into teenagers then leave for college, returning four years later as full-grown princes and princesses ready to go forth to accomplish great deeds. Seeing time slip by so speedily, we understand why some mothers often wish the clocks on the wall would slow down or even stop so that their toddlers would, well, keep toddling, maybe forever.

Our daily lives do present us with serious challenges. So much so, at times, that we may grouse that we have been dealt

a hopeless hand. In those moments, we should step back and consider the life of Nobel laureate Gabriela Mistral, the Chilean poet, educator and diplomat, who overcame overwhelming obstacles in her early life and multiple difficulties in adulthood.

In 1889, in the northern reaches of Chile, a child named Lucila de María del Perpetuo Socorro Godoy Alcayaga entered this world, the offspring of a father of European stock and mother of Amerindian heritage. Professor Juan Godoy, an amateur poet himself, abandoned the family when Lucila turned three. Mom and the kids settled in the mountainous town of Montegrande, where the lush vineyards and wooded acres encircling the village enchanted Lucila, allaying her loneliness. But when Lucia reached sixth grade, the principal of the local primary school wrongfully accused her of stealing several sheets of paper, branding her as intellectually disabled (the term applied then was much harsher). Her classmates' cruel taunts of "ladrona, ladrona," marking her as a thief, echoed in Lucila's ears as the principal announced her expulsion. Never again did she return to school as a student.

Instead, Lucila tutored herself. Still a teenager, she began to compose poetry, having discovered verses left behind by her father, and submitted her first poems, short stories and essays to local newspapers. These early writings gained the attention of local educators, who offered the 15-year-old a job as a teacher at a rural school, where some of her students were adults. Soon thereafter, Lucila adopted the pseudonym Gabriela Mistral, combining the names of two of her favorite poets – the Italian Gabriele d'Annunzio and, prophetically, that of Frédéric Mistral, the 1904 Nobel laureate in literature who championed the endangered language of Occitan of Southern France, Spain and Italy.

Tragedy pursued Gabriela as she entered adulthood as suicides claimed her first young love, then later a nephew she had adopted, never having given birth to children of her own. Gabriela poured her grief into poetry and produced verse of powerful beauty that both gained the admiration of her readers and won her the Chilean *Juegos Florales* [Floral Games] poetry award in 1914. By her mid-20s, Gabriela



had become a celebrity in her home country, not just for her poetry but also for her innovative work as an educator, teaching in schools throughout Chile (and mentoring the budding teenage poet Pablo Neruda along the way), while rising in stature to become principal of the country's premier girls' high school in Santiago. In 1922, the Mexican Minister of Education, impressed by her teaching methods and her insistence that schooling should be accessible to children of all social classes, invited Gabriela to Mexico to reform that country's educational system. This two-year assignment launched Gabriela's career as an international advocate for universal education and human rights. In 1926, she accepted an appointment to represent Latin America in the newly created Institute for Intellectual Cooperation of the League of Nations in Paris. This move to Europe effectively imposed on Gabriela an itinerant life in exile, and for the rest of her life, she would return to her native country only twice on brief visits.

From 1932 onward, Gabriela served as Consul for Chile in Naples, Madrid, Lisbon, Nice, Petropolis (Brazil), Los Angeles, Santa Barbara, Veracruz, and New York City, and spoke repeatedly before the United Nations and the Organization of American States. Real recognition came to Gabriela in 1945 as she won the Nobel Prize in Literature, the first Latin American to be so honored. She remains to date one of only two female Latin American Nobel laureates.

In your New Year's resolutions, you may have included plans to learn or improve your Spanish (several patrons at Canvas Restaurant, at least, have expressed to me these noble intentions). Orlandoans, of course, have many reasons to learn Span-

ish. Among these, though, could we add a desire to enjoy the original rhythmic rhymes of a towering Latin American poet such as Gabriela Mistral? Our neighborhood's young mothers, for example, would instantly understand the deceptively deep emotion expressed in Gabriela's collection of verse entitled *Ternura* [Tenderness], where a string of poems speak of a mother's boundless love for her children. In one poem, *iQue no crezca!* [Don't grow up!], Gabriela writes the lines below, which are rendered into English only with difficulty.

*Que el niño mio  
asi se me queda.  
No mamó mi leche  
para que creciera.  
Un niño no es el roble,  
Y no es la ceiba.  
Los alamos, los pastos,  
los otros, crezcan:  
en malavisco  
mi niño se queda.*

[Let my child stay as he is/He never drank my milk so he should bigger be/A child is no elm, nor a ceiba tree/The poplars, the pastures, and the rest, may flourish and grow/but let my child remain a little marshmallow.]

This is a tiny fraction of Gabriela Mistral's delightful verse about children. Her full collection of poems waits for you to explore.

Next month: Daniel Bovet, Champion of Curative Chemistry

Dennis Delehanty moved to Laureate Park with his wife, Elizabeth, from the Washington, D.C., area in mid-2018.

Dennis completed a long career in international affairs at the U.S. Postal Service, the United Nations and the U.S. Department of State, jobs that required extensive global travel and the acquisition of foreign languages. You can contact Dennis at [donnagha@gmail.com](mailto:donnagha@gmail.com).



## BUSINESS & REAL ESTATE

### Creator Mindset: Happiness

BY NIR BASHAN



We spend such a large portion of our lives pursuing happiness. We try numerous things we think will make us happy. Maybe we try to get a new outfit or car or shop to fill the void. Maybe we try to get away on a vacation we think will solve all our

problems and make us happy. Maybe we think about happiness too obsessively to the point that it makes us unhappy. I know

I have, perhaps too many times.

But finally, I found that our obsession with finding happiness blinds us from seeing the happiness we already have.

The Creator Mindset has nine steps to help you see the happiness you already have in your life and work.

#### 1. Find simple pleasures in things.

Quit complicating everything all the time. There are simple pleasures to be appreciative of. Find the ones that mean the most to you.

#### 2. It's not all happiness all the time.

The Creator Mindset believes that you are not entitled to 365/24/7 happiness. It's a waste of time to pursue happiness with obsession. There will be some trying times. Learn to accept them.

#### 3. Donate your time, not just money.

I recently went to a benefit for a little girl who died of cancer. I would have usually

donated something and moved on with my day, but actually going to the benefit and spending time with the charity was much more meaningful and important.

#### 4. You're gonna die. I'm gonna die. We're all gonna die.

I don't mean to be morose, but happiness viewed in such simple terms allows us to understand that no matter what positions we have or status or job or jewelry or things we own, we can't take it with us. And understanding that one day we will perish allows us to focus on what really matters from time to time. Improving our relationships – that makes us happy.

#### 5. Do what you are good at.

Doing things that we are good at makes us happy. And things that we are good at bring us sustained joy. I happen to be good at reading. But you might be good at basketball or crochet. It really doesn't matter. Do more of what you are good at.

#### 6. Look at what is right instead of what is wrong.

A shift in perspective is sometimes all it takes to be happy. Shifting your thought process from looking at right instead of wrong will increase your appreciation of the happiness that is all around you.

#### 7. Time is more important than money.

Money can come and go, but time is a one-way street. Make the best of now, not yesterday or tomorrow. Now is all you have.

#### 8. Happiness is contagious.

Joy can spread like wildfire. If only you would allow it to do so.



#### 9. Spend more time in nature.

Be it a hike or some time at the beach, spending more time surrounded by natural beauty does good for your spirit. There is something in nature that reminds us of our place in the universe, and it's humbling.

Some of these ideas may seem commonplace and even easy to understand. They may also seem like common sense. But enacting these principles is the key to understanding them fully. I know that I have struggled with some of these items on the list. But when enacted, these items build mirth. It may not be today. And it may not be tomorrow. But eventually, a path of connecting to happiness and allowing yourself to claim it is a far better road than obsessing over trying to find it.

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: Breathing And the Yoga Practice

ARTICLE BY NATALIA FOOTE  
PHOTOS BY TARA SPROC

When the breath moves, the mind moves. When the breath is still, the mind is still. By thus controlling the breath, the yogi attains steadiness.  
— Hatha Pradipika



Pause for a moment and notice your breath. Your body is currently breathing on its own, quietly inhaling and exhaling. Each inhale brings oxygen to your blood, and each exhale removes carbon dioxide from your body. This dance or wave has been happening since the moment you entered the world, and the dance will end when your final breath is taken. And yet, it isn't until we pay attention to our breath that we even recognize it is there, quietly listening to our every word and maintaining our every action. The practice of yoga teaches us to both pay attention and use the breath to our advantage.

Breathing is an action that is usually performed automatically and without thought. However, it can also be practiced consciously as you did in the exercise above. We tend to take an average of 15-18 breaths per minute, and by simply paying attention, we can slow that rate down. Slowing our breathing rate down strengthens our parasympathetic nervous system (PSN), or our "rest and digest" portion of our autonomic nervous system. Each inhale we take activates our sympathetic nervous system (aka SNS or fight or flight), and each exhale activates the parasympathetic nervous system. We need both, but our bodies tend to have an SNS overload and imbalance. We become quick to fight and flight, which in caveman days helped us run away from a tiger, but today, it means we get equally stressed by getting cut off by a driver.

Yoga teaches conscious breathing while holding various postures. By consciously breathing, we continue to pay attention to the breath while in a posture. Certain postures may produce more "stress" on the body, but the practitioner is taught to continue to breathe and find an easy breath in each pose. The Sanskrit word *asana* is defined as posture, or as *as* which means "to sit" and *ana* which means "breath." *Asana vinyasa* means "a special way to place the breath in a posture." Although a *vinyasa* in the ashtanga primary series includes the vigorous movements of a chaturanga, up-dog, and down-dog, a teacher's recommendation of "sitting and breathing consciously" is still considered *asana*. With this in mind, the body still receives the benefits of *asana*, regardless of the posture.

The benefits of yoga are vast and unique to each individual. Many people experience a calming of the mind in this crazy, tech-driven life. However, yoga has been around far before Instagram. The mind has been full of *vritti*, activities or fluctuations of the mind, for thousands of years. The idea of calming the mind is neither new nor a result of our fast-paced times. The ancient practice of calming the mind through yoga has worked for thousands of years and continues to provide the same benefits.

Today, people find yoga for various reasons. Some are told to do it upon their doctor's request to relieve stress and tension; others are looking to stretch their bodies to complement their current exercise, and some come because they are looking for a gentle way to strengthen their body. Yoga asana can certainly provide all of these for practitioners. The *Hatha Pradipika* states, "Among the practices of Hatha Yoga, asana is said to be the first practice, as it gives steadiness, freedom from disease, and lightness of limb." While you continue to practice asana, your body will become stronger, your mind will ease, and your limbs will feel lighter. In *One Simple Thing*, Eddie Stern quotes Pattabhi Jois, "Yoga is an internal exercise: what hap-

pens underneath the surface of the postures is where the lasting changes to our mind and emotions occur." The inner work is what shines as the "outer work" is done.

The magic in yoga, the reason it helps those with stress, stretching and strength, is because of how it affects our central nervous systems, particularly our autonomic nervous system. The SNS and the PNS work together to keep us alive. While the SNS is there to move us toward activity, the PNS is there to slow us down, using the vagal brake, and aiding in rest and digestion.

The vagus nerve, responsible for the vagal brake, is the most comprehensive communication system outside of our brain. It is the oldest and primary branch of the parasympathetic nervous system. Vagal tone is like the tone of a muscle. High vagal tone is associated with cardiovascular health and a stronger immune function, while low vagal tone is associated with inflammation, cardiovascular disease, and digestive disorders. Vagal tone can be improved through yoga.

Yoga allows us the opportunity to sit in various postures and listen to our breath. It teaches us to be in the here and now. It calms our mind while creating heat in our body. It teaches us to stay calm while in postures of comfort and discomfort. Thousands of years ago, our minds were equally mixed up. Thousands of years later, the practice continues to work to relieve stress from the mixed-up world and create space within.

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



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# LAKE NONA REGIONAL CHAMBER OF COMMERCE UPDATES



## From the CEO — January 2020: WHAT YOUR CHAMBER DOES, PART III

Happy New Year. I hope joy and love filled your holiday season. I want to start our Chamber New Year by welcoming two new additions. First, our new Silver Partner, Ford Insurance Agency of St. Cloud. Thanks to the company's president, Mark Swartz, for his outstanding support. Secondly, help me welcome Valerie Marroig, our new intern from Career Source. Valerie is with us to help with the administrative and bookkeeping duties of the office. She is extremely qualified, and her bilingual abilities are a great asset.

Here at the beginning of a new year, I hope to share with you how our OPS (Opportunity, Progress, Support) Plan works with our focus on three pillars or functions (Catalyst, Convener, Champion) within the community.

### The Lake Nona Regional Chamber is a:

**Catalyst** of business growth and community progress. We bring opportunity and promote and support well-planned and healthy growth.

**Convener** of regional leaders and influencers. We provide places and events where the movers and shakers of the community can collaborate while helping guide progress.

**Champion** for a thriving community. We advocate with local governments and civic organizations on behalf of regional businesses, nonprofits and residents.

In our daily routines, we exercise **courage** to stand up for our beliefs. We fight for what is right, so our community businesses, whether they are members or not, can grow, allowing our community to thrive. To assist with all these efforts, we created five new ad-hoc committees: Health, Diversity, Nonprofit, Tourism, and Education. Excited leaders are ready to establish these committees, and we encourage you to volunteer in this growth opportunity.

Your board of directors and Chamber staff constantly work to bring these benefits to its members and the entire 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

- Ashton Insurance Agency, LLC
- Beep
- Esteem Dental Group
- Fairwinds Credit Union
- Grunit Pool Contractors
- Hanover Family Builders
- Makris Dental
- Marco's Pizza
- Marco's Pizza - Goldenrod
- Pete and Peg's Roadhouse Grill
- Raval, Alpa
- Your Family Bank

## NEW SILVER PARTNER

Ford Insurance Agency

Proud MEMBER of



## WHY YOU SHOULD JOIN & RENEW

THE LAKE NONA CHAMBER OF COMMERCE, PART SIX

Receive chamber newsletters - Newsletters provide new member information, interesting information about operating a local business, articles about the local community, a community calendar and details about up-and-coming chamber events, among other things.

## RENEWED MEMBERS

- 3rdArm, Inc.
- Baker Barrios Architects, Inc.
- Commercial Air Conditioning & Electric, Inc
- Digital Memory
- Gemilang Solutions
- Inspired Performance Institute
- Markowitz Communications
- Pollo Tropical
- Rosenthal Meyer, PLLC
- TMW Insurance Agency, LLC

## RENEWED PLATINUM PARTNER

AdventHealth



## Tough Things to Talk About: How To Be Positive Forever

BY NATALIA JARAMILLO

January is the start of a brand new year, brand new goals, brand new start, and a lot of people struggle to stay consistent. One way to stay consistent is to be positive about all the new things coming into your life. Having a positive outlook on life will not only make your life easier and more manageable, but it will actually increase your lifespan and decrease depression.

According to the Mayo Clinic, positive thinking can lead to an increased lifespan and decrease depression as well as increase resistance to colds, all of which are possibly due to better responses to stress,

which can be very harmful to the body.

Being more positive starts with acceptance. Accept that you may not be the most positive person, and that's okay. Accept that there will be a lot of things outside of your control. Accept that you want to change and become a more positive person. Now, you can begin to understand what it takes to be a more positive person.

Realize when you are being negative and replace it with something positive in that situation. If you get into a car crash, instead of thinking about how much money it will cost you or that you will be late for your 9 a.m. meeting, think about the positive fact that no one was hurt and you will be okay. Recognizing the negative aspects of your thinking and focusing on the positive will make sure that stressful situations, like a car crash, can be turned into positive situations in order to become less stressful.

One of the best feelings is helping someone in need. Becoming more positive is much easier to do when you regularly do kind things for others. Being generous

and helping those in need will make you realize all the positive aspects of your life and how much you take for granted. If you ever feel negative or down, just help one person achieve something, and it will instantly lift your spirits and show you that there is much more to life than being negative.

Another great feeling is laughing. It can cure many things, including a negative mindset. Surround yourself with funny and positive people, and you will also pick up this habit. When you are feeling down, try to find something humorous about the situation. This will perk your mood right up.

"Fake it until you make it" applies to almost everything in life, including being more positive. Are you feeling sad and can't stop thinking negative thoughts?



Smile! Having bad thoughts about your body? Stand up tall and try to only think about your favorite parts. Your posture and smile have a huge psychological impact on how you feel, so even if you aren't feeling great, pretend you are, and you will feel better. It takes time and patience, but with practice and consistency, you will form the habit of being positive.



## Let's Talk Lake Nona: Happy New Year

ARTICLE BY CHRISTINE YOUNG  
PHOTOS COURTESY  
OF LAKE NONA

*Your connection to the development team behind Lake Nona's vibrant community. Read more from the master planners each month for the latest updates and a behind-the-scenes look at what's going on in Lake Nona.*

Happy New Year, Lake Nona!

We're excited to welcome 2020 with you, take a look back at 2019's accomplishments, and preview all of the new things to come this year. 2019 capped off an incredible decade for Lake Nona. Our community hosted former astronauts for an out-of-this-world Live and Local event, watched top NCAA athletes compete at the USTA National Campus, moved in new residents to Pixon Apartments and Somerset Crossings, expanded our community art program, welcomed the Johnson & Johnson Human Performance Institute to Medical City, launched the region's first driverless shuttles, and grabbed a bite at Central Florida's coolest new hangout – Boxi Park.

Over the years, thousands of families have moved here to join a community where residents become more than just neighbors. They're friends who share apple pie each year at the Great American Block Party, walk their kids to school each morning, and cheer each other on at the annual Run Nona 5K & Nemours Kids Run, which celebrated its 12th anniversary in 2019.

Lake Nona schools also celebrated milestones in 2019. All four Orange County Public Schools were awarded an A rating for the 2018-2019 school year – a testament to our supportive and active community. And Lake Nona High School celebrated the 10th anniversary of Valencia College's Collegiate Academy with 29 students receiving A.A. degrees and their high school diplomas – a new record for the program.

2019 was a busy year for Medical City with the opening of the new global headquarters for the Johnson and Johnson Human Performance Institute, adding new health tech start-ups to the GuideWell Innovation Center, and expanding the Ronald McDonald House at Nemours. UCF College of

Medicine had more than 100 aspiring doctors accept their white coats. In 2020, the UCF Lake Nona Medical Center teaching hospital is scheduled to open. The teaching hospital will add to the world-class services available in Medical City, joining the Orlando VA Medical Center and Nemours Children's Hospital, covering three pillars of specialized care for adults, veterans and children.

Throughout the last decade, Lake Nona's sports and performance district has taken shape, bringing world-class facilities to Central Florida highlighted by the 100-court United States Tennis Association's (USTA) National Campus. Since 2016, the campus has welcomed more than 675,000 visitors and provides plenty of programs for families, beginners and pros to get into the game. Nona Adventure Park and Heroes Community Park both opened in 2019, adding additional recreational space. This summer, XL Soccer World will open, providing another place for children and families to stay active together. 2020 also welcomes KPMG



Lakehouse, the company's global training facility that will bring nearly 1,000 people to our community each week.

Visitors and residents alike have been drawn to Lake Nona, thanks to a mix of new shopping and dining options that opened this year, including new tenants at Lake Nona Creekside and the grand opening of Foxtail Coffee. Boxi Park has made Lake Nona Town Center a go-to entertainment destination and hub for events, retail and dining. In 2020, the Lake Nona Wave Hotel will continue to take shape with a scheduled opening in 2021. We'll also break ground on a state-of-the-art, integrated wellness facility and welcome a new office building to our growing Town Center.

With more residents and businesses moving in, mobility in and around our community continues to be a priority. In 2019, Lake Nona introduced Central Florida's first autonomous shuttles within our living lab community to test this new technology and see how it can improve connectivity. Over the next few years, it will be even

easier to explore Lake Nona, thanks to an innovative Linear Park, new pedestrian walkways, and dedicated lanes for the shuttles made possible by a \$20 million federal BUILD grant awarded to Orange County in 2019. The grant will help create and enhance infrastructure to support new mobility options throughout all of Lake Nona's 17 square miles.



We're proud of the community that we've built and are continuing to build, but the true magic of our community is you. Thank you for being supportive, involved and engaged. We look forward to building a better future in Lake Nona together and can't wait to share new and exciting things

going on in our community in the new year and beyond – right here in *Nonahood News* with this new monthly column.



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# Little Girl With Autism Wins First Place in Karate Championship

ARTICLE BY NATALIA JARAMILLO  
PHOTOS COURTESY OF TRACY JOHNSON



7-year-old Sophia Johnson was bullied in first grade because of the leg braces that she needed to help her walk. Because Sophia was often wheelchair-bound and around 30 pounds overweight, her parents decided it was time to make a change in their daughter's life.

"I'd pick her up, and she would be bawling," Sophia's father, Brian, said.

After asking Sophia's multiple doctors and therapists if karate was safe for her to try, Sophia's father took the lead in convincing

his wife, Tracy, that martial arts would help their daughter.

"I just wanted to give her more confidence, and I took it when I was little," Brian said. "She needed someone besides her mother and father because her whole life was doctors and therapists, so someone else guiding her was a good thing for her."

Sophia, who is autistic, epileptic, born addicted to drugs, and suffered a stroke while in the uterus, takes 14 pills every day. Today, she is a yellow belt in karate and won first place for point sparring at the Pan American International Karate Championships, one of the largest and most prestigious international karate championships.

Tracy and Brian Johnson initially had a hard time getting doctors and therapists to sign off on karate due to its physical nature, but after talking to a neurologist and one year of Sophia being involved, Tracy recommends it to all of her Facebook autism communities.

"It's the first thing I tell people in online support groups for special needs; I always suggest martial arts," Tracy said.

About one in 59 children across the United States is diagnosed with autism, which is an increase from one in 68 children diagnosed in 2016 when the study first began, according to an April 2018 CDC press release.

Tracy related that karate helps to decrease aggression and frustrations due to autism and serves as an outlet for Sophia to express herself.

"Once she puts on her sparring helmet, a pink, padded helmet, she is a different person," Tracy said.

The typically quiet, straight-A student at school transforms when she goes to karate class six or seven times a week.

Sophia's doctors told her parents that she may never be able to be potty trained or walk when she was born, Tracy said. Now, she listens to her senseis at karate class more than anyone else.

"She wasn't supposed to do this, so now that she's winning and is so successful, it's an honor to be part of what brought it out of her," said sensei Erik Gianini from Bobby Dixon's American Martial Arts Academy.

Sophia practices martial arts with the regular curriculum and students. The entire dojo often calls her "super Sophia," and during the Pan American International event, everyone wore "super Sophia" pins as she won her first-place, six-foot-tall trophy for sparring.

"She has the best flexibility in the dojo," Gianini said.

The dojo is now training to compete at the Blitz Martial Arts tour in January, which costs \$345 for the least expensive package to be able to compete.

"We raise her as if her autism is not an obstacle," Brian said. "We are really lucky, though; you see movies and other kids with autism and hear horror stories, but with Sophia, she has only had about three big meltdowns last year."



# The Artist: Born to Create

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF SUSAN SOBEL



There's nothing like having a yearning passion for something and letting that passion act as a driving force for the way you live your life. What's even more special about passion itself is having it since you were young and watching it take different forms as life goes on. This is where Susan Sobel comes in, as an artist truly born to create. Take in her sublime paintings and uniquely artistic journey below.

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

Susan Sobel: Creative energy and the love for all art forms enabled me to pursue a career revolving around the arts. With a passion for design and crafts, I graduated with a bachelor in fine arts from the Tyler School of Art at Temple University. Entering as a graphic design major, I soon realized a love for fine crafts and pursued jewelry design and metal smithing. My love for creating handmade jewelry evolved into a business. Six years later, as a stay-at-home mom, I began to experiment with faux finishing. This also evolved into a successful business in South Florida for 20 years. As a decorative partner and muralist, I also found myself doing commissioned paintings for my clients. After a recent move to Orlando to be with my children and grandchildren, I have focused my creative energy and passion for art in a new direction – acrylic on canvas.

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

SS: I know in my heart I was born to create, and [I'm] thankful I have always been able to do what I love. As a little girl, my coloring books were my pride and joy. A new box of 64 Crayola crayons was pure bliss, and art class in school was the highlight of my day.

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

SS: Ever since I can remember, I have been creating on a daily basis. Creating custom wall finishes, hand painting furniture, and painting murals has been routine for the

past 25 years. Whether I am working on a commissioned piece or a canvas for a show, I am in my studio every day. Early mornings before the sun comes up is by far my best time to produce.

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

SS: My passion for art and design has led me throughout my career, which ranged from designing, metal smithing, custom faux finishing, and murals. My work has been recognized in South Florida in residential homes, restaurants, yoga studios, and hair salons. My clients frequently requested commissioned pieces, including portraits, landscapes, and abstract statement pieces. However, I have never considered myself a true artist until recently. I now have the opportunity to paint on canvas whatever I choose. Creating my own recognizable style [and] exploring new techniques and color palettes define me as an artist.

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

SS: 1) One of my favorite projects was a large abstract painting for a client. It was my first abstract piece and first opportunity to loosen my control and paint freely on canvas.

2) Another favorite was a portrait of my son and daughter-in-law. The piece was done from a photograph taken of them on a ski trip in Vail, Colorado. My son[s] proposal was centered around the painting, when he dropped to one knee in front of the painting in Winter Park. Neither had seen the piece until that special moment, which was a perfect day that warmed my heart.

3) Last summer, I was fortunate enough to travel to Italy with my kids and granddaughter. The villa in Tuscany was filled of lavender fields with butterflies, which have a special meaning to me. This inspiration led me to create a large abstract canvas, which is a definite favorite of mine, and that followed suit of the theme in most of my acrylic work.

## NHN: Which of your projects was the most time



## consuming/challenging, and why?

SS: In the summer of 2014, I was commissioned by an interior designer/friend to do a portrait of her daughter (who was very sick) and her granddaughters. At first, she wanted a whimsical piece; however, [it] ended up being a true-to-life portrait at her request. Even though I am not very fond of painting portraits, I challenged myself and accepted the commission because of the closeness we shared. Three faces, three bodies turned into a six-month process. When doing a portrait, the smallest mistake or mark can alter the features and personality of the subject. "Vanessa" was truly the most time consuming and challenging task of my career.

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

SS: A dream of mine would be to do a collection for a solo show in a well-known, high-end gallery. Viewing my work through the window of a gallery and sharing an elaborate opening with family, friends and clients would be fabulous and rewarding. Or, maybe a commission for a celebrity at their home.

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

SS: My visual cue is from actual forms in nature, such as flowers and landscapes. I use the exploration of nature as a starting point, encompassing texture mediums and layers of color with acrylics. I manipulate the paint, allowing the surface to emerge into something abstract and beautiful, still replicating images of nature.

## NHN: Future goals/plans?

SS: Since my recent move to Orlando to be with my children and grandchildren, I was given the opportunity to pursue my passion: fine art. I will continue to exhibit in local fine art shows and galleries. I will be working on completing a new website and amplifying my exposure through digital marketing so that I can share my work beyond the local region. In addition to showcasing abstract florals and landscapes, I will explore new techniques and ideas to grow as an artist.

## 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>.





## Celebrating Three Years of the USTA National Campus in Lake Nona

BY DANIEL PYSER



As the calendars turn to 2020, the USTA National Campus celebrates three years of serving the Lake Nona community as the epicenter of tennis, not only in the Central Florida region but in the nation.

The campus hosts more than 100 events each year and is approaching one million visitors, a number that includes players, spectators, and other guests.

2019 was another year of firsts and milestones at the USTA National Campus, none bigger than hosting the NCAA Division I Men's and Women's Tennis Championships.

The 10-day event featured both the men's and women's team and individual championships, as nearly 12,000 fans took in the action from the campus' Collegiate Center. Thousands more watched on television, as Tennis Channel carried more than 60 hours of live action, a monumental feat for the sport of college tennis.

College tennis action will be dominating the courts once again in the first month of 2020, when the spring season starts in earnest. 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, in-

cluding Divisions I, II, III, and NAIA, play at least one match at the campus each year.

2020 will be no different and will kick off early in January with the UCF women's team hosting the Orlando Invitational on Jan. 10-12. The USTA National Campus has served as the home court for both the UCF women's and men's programs since it opened.

The UCF men play their first home match against Mercer on Jan. 17, and the women will play at home the following day against Cornell.

The USTA Collegiate Series, a comprehensive schedule of neutral-site matches featuring top Division I programs, also begins in January with the Iowa women taking on FIU on Jan. 20, followed by the Texas A&M women participating in a double-header against Stetson and Georgia Southern on Jan. 31.

The headliner of the spring college tennis slate is College MatchDay, which has attracted more than 15,000 fans over the first three years at the USTA National Campus. The events, featuring some of the nation's top programs, are free and feature pre-match fan fests. The matches have been broadcast on the Tennis Channel each of the past two years.

College MatchDay returns on Feb. 1, with the annual rivalry matchup between the Florida and Florida State men's teams returning to Lake Nona for the fourth straight year. The event has featured a capacity crowd three years in a row as the two nationally ranked rivals battled on the court.

There will be two more College MatchDays in 2020: Notre Dame vs. USC women on Feb. 15, and Florida State vs. Ohio State women on March 1. All six programs participating this year are expected to bring strong rosters featuring some of the best college tennis players to Lake Nona.

As always, the events are free and will feature family-friendly games and activities prior to the match.

For more information on all USTA National Campus events in 2020, please visit [www.ustanationalcampus.com](http://www.ustanationalcampus.com).



**COLLEGE MATCH DAY** | **USTA**

# SEE THE ACTION CONTINUE IN 2020



**University of Florida**

VS



**Florida State University**

**SATURDAY, FEBRUARY 1 • 5:00 PM ET**



**University of Notre Dame**

VS



**University of Southern California**

**SATURDAY, FEBRUARY 15 • 5:00 PM ET**



**Florida State University**

VS



**The Ohio State University**

**SUNDAY, MARCH 1 • 4:00 PM ET**

## USTA NATIONAL CAMPUS

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# Start the New Year on The Right Track

BY LEDY ROJAS, M.D.



The new year is a time for change. Like most of us, you may feel there's some room for improvement in your life – in your physical fitness, your relationships, or your work/life balance. If there's a piece of your puzzle missing, what simple changes might help bring the picture into focus? What can you do to make 2020 the year you really feel *whole*? Dr. Ledy

Rojas, a family medicine physician in Lake Nona, suggests starting with these four steps.

## 1. See your primary care provider.

Make an appointment and instigate an open and honest conversation about your real health goals and what you and your care team can do to achieve them. Tell your provider: "I'm ready to change, to maximize my health, and I need your help." Your provider will likely start with a physical to get baseline numbers for blood pressure, blood sugar, cholesterol, and other important measurements. That way, you can track your health progress and make lifestyle or medication modifications if necessary.

## 2. Get a move on.

In other words, exercise at a quick enough pace that you can't hold a conversation or update your social media status. Do it every day for 30 minutes. You won't believe how much better you'll feel meeting this easy goal. Getting started is as simple as walking in one direction for 15 minutes and walking back.

## 3. Rest.

You need 7-8 hours of sleep per night, and if you're not getting it, your health care provider needs to know. If you do feel like you're sleeping but are still tired, that's a problem. People think significant fatigue is a natural part of aging, but it isn't. If you're waking up tired, you may have a treatable sleep disorder.



## 4. Eat, drink, but be healthy.

Dietary recommendations vary widely by individual health, disease, allergies and preferences. Get your doctor's recommendations based on the findings of your physical. If you need to lose weight, prepare healthy meals in advance so that you're not tempted to eat out or grab quick, processed food. Drink water – a lot of it – and let that be the clear majority of what you drink. Hardly anyone drinks enough water. The benefits of hydration are real. Challenge yourself to drink 64 ounces a day for a week and see how you feel.

These goals are realistic and trackable. If you start now and address each one throughout the year, it will go a long way to helping you feel *whole*.

**About Ledy Rojas, M.D.**  
*Ledy Rojas, M.D., is board-certified in family medicine. She provides primary care services to men, women and children (ages five and older) with a special focus on women's care and obesity prevention. She is fluent in English and Spanish. To learn more and to make an appointment, visit [YourCentralFloridaDoctor.com/FamilyMedicine](http://YourCentralFloridaDoctor.com/FamilyMedicine) for a customized search by zip code or call (407) 930-7801. All of our healthcare providers are part of the AdventHealth Care Network.*



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# Namaste With Natalia: Side Lunge or Ninja Lunge

*Skandasana*

Your Monthly Yoga Pose

ARTICLE BY NATALIA FOOTE  
PHOTOS BY BREE PARRISH



We are starting a new decade. January always brings new beginnings, but we are starting the roaring '20s! The excitement of a new decade has me feeling strong, purposeful, and ready for a challenge. Are you ready for a new decade? Do you have any goals or challenges you'd like to accomplish this year or this decade? One thing you can certainly work on is this month's yoga pose.

Ninja lunge, or *skandasana*, is a pose that requires a degree of strength and flexibility as well knowledge of your limits. The pose opens the hips and requires some balance depending on your hip mobility. As with every yoga pose, your body and your body's history will determine what this pose looks like for you. Some may have the sole of their bent leg foot on the mat, while others may need to have their heel on a block or have their weight on the balls of their feet. Some may sit low if the extended leg's hamstrings are open and long; others may sit a little taller. The pose can bring an element of fun but may also bring emotions of frustration. Listen to your inner monologue, as with all yoga poses, and find the optimal posture that allows for strength and ease in the breath.

1. Begin a wide leg forward fold with both feet slightly turned in and your knees slightly bent.
2. Warm up by making figure-eight movements with your hips in both directions, bending one leg then the other.
3. Bend your knees enough to allow your hands to touch the mat.
4. Walk your hands over to the right side as you straighten the left leg.
5. Allow the left knee to turn out or up toward the sky. Allow the toes to follow, leaving your weight on your right foot, left heel, and hands.
6. Keep your hips back, your core tight and lifted, and avoid any twisting of the knee.
7. Listen to your body. Perhaps this is where your ninja lunge ends for today. However, if your body feels ready, lift the hands and place them in *anjali mudra*, or palms together.
8. Depending on your comfort with this pose, the arms may reach forward, to the side, or bind around the bent leg.
9. Stay in the pose for five breaths.
10. Repeat steps 1-8 for the left side.

This pose is excellent for anyone who sits for a prolonged period of time or for runners and athletes. It stretches the hamstrings and hip flexors as well as tones the core. Hope you take on 2020 like the ninja that you are!

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.*



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## Lake Nona High School Theatre

BY GAIL CHASE

The Lake Nona High School Theatre Department competed in the District V Thespian Festival in November and returned with Superior results! They received a Superior for One Act Performance, a Superior for One Act Tech, 6 One Act All-Star Cast and Crew awards, 24 Superiors for individual events, 17 Excellents for individual events, a Best in Show for Pantomime, a Best in Show for Costume Design, and a \$500 scholarship for senior Brenden Friedel. Congratulations to everyone who participated!



## Eagle Creek Elementary

BY JESSICA SCULLY

Hello, Panther Community!

### Teach-In

Teach-In occurs each year in celebration of American Education Week. Teach-In 2019 was a huge success! Thank you to all the volunteers who took time out of their day to educate our students about their careers. Our students learned about careers in law enforcement, banking, aviation, construction, physics, marketing, dancing, and so much more!

### Panthers Give Back

We were excited to host another annual Panthers Give Back event this year. Thank you to everyone who came to support our community give-back event! We received many donations for Toys for Tots and through our book drive! Thank you to our community sponsors: Eagle Creek Golf Clubhouse, DIYart, Digital Memory, Publix at Cornerstone at Lake Hart, and our Eagle Creek PTA for helping us with such an important event.

### English Language Learner Field Trip to Valencia

Our 4th grade ELL students had the opportunity to visit Valencia College Lake Nona Campus. Students took a tour of the campus, learned about college, participated in hands-on science experiments with college students and professors, and played a game of bingo using science language. Our school along with Northlake Park Community School collaborated with Valencia College. Our students will never forget this day!

### Meet a Judge

Such a great day for 20 of our Eagle Creek 5th graders! On Dec. 3, they had the opportunity to participate in the Meet a Judge program. The students watched court proceedings, met a therapy dog, and were able to ask questions to Judge Tim Shea.

### K-Kids Avalon Christmas Parade

Our Kiwanis Kids club runs many drives throughout the year to help those in need. From collecting canned goods to socks, this team of students works hard to help others and spread kindness. On Saturday, Dec. 7, they participated in the Avalon Christmas parade, spreading holiday cheer to all in attendance.



# LAKE NONA HOUSING MARKET UPDATE

November 2019



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### Laureate Park



**37 HOMES**  
Active Inventory



**2 HOMES**  
New Listings

**SOLD LAST MONTH: 20**

Average sold price:

**\$579,418**



List to sold price ratio



**68 DAYS**

Avg. Days on the market

### Eagle Creek



**18 HOMES**  
Active Inventory



**1 HOME**  
New Listings

**SOLD LAST MONTH: 4**

Average sold price:

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List to sold price ratio



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Avg. Days on the market

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



## Sun Blaze Elementary

We want to thank our students who accepted our Sun Blaze challenge to *Care for our Community*, as they donated hundreds of non-perishable food items for the Second Harvest Community Food Bank. Thank you, Mr. Banes, for your leadership and heart for our community. We are so proud of all our Stingray families that participated.

The fourth- and fifth-grade students sang and danced across America during their performance, *Kids in America*, at the Lake Nona High School Performing Arts Center. Families and friends filled the auditorium as the students gave a performance to remember. We want to thank our special area teachers for making this such an amazing tradition for our students and families.

Our students raised more than \$29,000 through their efforts with our Boosterthon Fun Run, sponsored by our amazing PTA. The money will go toward a new playground at Sun Blaze. Reaching our goal through the generosity of people and local businesses is something we celebrate and want to share with our community.

We are thankful for all of our Partners in Education. We want to thank the following Partners that have provided incentives and sponsored events for Sun Blaze since August 2019: John Madison (John Madison Landscape Inc.); Kevin Kendrick (The Kendrick Team); NONA Soccer, Mathnasium of Lake Nona, Scott Sakowitz (Sakowitz Smiles); Domino's Pizza; Championship Martial Arts; Astro Skating Center; Victory Martial Arts; and Synapse Science and Technology Learning Center.

We 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](mailto:SunBlazeES@ocps.net). You can also follow us on Facebook at SunBlazeElementary.



## Laureate Park Elementary

BY SUZANNE WORKUM, PRINCIPAL

Laureate Park Elementary wrapped up 2019 and reflected on all the fun learning we've had so far during the first part of the year. This past month, we've celebrated literacy during a fun night where students and their parents played literacy activities and games with teachers. We also celebrated our 2019-2020 National Elementary Honor Society inductees. Congratulations to those students who have worked hard for this honor. Laureate Park PTA invited Rep. Rene "Coach P" Plasencia to a roundtable discussion on public education. The PTA is committed to teacher retention and excellence in our public schools. We look forward to more scholastic excellence in the new year!



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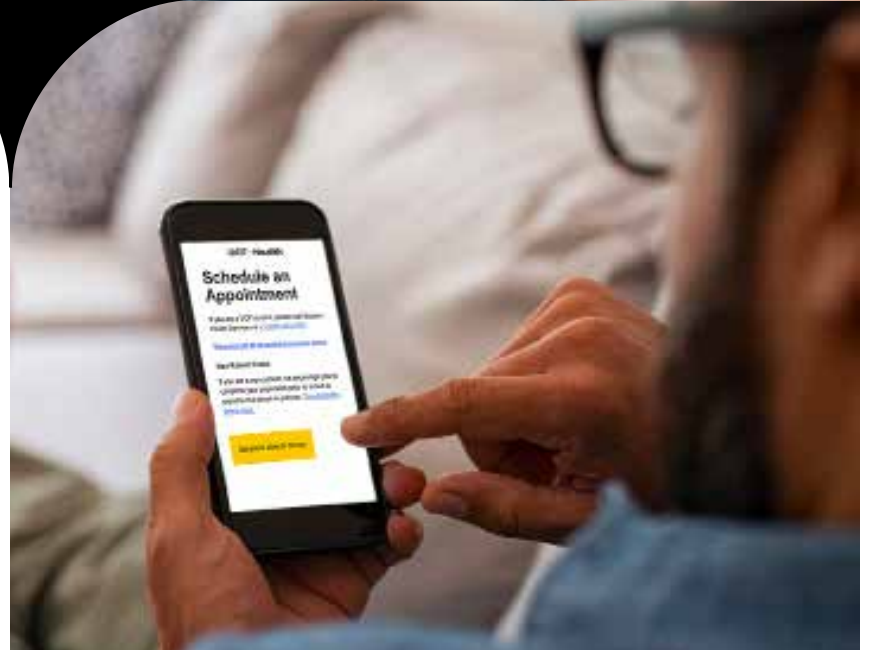
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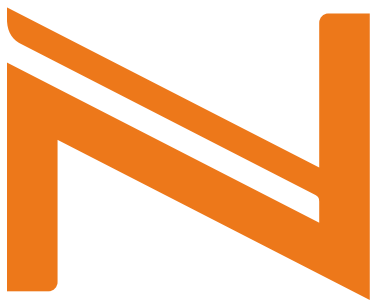
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JANUARY 2020 Volume 5 | Issue 1

entertainment

*Lake Nona*

# SUMMER CAMP GUIDE 2019



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## Katie's Cucina: Turkey and Black Bean Chili

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

Hello, 2020! Such a strange thing to both write and say aloud. I remember years ago thinking 2020 was so far away. Now, it's here and here to stay. If your goal for this new year or even decade is to eat healthier (but without much sacrifice of flavor), I have the perfect recipe for you this month! I love most food, but one food that I've never been able to embrace is ground turkey. That is, until I have masked it with tons of seasoning to where I can get past eating ground turkey. Turkey in general is extremely lean and lacks flavor. This is why it's important to give it a lot of seasoning. The perfect way to introduce yourself to ground turkey is in a great big bowl of chili!

My kids devoured this chili, as did my husband, and luckily, no one questioned the meat. It wasn't until after dinner when I revealed that this was a turkey chili. If you have leftovers, here are a few ideas for ways to repurpose the leftover turkey chili. The first option is to make turkey chili and cheese stuffed zucchini boats. (Slice zucchini in half, and scrape the interior flesh out with a spoon. Spoon on chili and bake until bubbly and cheese is golden in color.) Another idea is a chili "taco" salad with sour cream, cheese, and chopped fresh tomatoes on a bed of romaine. My third option is one of my favorites... a chili stuffed potato. This can be a traditional white potato or sweet potato.

I love making big batches of soups, stews, and chili and freezing leftovers for an easy weeknight dinner. If you have any leftovers of this magical turkey and black bean chili, you can always freeze the chili. The safest way to freeze (any



food really) is to let your chili cool to room temperature. Then, place in individual servings for an easy weekday lunch or in one large container or bag for another full meal (depending on how much you have left over). I like to use a freezer Ziploc bag, label it with a sharpie marker, and place it in the refrigerator. The next day, once the chili is cold, I lay it down flat inside my freezer. It will stay good in the freezer for up to three months. To defrost, simply take out of the freezer the day before you want to enjoy it and place it in the refrigerator to thaw out.

I hope that I not only inspired you to eat a little healthier this year without sacrificing the flavor but also gave you some good ideas on how to store leftovers, have creative ways to use up leftovers, and have less waste in this new year!

*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.*



## TURKEY AND BLACK BEAN CHILI

Servings: 5 | Prep time: 10 min. | Cook time: 20 min. | Total time: 30 min.

### Ingredients:

- 1 teaspoon grapeseed oil
- 1 pound lean ground turkey
- 1 tablespoon minced dried garlic
- 1/4 teaspoon salt
- dash of black pepper
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon oregano
- 1 medium white onion, diced
- 1/2 red pepper, diced
- 1/2 orange bell pepper, diced
- 1 10-ounce can fire roasted ro-tel
- 1 15-ounce can tomato sauce
- 1 15-ounce can black beans, drained and rinsed
- 1 1/2 cups frozen corn

### Directions:

1. In a large saucepan, add the grapeseed oil to the pan and the ground turkey. Cook on high heat for 5 minutes.
2. Use a wooden spoon to break up the meat into bite-sized pieces, and stir periodically.
3. While the turkey cooks, prep the onions and bell peppers.
4. Next, reduce the heat to medium and add in the dried garlic flakes, salt, black pepper, chili powder, cumin, paprika, and oregano.
5. Mix well, then add in the diced onion and red and orange bell peppers.
6. Stir in the fire roasted tomatoes, tomato sauce, drained black beans, and frozen corn.
7. Mix well and simmer on the stovetop for 20 minutes.
8. Divide evenly among bowls, and add toppings of choice.



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## Meet the Media: Andrew Cox

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF ANDREW  
AND KARIN COX

Andrew Cox has been a lifesaver for the nona.media team as he joined the crew about a month ago and dove head first into video editing. Let's meet the man behind the computer.

**Extrovert or Introvert?** Introvert.

**Indoors or Outdoors?** Indoors.

**Sun or Snow?** Both.

**Dogs or Cats?** Dogs.

**Vans or Converse?** Vans.

**Coffee or Tea?** Water.

**Adventurous or Laid Back?** Laid back.

**Canon, Nikon or Sony?** Blackmagic.

**Books or TV?** Disney+.

### What brought you to the Nonahood?

"I came to Lake Nona to work, and I love the community that I've found here."

### What's your favorite hobby?

"My favorite hobby is probably games or hanging out with my wife."

### What's your biggest dream?

"My biggest dream is to someday work on a major feature film like Marvel or Star Wars. It would be hard work to help create something that big, but to me, it would also be so much fun!"



### Where do you see yourself in 10 years?

"Honestly, I am up for anything life throws at me."

### What are you most excited about in Lake Nona?

"I am most excited about the growing community."

### Who's your biggest inspiration?

"George Lucas because he is self-forged and super successful. He trusted his gut, even



Photo Courtesy of Nicole LaBosco.



Photo Courtesy of Ace Patel.

though it was the harder road."

### What's your favorite book?

"*The Magician's Nephew* by C.S. Lewis. I enjoy the world-building and how it transports you to another world while setting up for the future books."

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

"Moving across the country and going to Full Sail. I had no one I knew at the time on this side of the country ... now, some of my best friends live here."

### Describe one of your most memorable experiences.

"The first video I had ever made included my friend spazzing out on the floor in a penguin costume for a scene. I honestly don't really remember exactly what it was about, but it was fun for middle school Andrew."



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## Nonahood News Awarded Best of Orlando in the Publishing Sector

BY NATALIA JARAMILLO  
PHOTOS COURTESY OF NICOLE LABOSCO



On Dec. 1, *Nonahood News* was selected for the 2019 Best of Orlando Award in the category of Publishers by the Orlando Award program.

The Orlando Award program annually recognizes local businesses that achieve success in marketing and business in their local economies. The winners are chosen through various forms of analyzed information, including the impact the business has on the local

community, according to a press release. Citizens can also nominate a business to be considered by the Orlando Award Program.

The Orlando Award Program works with local trades groups and local business owners to choose the winners, according to an Orlando Award Program press release.

We at *Nonahood News* are ecstatic to receive this recognition!







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## Dog of the Month



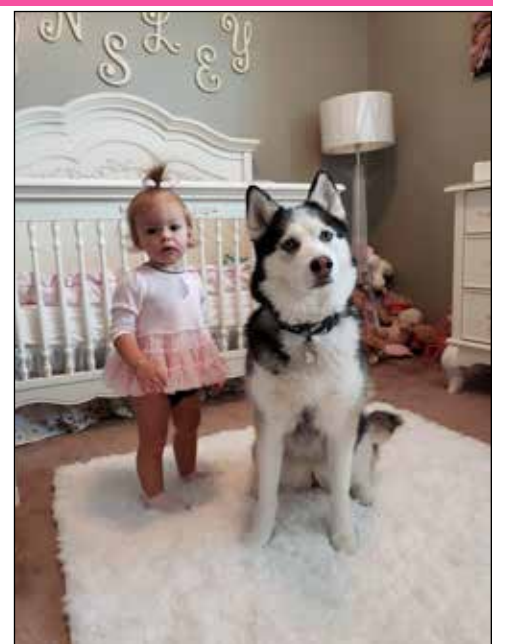
### Luna

**Owner:** Melissa Carrasco

**Breed:** Siberian Husky

**Age:** 5 years (at time of submission)

**Dog's Quirk/Story:** Lazy couch potato. Loves her family. Very vocal. Loves hugs and kisses.



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: Litza and Martin Lugo

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF LITZA LUGO



Litza and Martin Lugo are parents to two daughters. Litza is the HR Manager at the USTA Florida section, while Martin is a probation officer for Orange County. They are also Nonahood residents. Check out our conversation with them below!

## Nonahood News: What is your job?

**Litza Lugo:** I'm the HR Manager at the USTA Florida section, which is next door to the national campus. I do all of the payroll and benefits and all of the recruiting, the employee relations, budgeting. I also run the office in the building. I've been there since 2017.

**Martin Lugo:** I'm a probation officer for Orange County.

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

**LL:** During the week, we both work normal Monday through Friday. Then, we get out of work, we come home, we cook dinner, we sit with the family, now with my mother-in-law. She just moved in about two weeks ago, and then we have some nighttime tea and we go to bed. I mean, that's the normal day-to-day. Anything outside of that is because Sophia has an event. Bella, who's my oldest daughter, is at the University of Florida in Gainesville, so we don't see her during the week like we used to, and we miss her very much. So, we will go to Sophia's chorus events, or she does play tennis, so on the weekends sometimes she has tournaments.

**ML:** So, I'm a probation officer for Orange County, and I do other things along with that. I deal with Veterans Court. Veterans Court is when veterans get in trouble; there's a separate court specifically just for vets. It's adapted for them. They're still dealing with consequences, but it's specifically for people that are veterans. I also do a cognitive behavioral therapy class. Day-to-day is just being able to deal with different things that go on. You have to be able to adapt.

**LL:** And he's a veteran. He's Marine.

**ML:** I did eight years in the reserve.

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

**ML:** I would say for me, it's someone telling me, the class I do, for example, if they tell me, "Oh, I really did get something from you." Usually when they're telling me, it's pretty genuine because I'm not asking them for any feedback, so if they tell me, it's on their own accord. **LL:** Mine is in the recruiting process when I make an offer to somebody, when I give them a job that they really want and they're excited to join our organization. The other part that's rewarding is seeing the employees enjoying the journey in their job and being able to help them enjoy that journey, whether it's having a can opener in the kitchen to organizing a benefits meeting, where I'm going to present new benefits that they're going to be able to take advantage of and enjoy and it's going to be good for them.

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

**ML:** When I graduated high school, I had this whole idea of going into FBI ... CIA or something that level. Well, I found out that that world is almost like going into the NFL; it's very hard to get into that. I did get a degree in criminal justice, I did go into the area of service, but, you know, in the end, I just found something in county government, and that's where I am today.

**LL:** I started out as a journalist. I wrote for the state paper. ... It's called *The Star Ledger* in New Jersey. But they wouldn't hire me full-time; they were very selective. So, I went to a staffing agency, and they hired 60 brand new graduates fresh out of college to work for, at that time it was called Coopers & Lybrand, they were an auditing firm, and they were starting their own outsourcing HR division

where they set up a call center and they went into contracts with huge companies like DuPont, IBM, huge companies. Those employees would be calling into the call center, and you would be the person answering all of their benefits questions. They took all of these new grads, stuck them in a hotel for three to six months, and they taught you everything about benefits from A-Z. That was my foot in the door to HR.

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

**ML:** To be honest, I think that I did have hobbies before, but you get the family life and ... time [and] money. I used to collect things. I used to collect comics. I'll watch some sports on the weekend. I mean, I think my main hobby is exercise. I'm getting something out of it. It's good for you, it's healthy.

**LL:** You do like cooking.

**ML:** I think the hobbies that I have are more things I could do on a day-to-day that I still have to do. Cooking, I have to do it anyway, but I do enjoy it. I wouldn't say it's a hobby, but I think anything you do, you want to do good, especially if you're doing it constantly.

**LL:** I'm pretty much the same. I do play tennis, and I love it. I've only been playing, though, since I started working there. I'm like him; I like running. Tennis is my thing now, for sure. I didn't know I was going to like it until I started it, and now I'm addicted. I always want to play.

**ML:** I mean, I think it also pays off that you work at USTA.

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

**ML:** At that point, we're empty-nesters for sure. Probably enjoying a different chapter in our lives.

**LL:** We met in college, so we had a lot of fun together when we first met. It'd be nice to get back and do some crazy, fun stuff. Just feel a little bit like a kid again. I mean, I don't think we would ever completely feel like that because we'll always be worried about the girls.

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

**ML:** Her family moved here. Her mom was always trying to recruit me specifically because I think she was definitely more ready to move down at any given point, and I was not. I didn't have any family here, I was working, I was not looking to move to Florida at all. We'd sold our house recently in New Jersey, we were looking for a better place to live, and her mom said that for the price that you're looking for a house, you can get something much better here. I still was not sold. 9/11 happened, so this is way back, and I was working in New York, in Manhattan. The opportunity arose ... because of layoffs, they were allowing people to take a sabbatical, basically retire. One of my fears was that if we moved, what was going to happen? So, this was a perfect opportunity. I took advantage. So, I was able to come here with that freedom to take my time.

**LL:** And we moved in with my mom, so we didn't have to rent anything.

**ML:** Yeah, she was by herself in a house. She had a big enough house for us and it was only three of us at that time. So that's what made us move down here. 20 years ago.

## NHN: Where are you from originally?

**LL:** I was born on the island of Puerto Rico. He was born in New Jersey.

**ML:** Born and raised.

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

**ML:** I think it's a great community for the kids. Coming from Jersey, this is a pure 180 to where they would have been. I like the community; it's nice. I think, because at that time it was a new community, they were really trying to go all out. Getting a really good school system, which is a key thing. The schools are pretty decent. I'm not someone that wants to live in the country. I



never wanted to live in a rural area. That's just me. I don't need to be in the middle of the city, but I need to be kind of close, and this gives me that. This is nowhere near how it is in Jersey, how populated it is, but at least it gives me the city life that I want.

**LL:** I like that Lake Nona, even though we're part of a big city, it still feels like a small town. There are times where I go to the high school or I go to an event and there's lots of people I don't recognize where, in the past, when we first built and there weren't that many people here, you knew everybody. We're in this unique location where there's not really anything too close to us. That's what I like about it.

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

**LL:** I totally recommend the community. I think that there's a lot of hardworking, educated parents who want the best for their children in this area. It's good to live in an area like that. It drives the students to be better at what they can do and be the best. Those are all really good things. You have very highly educated people that are very ambitious in this neighborhood and that is a good thing. I think it pushes you to be the best that you can be. That's another thing that I like about being in Lake Nona. If I were to tell a young family, "Hey, you're going to move here? Good! Your kids are going to be challenged in school, and not only that ... there's resources if your kids need resources."

**ML:** I would tell someone that if you want to live in the city, but you want space, this would be the place.



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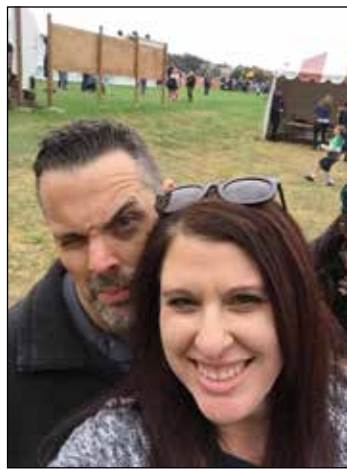
# One Date at a Time: Escape to Scotland for the Day

BY SHARON FUENTES



A couple of years ago, after getting back his 23andMe ancestry results and finding out he was 12% Irish, Scottish, Welsh, my husband decided we needed to go to the Central Florida Scottish Highland Games so he could discover his roots. I remember pointing out the fact that he was 80% Spanish and how I didn't think we would find many "Fuentes" clans there; not to mention, it was in Winter Springs, and it was supposed to be cold that weekend and pretty much any other excuse I could think of. He then donned a costume kilt I bought him as a joke for St. Patrick's Day and started dancing a jig while singing, "Come on Sharon, it will be fun. They will have scones and beer and whisky samples!" He had me at scones!

The Scottish Games is an annual event happening every third weekend in Janu-



ary. The festival is sponsored by The Scottish-American Society of Central Florida and is filled with traditional highland athletics competitions, dance, art, music, culture, food, and, as their website says, "a Gaelic spirit meant to awaken your soul!" I admit I was reluctant to originally go. But now, after going several

times, I think the festival is "pure dead brilliant" – translation: really good.

What makes this event such a fun date? Hello, you get to watch strong, beefy guys (and women) lift heavy things while you sit back and cheer as you drink pitchers of beer. (An insider tip... if you have a pitcher from past years or buy one this year, you can bring it back and get discounted refills!) The bagpipes that usually greet you set the mood for the day. If you want an authentic experience, you can purchase haggis and chips or shepherd's pie from food vendors known for their traditional Scottish and English food. Don't worry, for those less adventurous, they always have other things for sale, too. Just make sure to save room for the freshly popped kettle corn, homemade ice cream, and other baked sweets. And of course, there is no shortage of beer, wine and whiskey!

There are some interactive things to do, like trying your hand at archery and even an entire kids' section if you decide to make this a family date! One year, we went with some friends, and we all brought our kids. They had so much fun tossing miniature cabers and using small pitchforks to do their own sheaf toss over their heads.

But to me, the most fun part is checking out the clan tents. While we never have seen one for FUENTES, we still enjoy browsing through and listening to all the stories. It feels like we are traveling back in time, or as if we are in Scotland for the day. Oh, and the shopping! I forgot to mention the vendor section filled with Celtic and Gaelic jewelry, trinkets and clothes. There are plenty of kilts to choose

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from, too. In fact, so many that Hubby says he will get one every year but never does because he gets so overwhelmed by all the choices.

If you decide to go, consider purchasing tickets online in advance; not only is it cheaper but you save the hassle of standing in the LONG lines the day of. Cost for adults on Saturday is \$20 in advance, \$25 at the gate. On Sunday, adults are \$15 in advance, \$20 at the gate. Children 6 to 12 years are \$5. (Under 6 is free.) Student and active military discounts are available at the gate with valid ID.

**Website:** [www.flascot.com](http://www.flascot.com)

**Dates:** Jan. 18-19, 2020

**Where:** Central Winds Park, 1000 Central Winds Dr., Winter Springs, FL 32708



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## Mama's Turn: Procrastination? D'oh!

BY SHARON FUENTES

Psst ... come here, I have something to tell you. I didn't write this column until the day before my deadline. I procrastinated. You know, the very thing that I always yell at my kids NOT to do. And it wasn't that I didn't have time, either. I did. Lots of it. But every time I sat down to write and that blank page stared back at me, I panicked. Suddenly, any other task seemed like a better idea. Heck, I rearranged my sock drawer rather than writing. Did you know that there is a correct way to fold socks and place them in your drawer? I do because I researched it rather than writing! The only reason why I started writing is because my son, no doubt to get out of writing an essay for one of his college classes, asked to read my latest column. Boy, did I feel like a hypocrite when I yelled at him to stop procrastinating!

Procrastination ... we all do it. At some point, we all put off doing a task that we know needs to get done in favor of one that seems more enjoyable. (Which really says a lot when I would rather sort socks than write!) But, why do we procrastinate?

Some researchers have viewed procrastination as a lack of self-control. Others say it is just laziness or even genetics. There are a few scientists that amusingly link procrastination to perceptions of time and the difference between what they call "the present and future self," aka THE HOMER SIMPSON PHENOMENA. I, of course, had to watch an episode of *The Simpsons* to see what they meant after reading that. It was in the name of research and not me procrastinating. (I thought if I typed that out, I would feel better about the three episodes in a row I watched instead of writing. Oops.) Anyway, I kind of get what these scientists meant after viewing the episode where Marge is scolding her husband, Homer, about not spending more time with his kids, and Homer, who is pouring vodka into a half-full mayo jar which he then proceeds to drink (I know, gross), says, "That's a problem for future Homer. Man, I don't envy that guy." I can understand how this Homer theory of procrastination may explain my kids putting off doing their homework, but I don't think my waiting to write this piece till the last minute was me leaving it for future Sharon to deal with. I mean, come on, sorting socks is not that thrilling and enjoyable. No, my procrastination most likely falls under a different syndrome scientists often talk about – The Imposter.

Imposter Syndrome is that feeling that you are a fraud, as if your success is based solely on luck and not talent or hard work. According to an article published in the *International Journal of Behavioral Sci-*

*ence*, an estimated 70% of people have felt this way at least one time in their life, too. And it's not just writers like myself who are feeling it; executives, medical students, real estate agents, marketing managers, even moms and dads can feel like they are fakes. It is easy to see how feeling this way can lead to procrastination. Why should I start a project if I feel like whatever I produce will not be good enough? The more I think about it, I think a lot of today's kids are feeling this way, too. But the reality is that not everything we do is going to be perfect; we won't always get As, close the deal, sell the house, land the account, write a great article. Oh, gosh ... just typing that makes me want to go back to sorting socks.

But what if we, as a society, started to re-evaluate what success truly looks like? What if instead of teaching our kids that getting into an Ivy League school, making lots of money, becoming a CEO are the most important things, we taught them that just the process of trying and being a productive member of society is what matters. Would we all be less prone to procrastinate, to take chances, to try? I don't know the answer to those questions. I do



know that I think I will take another look at my sock drawer and then watch a few more episodes of *The Simpsons* before I try writing more about it! Some habits are harder to break than others.



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).

## To Generation Z: New Beginnings And Planning for Your Future

BY NATALIA JARAMILLO

Since January is the month of new beginnings, it's a chance for you to plan what you want to do with your life. A new year and a new understanding of your life will make this year the best yet. Around junior and senior year of high school is when most kids start thinking about what they want to do after they graduate. This can include college, trade school, or working. Now is the perfect time to start thinking about what you want with your life.

I'm a little biased when it comes to college because I'm in college right now; however, it does open new opportunities for your future. I know not everyone can afford college, but there are options if you really want to attend or think your future plan requires a college degree. If college is part of your plan, take into consideration which majors appeal to you and where you want to end up. Work backward from your end goal, then see what degree your future plan requires. If you want to end up living in Silicon Valley working as a tech analyst, you will probably need a college degree. While working as a hairstylist may not require a college degree, if you dream of owning a salon one day, a business degree may make your dream come true much faster and easier.

Trade school is practical knowledge for certain types of jobs and is typically shorter than attending a university and seeking a four-year bachelor's degree. Trade school is a great option for people who want to get in and out and start working. It gives you valuable experience and practical knowledge for your field.



If your future goal is to be a welder and you believe that a college degree won't be necessary, then trade school is a great way to start your welding career as early as possible and start making money.

Working right out of high school can often be included as another life path, but if you don't know what you want to do, take time to start getting work experience while you figure it out. Work at a restaurant if you like food to see if you could see yourself owning a restaurant or managing one. Work at a hotel to see if you like the hospitality industry. Whatever type of job sector you are in, make sure to take this time to try diverse things and see what you are really passionate about. Make sure that whatever job you decide to do, don't do it for too long without an end goal in mind. If you start making your own living, you may not realize until you are a lot older that college is something you would have wanted to participate in.

There are always a lot more paths, such as traveling, that you can take after high school, but those are typically not long-term. Whatever life throws at you and whichever path you decide to take, now is the time to ensure that your life comes out the way you want it and how you envision it. There may be bumps along the road, but that's life. And it's never easy, but if you are happy with the outcome, that's all that matters.

## Zen and the Art Of Being Online: This Holiday Season, Think Twice About Letting a Mega Corporation Into Your Home

BY CHRISTIAN CASALE

Throughout the holiday season, we've seen the commercials while we tried to mind our own business watching TV and gorging ourselves, as is the American holiday tradition. An inexplicable happy and attractive couple, probably wearing expensive sweaters, whose lives are made so much easier with the help of a new metal box that sits on the counter.

With the help of the Facebook Portal, now they can video chat with Grandma – it practically saved her life! People are free from being held hostage by the extraneous act of flipping a switch – "Alexa, turn off the lights!"

More and more people are embracing the convenience of so-called "smart devices," such as the Facebook Portal, Google Home, and Amazon Echo, but those like Hayley Tsukayama, a legislative activist for the Electronic Frontier Foundation, foresee a problem with all the data that these devices collect in your home.

"There are basically no laws in the U.S. protecting our privacy," Tsukayama, who used to cover consumer technology for the *Washington Post*, said. "You really have to trust the companies."

A worry by some consumer technology experts is how corporations can monitor the daily habits of their customers – what they shop for, when they are home, and what their interests are – in order to further their interests in a process called data mining.

Similar in the way that a search engine may notice that you research a particular product and then deploy advertisements related to it through an algorithm, what's to stop the same from happening when you

tell your Google Home to play Creedence Clearwater?



"The information that you have in your home is obviously very intimate," Tsukayama said. "They do get a great deal of information about you and can extrapolate a lot [about you]."

With Amazon, you can purchase an Echo Speaker or Echo Show that can listen to requests and do video calls. A Ring doorbell can see who enters and exits your home and when they do it. You can even install an Alexa-enabled Christmas tree. That's a lot of data that could be collected.

But what's the harm? If someone isn't concerned with companies selling them advertisements and the Ring doorbell seems cool, why should they have any worry?

"If you are aware and okay with the implications and want [a smart device] for your home, I understand that," Tsukayama said. "But to buy them as gifts, you take away some of that agency of what's collected from your own living room. They're a bad gift."

There also isn't a clear definition of whether law enforcement can access the information recorded by home devices. In 2019, a New Hampshire judge ordered that Amazon turn in recordings made at the home where a double-homicide took place. The company declined to release the data.

"The thing that worries me about the Echo is the history of Amazon's behavior," Tsukayama said. "They often launch things as test balloons, and then they convert it later into something they can use for advertising or building consumer profiles."

Tsukayama also expressed worry about Facebook, which has a long history of using its users to expand profit margins.

Some legislators at the state level are now getting involved. The California Consumer Privacy Act (CCPA) took effect on Jan. 1, 2020. Under the new law, companies must disclose to their state consumers what personal data is being collected, if it is sold and to whom, and will allow people to decline such transactions.

So before you buy that doohickey that Kermit the Frog seemed to like so much, remember that someone might be using his conversations with Miss Piggy to sell him a different brand of toothpaste.



# Family Shift: Do You Have a Family Goals Tree for 2020?

BY RODNEY GAGE, LEAD PASTOR



RG RODNEY GAGE  
FOUR FAMILY COACH

As you think about this new calendar year of 2020 and the beginning of a new decade, let me encourage you to think about establishing a Family Goals Tree.

The Family Goals Tree is a perfect metaphor for a life of growth and strength. When a tree is healthy, it grows organically and bears fruit. In the same way, a healthy family that's rooted in the soil of right beliefs and committed to growth will keep growing like a mighty oak and withstand the storms and obstacles that inevitably come. The Family Goals Tree consists of five branches: *Growth, Obstacles, Attitude, Long-Term,* and *Short-Term*. As these limbs grow, the whole tree becomes fortified. Let's take a look at the five branches.

## G – Growth

This might sound like a contradiction to my title for this article, but let me challenge you with this thought. Rather than focus on GOALS, focus on GROWTH. Why? Because growth is a process, not a destination. It's a lifelong journey. That's why we need to set goals within the areas we are committed to growing in, as a family. Let me suggest five key areas for your family to focus on for growth in 2020. *Spiritual, Relational, Financial, Intellectual,* and *Physical*. As a family, ask yourself if what you are doing today is getting you closer to where you want to be tomorrow? In planning, the best place to begin is at the end. What outcome do you want? The number

one prerequisite for growth is CHANGE. We have to be willing to embrace change if we're going to grow in our marriage and family.

## O – Obstacles

Leadership expert and author John C. Maxwell says "everything worthwhile is uphill." Why? Because health, growth and success in your family is a journey. The moment you step out and commit to making some changes in your life and commit to growing, you can take it to the bank; you will encounter unexpected obstacles along the way. I have found that change produces conflict. However, if we push through the conflict or obstacles, it will result in even greater growth. We have to resist the resistance. We have to push through the push back. Don't quit during the dip, and don't bail before the breakthrough. Turn your obstacles into opportunities.

## A – Attitude

Author Chuck Swindoll says, "Life is 10% what happens to me and 90% how I react to it." The only way we can get through the obstacles we face in life and achieve our goals and dreams as a family is by staying positive and optimistic. The reason this is so important is that our attitudes are contagious. We have to "be" the attitude we want to be around. Keeping a positive attitude and perspective will help keep us and everyone around us moving forward. Our attitude is the key to overcoming the obstacles that get in our way.

## L – Long-Term

Where do you see your marriage and family five, 10, 20 years from now? In our new book called *Family Shift: The 5-Step Plan To Stop Drifting and Start Living with Greater Intention*, we talk about five

critical shifts every couple and family must make to live with greater intention. The first shift is to start with the end in mind (learn more at [familyshift.com](http://familyshift.com)). Most people focus on what they want to do long-term. However, what is even more critical is defining who you want to become. When we get our "who" right, we get our "what" right. Keep reminding yourself that your current situation is not your final destination.

## S – Short-Term

The first step to start growing and getting to where you want to be is knowing where you want to go as a family.

**Question: What areas in your life do you need to change?**

- Ask ... What do we need to *stop* doing?
- Ask ... What do we need to *start* doing?
- Ask ... *Why* is it important that we *stop* doing those things?
- Ask ... *Why* is it important that we *start* doing those things?

When we define the WHY behind the

WHAT, it changes our perspective toward change and propels us toward growth. Sowing these seeds into the fertile soil and foundation of our lives will allow the values that are most important to us to grow into deep roots that will leave a lasting legacy for generations to come.

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).



# In the Garden: What's Happening In Your Organic Vegetable Garden?

BY AMBER HARMON

In 49 of the 50 United States, an organic vegetable garden does not exist in the month of January. We are so fortunate in the state of Florida to have warm enough winter months to actually grow our fall vegetables for five or six months straight, depending on the weather. The rest of the country packed up their vegetable gardens months ago due to the harsh cold. Here in Orlando, just like last year, we have yet to get a hard freeze and not even much of a frost.



Let's spotlight some wonderful fall vegetables and some delicious recipes to make sure to get the most out of your fall garden.

As radishes can be one of the easiest and quickest vegetables to grow in the garden, you may quickly find yourself with an abundance of them. If you have so many radishes you just don't know what to do with, use your radishes in a stew! Radishes, when cooked down, have the texture of a potato without all of the starch. The entire radish root and the radish greens can be used together by simply roasting them

with a little bit of olive, oil lemon juice, and your regular seasonings. They're just delicious!

The parsnips are growing like crazy in the garden right now. These crispy root vegetables can be turned into parsnip fries. Just slice them like you would a potato into the shape of fries, then add olive oil and seasoning and roast them. A simple dipping sauce can be made with some Greek yogurt with ranch dip seasoning, and then it's time to party.



It can be so fun to grow a huge broccoli or cauliflower plant in the fall season, but the problem is they take several months from seed and they're close to one and done. If you want more of a continuous harvest

from your broccoli plant, choose the stir-fry variety that will continue to produce larger quantities of florets for the rest of the season. Then, to get the most out of that big plant that takes up at least four square feet in your garden, once it starts producing, be sure to utilize the leaves by harvesting them and eating them in salads or stir-frys. The broccoli leaves add a broccoli taste and a crunchy texture that will elevate any dish.

As for the tomatoes and peppers, if you're still growing them like many of us are, be sure to cover them up to protect them from the harsh climate when we dip down into the 30s. Besides that, their production may have slowed due to the cooler weather, but they should continue to produce and be healthy throughout the season. Don't forget to harvest green tomatoes that are of size and let them ripen on your countertop for the next two weeks to help



the plant produce more in order to have more to harvest.

If your peppers are looking healthy but not producing as much as you'd like, give them a little spray with some Epsom salt mixed with water. It's just about 1/4 teaspoon mixed with 8 ounces of water. Be sure to spray directly into the flowers and pour any excess water around the base of the plant for the roots. This will give the pepper plant some additional magnesium and help promote pepper growth.

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!"





## Cheers to the Lake Nona Junior Lions Varsity Team For Successful Season

BY VALERIE SISCO

After an exciting fall season of sideline cheer, the Lake Nona Junior Lions varsity cheer squad took third place at the Southeast Regional Pop Warner Cheer and Dance Championships, held on Nov. 29 at Osceola Heritage Park Silver Spurs Arena.

The 11 Junior Lions cheerleaders, ages 12-14, represented Lake Nona Middle School, Innovation Middle School, and Eastland Christian School. Volunteer coach Sophia Rogers and her student assistants from Lake Nona High School, senior Brendisi Sanders and sophomore Julia Louriero,

choreographed the two-minute, 30-second routine the cheer team performed at competitions.

“Our third place finish is an incredible accomplishment for our young team that has just four members who have cheered before,” Rogers said. “Their energy and enthusiasm, along with their diligent commitment to practice sessions, helped us achieve these successful results.”

The cheer season began on Aug. 1 with the girls performing sideline cheers at Lake Nona Junior Lions games. The team switched



gears in October to focus on their competitive routines for the fall championships. The team placed second at the Mid-Florida Pop Warner Cheer and Dance Competition, held early in November, which qualified them for regionals.

The Southeast Regional Pop Warner Cheer and Dance Championships included teams from 16 leagues in Florida, Georgia, Alabama and Mississippi. The Junior Lions team’s

third-place finish was just two points from second place against a cheer team that went to the national championships last year.

“Although we spend a great deal of our practice time on routines, we also work on performing as a team and supporting each other,” Rogers said. “We learn how to overcome adversity and push through challenges as a team, and that inspires every girl to do her best. Lake Nona Youth Sports is proud of all of our football players and cheerleaders this season.”

Follow Lake Nona Youth Sports on Facebook and visit [www.lakenonajrlions.org](http://www.lakenonajrlions.org) for more information on the off-season Elite Cheer Team and Under Armour Youth Flag Football.



# LAKE NONA YOUTH SPORTS

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[JRLionsWrestling@lakenonayouthsports.org](mailto:JRLionsWrestling@lakenonayouthsports.org)
- **Elite Cheer**  
- Online Registration is Now Open!  
- Season is Jan 10<sup>th</sup> - May 2<sup>nd</sup>, includes 15 weeks of training and at least 2 competitions.  
- See website for details or email us:  
[JRLionsCheer@lakenonayouthsports.org](mailto:JRLionsCheer@lakenonayouthsports.org)
- **Spring Flag Registration Opening Soon**  
- Check our website or Facebook for up-to-date information
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### OPPORTUNITIES TO HELP

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For more information,

email [LakeNonaJRLions@LakeNonaYouthSports.org](mailto:LakeNonaJRLions@LakeNonaYouthSports.org)

or visit <http://leagues.bluesombrero.com/lakenonajrlions>

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

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## The Lake Nona Book Maven Review

*Four Seasons in Rome: On Twins, Insomnia, and the Biggest Funeral in the History of the World*

Author: Anthony Doerr

Anthony Doerr is the author of the 2014 novel *All the Light We Cannot See*, which won a Pulitzer Prize in 2015 and was a *New York Times* bestseller. While he was writing that novel, he was offered a fellowship in literature by the American Academy. That offer included an apartment in Rome for a year, a small office in the Academy building, and a monthly stipend of \$1,300 to continue writing his novel, his third book. But Doerr and his wife had just become the proud parents

of twin boys, now just six months old. The challenge of moving from Boise, Idaho, to Rome (requiring a 14-hour plane trip) and living there for an entire year became an effort requiring near military planning and precision. And neither Doerr nor his wife could speak Italian.

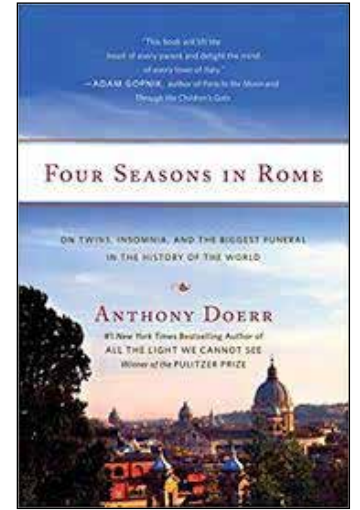
If any of you have read Doerr's novel, have traveled to Rome or hope to, or have traveled with very young children or grandchildren, especially twins, you will undoubtedly enjoy this account. At only 210 pages in the paperback version, Doerr manages to make Rome come alive through his visitor's eyes. And at the same time, he takes us on a travelog of his adventures in a foreign country, managing to communicate with very little Italian but with two adorable twins to help break the language barrier. And all the time, in the background, we realize he is writing his highly acclaimed novel about World War II.

Doerr and his wife, Shauna, manage two infant boys waking at different times for middle-of-the-night feedings, finding their way around Rome with a double stroller and without a car, hiring an English-speaking babysitter, and discovering

the history, beauty and magnificence of a city more than a couple thousand years old. Finding and purchasing everyday items for their babies and for themselves is sometimes frustrating and sometimes hilarious. There is even a sighting of the Pope. And a trip to the hospital, almost always frightening, is doubly so in a foreign country where communication is an obstacle.

Doerr's descriptions are sometimes full of color and sometimes absolutely luminous at certain times of day in Rome. He marvels at the age of the monuments, art, and architecture he sees every day and often explains their historical significance. The recounting of his linguistic mistakes and the resulting confusion are priceless. He writes beautiful descriptions of the birds, flowers, trees, and especially the light – all this living side by side with unruly traffic, modern shops, and utterly delicious food.

I read the paperback version of this book a few months ago and just recently listened to the audio version, which I was happy to find was read by the author. This book is rated 3.9 stars on Goodreads, and I was happy to give it four stars my-



self. It's an excellent and sometimes delightful short read, especially as a change from one too many serious, suspenseful or thought-provoking novels.

Happy reading!



## Binge-Watching In the Nonahood: Dead to Me

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF  
NETFLIX.COM

RATED TV-MA

For this month's *Binge-Watching in the Nonahood*, I'm reviewing the Netflix show *Dead to Me*. I realize I've been on a roll with the Netflix shows lately for this column, but because of their huge selection of content and my lack of a Disney+ subscription, I decided to start *Dead to Me*. It's a bit of a gem I uncovered randomly at a time when all of my beloved shows were on a hiatus and I didn't have much to watch when I wanted to unwind. And I really didn't want to go down another reality TV rabbit hole.



*Dead to Me* is a dark comedy with two female leads, played by Christina Applegate and Linda Cardellini. Jen, Applegate's character, is grieving her husband, Ted, because of his recent death – a car accident. When she starts attending an emotional support group, Jen befriends Judy, Cardellini's character. Jen thinks nothing of their budding friendship, but the audience is able to see episode by episode that Judy's motives aren't pure in the slightest. Little by little, it is revealed that Judy and Jen meeting in a support group wasn't a coincidence and that Judy actually had a part to play in Ted's death. The bulk of the show is us hanging on, ready to press the "keep watching" button to start the next episode, trying to figure out the mystery of what happened the night Ted got run over and why so many different lies are wrapped around his shocking death. Everyone's got secrets – Jen, Judy, Judy's ex-fiancé named Steve, even Ted himself! As

we get to know each character, there are more secrets the audience finds out; we're the lucky ones to get to see them scramble to cover up their wrongdoings. It also pushes the story deeper into unpredictability. The cliffhanger that ends this show is just jaw-dropping!

One pro about this show, especially for those busy bees who don't want to commit to yet another show, is how short the episodes are. Only 30 minutes per episode and one 10-episode season, *Dead to Me* is just the right length for its story and is pretty easy to finish (maybe in a day or two, side-eyeing myself here). The fast pacing also helps build up great suspense.

I really have to commend Christina Applegate's performance as well. She is outstanding and authentic in playing a mourning widow, which isn't an easy feat. Jen has daily breakdowns because of how much she has suffered. But she never really seems weak as she balances her job as a realtor, continues to raise her two sons and help them grieve their father, and figures out how to restructure her life. And all the while, Jen has a go-getter attitude, a quick tongue, and provides a majority of

the good comedy in the show.

*Dead to Me* was renewed for a second season, expected to be released sometime next year. Linda Cardellini shared on her social media that they had just finished filming this last month. I'm excited to see what the second season encompasses and how this great cliffhanger finally gets resolved!

*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)!*



## The Nona Film Review: Frozen II

ARTICLE BY DEMI TAVERAS  
PHOTO COURTESY OF  
MOVIES.DISNEY.COM

RATED PG

Can you believe it's been six years since the release of Disney's *Frozen*?! I can't, just because I feel like it was only yesterday when everywhere you would go, you would either hear Idina Menzel or Demi Lovato's version of "Let It Go." Ah, what a time that was – how funny that we, as humans, can become so on edge about something from a kid's movie. Anyways, the sequel to *Frozen* was released late in November, deemed *Frozen II*, and after daily nagging, my S.O. finally came with me to see it, and we loved it!

*Frozen II* centers around the story of a tribe called the Northuldra and the Enchanted Forest that they used to inhabit, which was filled with the elemental spirits of earth, fire, water and air (the astrologist in me was living!). Because of a battle between the Northuldra and the soldiers of Arendelle, the spirits in the Enchanted Forest were angered and completely hid the forest from view. Princesses Elsa and Anna were told this story when they were children, and now that Elsa is queen and her powers are accepted throughout her kingdom, she's getting a whole bunch of signs that lead her to this magical forest and the tribe within it. So many signs that after she sings quite a powerful ballad called "Into the Unknown" (get ready for "Let It Go" 2.0., people!), Elsa uncovers the forest and awakens the spirits that force all of the kingdom out of Arendelle. The adventure begins with Elsa, Anna, Kristoff, Sven and Olaf entering the forest to figure out how to get everybody situated back into the kingdom.

We get the same kind of humor that made the first *Frozen* so enjoyable in this sequel. Olaf, especially, takes the cake for his "Samantha" line – keep an eye out for that if you haven't seen it on social media already! Kristoff has his own inner conflict in *Frozen II* as he spends the

whole movie trying to propose to Anna and failing until the very end. There's also a bunch of cute secondary characters we get to meet from the Northuldra tribe, the Arendelle soldiers, and a little salamander too fiery for its own good.

Again, much like the first film, *Frozen II* carries a great message to believe in yourself, to learn how to accept change no matter how hard it can be, and a message of self-love that you are "the one you've been waiting for." I love firsthand seeing the reactions of kids when they see powerful messages like these on the big screen.

The animation in this movie was my favorite thing about it! It was full of small details that blew the first film out of the water. From something as simple as Anna breathing lightly and moving while she sleeps to the crystals on Elsa's gowns, it was impossible to look away from the beauty of the animation. The colors of autumn, the shapes the water spirit conjured, the snowflakes on Olaf's body, every little detail is just marvelous! Definitely worth the wait. I cannot wait to see it again!

*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: Oranges

BY PHILIP LONG

People think I'm eventually going to run out of quirky things to write about life in Florida. I'm not even close. Not while I can think of things like oranges.

Oh, the humanity! The maledictions oranges secret behind their smug, face-puckering peels sends shudders down my rind.

As kids, how many times did our mothers tell us to quit whining and just eat our orange slices?

"But Mommy, there's too much of this white stuff all over it!"

"Just eat it, it's good for you."

Dad pops head from behind newspaper, "Yeah, and the white stuff is a great source of fiber. Try eating the peel as well."

How many times do we get a peek of orange's pulpy promise of goodness, only to receive a jet of juice directly to the eyeball? Statistics show that oranges are sentient and evil. Tell me oranges are good, and I'll ask you to peel one.

Even in the form of orange juice, oranges are still a threat. When I was a kid in the '90s, Mom would take me to Aldi. I went to beg for knock-off Fruit Roll-Ups, get denied, crawl into a box, and hope I could die in this grocery store of gloom. Today, I don't recognize Aldi at all. But I digress from orange juice – I see what you're doing, you wicked oranges, you're trying to trick me into writing about something else.

At Aldi, Mom would buy the concentrated orange juice. The stuff would be in these cardboard-ish, can things (I'm sorry, I'm not a very good writer). When we'd get home, Mom, probably still seething from trying to parent me through a trip to Aldi, would punish me by making me stir up the juice. Yeah, right. The juice had concentrated itself into a flint rock. I'd attempt to soften it by pouring hot water over it, hitting it with my Louisville Slugger, and boiling it over Mom's cauldron. By the time I got the stuff stirred, my voice had changed, and I was beginning to grow hair on my upper lip.

... which takes me to high school. My parents, who were educators (thus our state of destitution/trips-to-Aldi), finally scraped up enough dough for real orange juice. Before school every day, I drank orange juice alongside my favorite breakfast cereal, plain rolled oats drenched in milk. My stomach curdled for four years. I wasn't a good chemistry student.

So maybe your experience with oranges is not as painful as mine. Perhaps you've only bitten into the occasional seed and had to call poison control a few times. Or you don't mind getting your eyeballs drenched in citric acid. Mayhap you love how the rind creeps up under your fingernails, hiding there, waiting for the next time you lick your finger. Burlap sacks, you're past all this, and you're thinking I'm making a big deal of nothing. Oranges are great. We're in Florida, and our oranges are delicious.

Nope. Not long after arriving in Florida, I actually found an orange tree in a vacant lot that looked innocent enough. On it hung a huge, ripe orange, looking ready to be eaten. I grasped it, peeled it back, thinking to myself, *This is going to be amazing. An orange grown right here in Florida, plucked right from the tree.*

In an alternate universe, I may have been right. But in the universe my poor body is subjected to, I was dead wrong. Have you ever eaten an unripe *as well* as over-ripe lemon? That's what this orange tasted like. And while my tongue survived with only minor burns, I could feel the juice doing things in my stomach that should not be written about.

What I should write about, since we're nearing Christmas, or New Year's, or Easter (I'm not much good with publishing calendars), is the tradition of giving good little girls and boys oranges in their stockings. In my opinion, good kids act more annoying than the kids who receive coal, so oranges serve them right. Oh, and don't forget to give the good child a peppermint straw with their orange. That should do it.

*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*



# JANUARY EVENTS

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

- 5 Oh What Fun! Skating Rink
- 7 First Tuesdays After-hours at A Ruff Day Bark Club
- 11 Don't Curb It... S.W.A.P. It!
- 14 Empowering Women Through Mental Wellness Workshops
- 16 Nona Connect – Building Communities Through Connections
- 18 Homebuyer Workshop
- 21 Public Demo Day – USTA National Campus

## 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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FOOD AND DRINKS · KIDS ACTIVITIES