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NONA MEDIA

EDITOR'S NOTE

Editor's Note: A Different Kind of Memorial Day

BY DEMI TAVERAS, EDITOR-IN-CHIEF



For those in the United States, Memorial Day is the holiday where we take the time to honor those who passed while serving in our military. Always on the last Monday of May, Memorial Day first and foremost is a symbol of honor, a day to give our appreciation to military personnel for making the biggest sacrifice – putting their lives on the line to keep all Americans safe.

We at *Nonahood News* want to thank those heroes and recognize the families that mourn on this day; our hearts and our thoughts are with you.

While Americans respect the true purpose of Memorial Day, the holiday also simultaneously marks the beginning of summer, and not just for the lucky students who begin their two- to three-month-long vacation. At the beginning of 2020, when we would think of the coming Memorial Day, mouths watered at the thought of tasty barbecue, enjoying drinks with friends and family, and the time spent outside at beaches, pools, or lakes. And yes, while some Memorial Day celebrations very much emulated that way of celebrating in the midst of reopening after a pandemic, a majority of Americans continued to social distance and en-

joyed the holiday at home. Unfortunately, it was a different kind of Memorial Day this year. A bit more somber, more virtual, but overall, more safe as we stay home to save lives.

It's important that we don't forget to honor the fallen heroes who have served our country during the COVID-19 pandemic. Those heroes include the healthcare workers, law enforcement, and other essential personnel, who worked tirelessly serving Americans suffering from the coronavirus until their own last breath. We mustn't forget about the fallen essential workers included in the increasing death toll during COVID-19. Not only did they sacrifice their lives to protect and save Americans, they risked exposing their families and loved ones to the devastating virus. We must take the time to recognize every fallen hero, both in and out of the Nonahood. We become a stronger country because of the sacrifices they made for us. They worked and served to keep us united and protected in the face of division. We thank you for your service, not just today, but every day.

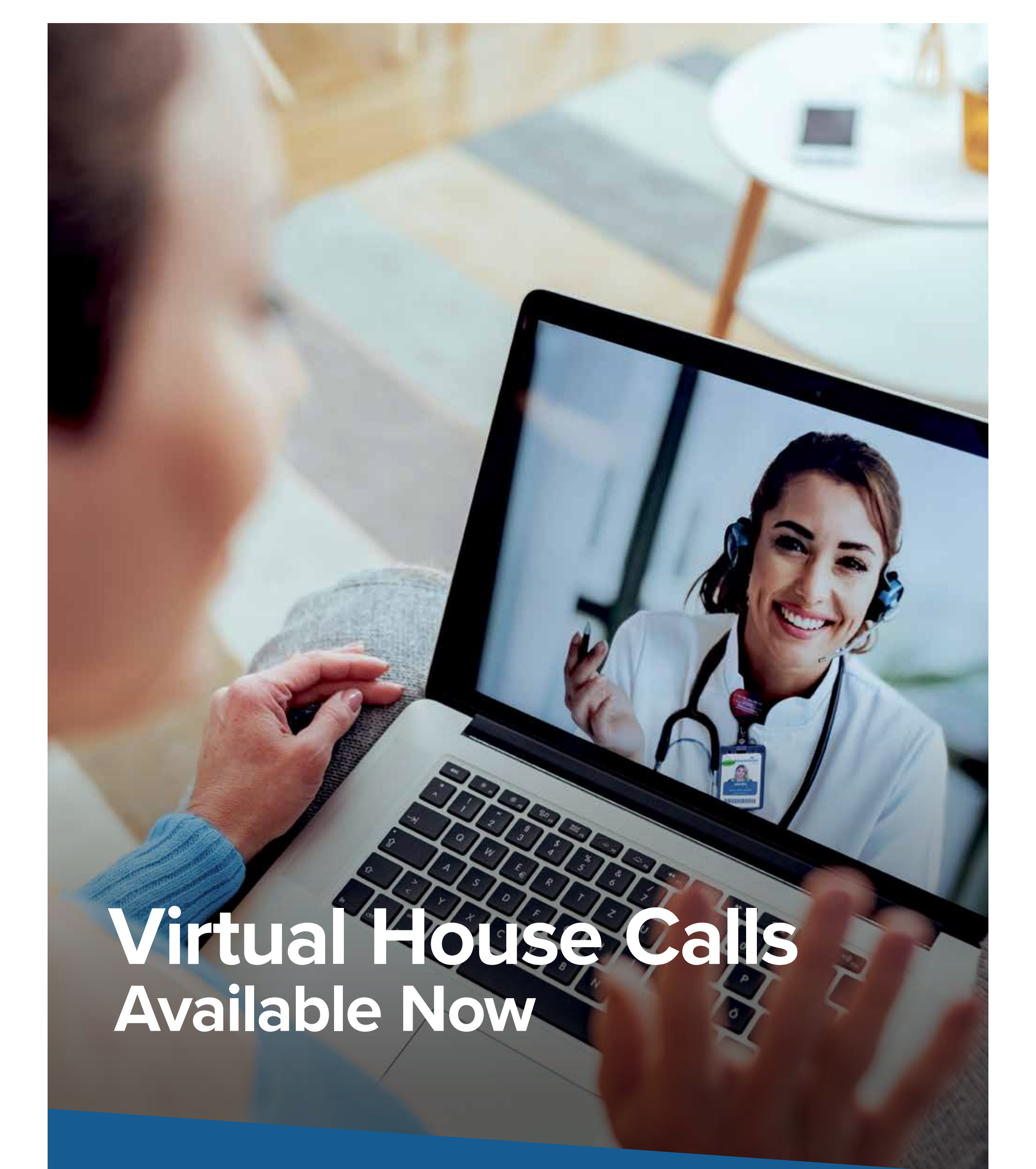
May everyone have a safe summer! We will continue to get through this together.



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Advent Health

Lake Nona's Young Physicians Graduate and Prepare to Battle Pandemic

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



Dr. Deborah German

COVID-19 did not stop their match. It did not stop their graduation, and now as they take their positions as doctors across our nation, UCF's newest physicians are helping to stop COVID-19.

Last month, 117 UCF medical students became Physician Knights in a virtual graduation personalized with their thanks to family, friends, faculty, and even their patients.

COVID-19 canceled in-person commencements across the nation and world, and the timing of the ceremony in the middle of a pandemic was not lost on anyone. As UCF President Alexander N. Cartwright told medical school graduates, "You are

needed now more than ever."

"If this time has shown us anything, it is the extreme importance of well-trained and compassionate physicians and healthcare providers," he said. "Our healthcare workers at UCF and throughout the world have been so courageous throughout this entire pandemic. They have saved numerous lives and have also paid the ultimate price for their dedication to all of humanity."

With the 2020 commencement, our young medical school has trained 726 physicians in the past eight years.

To make the virtual ceremony more personal, we asked students to send a video or photo to share as their names were read. The ceremony also included their formal portraits and quotes, where students thanked those – including real and computerized patients – for making them outstanding physicians.

Haider Ali sent two photos – a family group photo and another of his parents presenting him with his white coat. He said the photos honored his family who "dedicated all their energy for my dreams to come true."

Ali's mother is a Pakistani immigrant who fled her homeland with her six sisters after their mother died of breast cancer, leaving them orphaned. She did not pursue a college education and put all of her energy into raising Ali and his siblings, always keeping in mind that her mother's dream was to have one of her offspring become a doctor. "Today, I am proud to say that I am the first to fulfill that wish," said Ali, who will do a residency in anesthesiology at Ochsner Clinic Foundation in New Orleans. "Thank you, Mom, and thank you to my family. I love you all."

Marvi Qureshi is a two-time UCF alum – undergraduate and M.D. – and she said she is excited to become a "Triple Knight" as she remains at UCF for her residency training. She is going to Osceola Regional Medical Center for emergency medicine as part of a residency partnership between the College of Medicine and HCA Health-



care. Her husband, who earned his M.D. at the University of Kansas, will be an internal medicine resident at Orlando Health. As such, both will be on the front lines of fighting COVID-19.

"This pandemic is a big reminder to all of us," she said. "This is why we went into medicine – to be at the front lines, to try and help people, to try and make a difference, to save a life."

Saskia Groenewald said the virtual ceremony allowed her grandparents and other family members in South Africa to join in real-time commencement festivities. Her mother went on Pinterest and created a medical-themed table decorated with tongue depressors, CAT scans, flowers, and books. After an internationally viewed YouTube ceremony, Groenewald will go on to train in pediatrics at Johns Hopkins University.

"Going out as a doctor in the pandemic wasn't something we expected going into medical school," she said. "But I was fortunate to work with a lot of great mentors and physicians and learn and grow a lot over



the last four years. And now, I'm ready to go out and face what's happening."

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



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The Social Network for Lake Nona

Driverless Shuttles Are Bringing a New Meaning To Contactless Delivery

BY NATALIA JARAMILLO

Lake Nona-based driverless shuttle company, Beep, is helping to transport testing kits and deliver food to healthcare workers.

Beep partnered with the Jacksonville Transportation Authority to move Lake Nona's autonomous shuttle to Jacksonville, where it delivered testing kits from a Mayo Clinic drive-through testing site to another building on the Mayo Clinic campus.

"We are operating in a very safe environment but with no driver onboard whatsoever," Beep CEO Joe Moye said. "So it's enabling us to minimize the exposure that they would otherwise have to those samples."

The used testing kits were loaded onto the driverless shuttle by a gloved and masked testing site employee, who secured the bin of kits with a bungee cord and then transported it to a nearby building within the Mayo Clinic's Jacksonville campus, where another gloved employee took the bin of kits awaiting the test results.

The Mayo Clinic is one of the leading researchers in the fight against coronavirus. The clinic focuses their research on everything from epidemiology, immunology, and vaccine development to clinical trials, infection prevention and control, how to clean surfaces and masks, and artificial intelligence.

Social distancing, like limiting contact through the use of driverless shuttles to transport used testing kits, has helped the Mayo Clinic, among other medical centers, be better able to handle the COVID-19 pandemic.

"It has given us time to develop new resources, to develop clinical trials, to get



them into patients, to acquire more PPE, to understand staffing models, to understand testing and who we should test and when we should test," said Stacey Rizza, an infectious diseases doctor at the Mayo Clinic.

During the coronavirus pandemic, the autonomous shuttles are stepping up to bring contactless delivery to a new level and help those in need by changing their temporarily suspended usual Lake Nona route to help the Mayo Clinic in Jacksonville as well as the Orlando VA Medical Center in Lake Nona.

In Lake Nona, Beep's self-driving shuttles are bringing lunch to frontline health responders working at the Orlando VA Medical Center.

Park Pizza & Brewing partnered with Beep and the Lake Nona Partners to bring the healthcare staff of the Orlando VA boxes and boxes of pizza from the restaurant to the medical center.

"There are hundreds of healthcare workers in our backyard, in Lake Nona[s] Medical City, that are on the frontlines of this crisis each and every day," said Jennifer Thompson with Park Pizza & Brewing. "We're proud to actively support our healthcare workers in these challenging times, and this latest lunch delivery is a wonderful example of the generosity and collaboration that Lake Nona is known for."

The pizza boxes were sealed with a blue Park Pizza & Brewing sticker, loaded onto a cart, and then placed carefully in the shuttle, ready to be transported alongside the shuttle attendant to the Orlando VA to further limit contact with the delivery. Some brown bags filled with more food that were transported atop of the pizza boxes carried handwritten messages saying "thank you for all you do" and were



sealed with another blue sticker.

This comes after a survey revealed that, for the first time, 90% of veterans trust the VA healthcare system nationwide, according to an April 30 press release from the VA. The increase in trust veterans have for the U.S. outpatient system of the VA hospitals across the country has risen more than 5% since 2017, and many leaders of the veteran health system believe it has a large part to do with the faculty.

"These improvements are a testament to not only [the] VA's investment in patient experience programs but also the dedication of our employees," said VA Secretary Robert Wilkie. "Even during a pandemic, our VA team has continued its steadfast commitment to delivering the highest quality care for our nation's veterans."

Read more online at nonahoodnews.com

Lake Nona Resident Don Conemac Invents A Device to Clean Medical Masks

ARTICLE BY CHRISTIAN CASALE
PHOTOS COURTESY OF DON CONEMAC



Throughout the nationwide shortage of masks for medical professionals, causing some to unsafely continue to reuse paper masks, Lake Nona resident Don Conemac saw an opportunity to help.

Conemac, 66, worked for over 30 years in engineering for both the military and private sectors. After learning about the dire need for medical supplies from some friends working at hospitals, Conemac went to work in his garage to invent a device that used UV light to sterilize just about anything COVID-19. He calls it the N95 mask cleaner.

"I use simulations for everything I build," Conemac says. "There are special optical rods [in the mask cleaner], and when it gets hit with UV, it creates an amplification of that particular wavelength. Since the box is igniting rods at the top and the bottom, the rods increase the flux field."

Read more online at nonahoodnews.com



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This four-bedroom, four-bath home boasts a split bedroom floor plan in the gated community of Live Oak Estates. The residence is situated on a corner lot with 1.21 acres in the Lake Nona region, a fast-growing area of Orlando with a variety of shopping, restaurants and medical city. Close to major highways for an easy commute around Central Florida.

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The 2020 Lake Nona Impact Forum

Day Three: Genes, Movement, and "Never Alone"

ARTICLE BY DENNIS DELEHANTY
PHOTOS COURTESY OF THE 2020 LAKE NONA IMPACT FORUM

In the April and May issues of *Nonahood News*, we provided you with summaries of Days One and Two of the Lake Nona Impact Forum held Feb. 26-28. Each year, the Impact Forum brings together, right here in our humble neighborhood, the nation's leaders in the fields of health and wellness. The forum is a highly exclusive, invitation-only assembly of the best and brightest brains – and celebrity advocates – engaged in bettering our nation's wellbeing. *Nonahood News* secured a front-row seat at the forum, where we took copious notes to unlock for you the wisdom dispensed during the conference's fast-moving discussions. For this account of the forum's Day Three, we present to you the major ideas we heard in the order the discussions took place.

On Day Three, our venue shifted yet again as we settled into the cozy auditorium of UCF College of Medicine to hear welcoming remarks by Dean Deborah German, who described how, from 2006, a state-of-the-art Medical City had emerged from the cow pastures of Lake Nona, still so beloved by local residents. Dean German introduced the CEO of the next addition to the Medical City, Wendy Brandon, who will manage the Lake Nona Medical Center, the teaching hospital connected to the College of Medicine, slated to open later this year.

At the morning's first panel, Jonathan Perlin, chief medical officer of HCA Healthcare, sat down with former Senate



Deborah German.



Carl June.



Patrice Harris.



Mariel Hemingway.



Tennis balls.



Gabriella Wright.

Majority Leader William Frist to review the evolving healthcare environment in the United States. This was the morning of Feb. 28, and the coronavirus had just begun to loom large in the news.

"Over the last 48 hours, the world has changed," stated the sober Frist, but little did he or any of us know just how much change the next few weeks would bring. "Viruses don't have visas; pandemics don't need passports," continued Frist, while underscoring the critical importance for presidential leadership during crises such as a global pandemic. In Frist's view, coronavirus could well influence the election this November as voters seek a president who both appreciates science and can bring the country together. Fearing an imminent wave of burnout among U.S. doctors, Frist, a medical doctor himself, warned that we need to "change the culture of health" in this country.

"Everyone knows a cancer survivor, but no one knows an Alzheimer's survivor," declared president of the Buck Institute for Research on Aging, Dale Bredesen, opening a discussion on the still hypothetical

"first survivors" of that disease. Estimates are that 45 million Americans will eventually die of Alzheimer's, the origin of which, according to Bredesen, is at least partly bacterial. Bredesen likens Alzheimer's to a "roof with 36 holes." Monotherapeutic treatments that rely on a single drug to plug just one of those holes are apt to prove ineffective. Instead, successful treatments will require an integrative, holistic approach, and the drugs used to attack the disease will necessarily be highly complex. But ultimately, argues Bredesen in his bestselling book, *The End of Alzheimer's*, the disease, like leprosy and polio, "will become a scourge of the past."

Two panels ensued on the nascent field of gene therapy. In the first of these, *Fortune* editor-in-chief Clifton Leaf reappeared to probe the work of University of Pennsylvania professor Carl June, who has successfully employed genetically-engineered cells that are reintroduced into patients' bloodstreams to cure certain types of cancer. Professor June's bearing and discourse conveyed an extraordinary level of medical knowledge and experience, the profile of a doctor who brooks no nonsense.

In the past century, treatments of cancers have evolved from surgery to radiation and then, from the 1950s, to chemotherapy. Conscious of the limitations of the one-size-fits-all chemotherapy treatments, June and his colleagues at Penn decades ago began to research genetic therapies. Success in this approach came only in 2010 when a middle-aged male patient of June's who had exhausted all other available treatments was infused with chimeric antigen receptor cells, or Car T cells. (June explains that, in ancient Greece, a chimera was a mythical fire-breathing creature made up of two or more otherwise incom-

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patible beasts, such as a lion or goat for a head and body to which was appended a snake for a tail.) Car T cells are composed of T Cells – the cells that fight infections in our bodies – that are drawn from the patient and then genetically modified in combination with the patient's B Cells for reinjection back into the patient. In this first case, June expected some improvement in his patient. But he was amazed to observe the Car T cells multiply exponentially to rampage and kill the cancer cells en masse.

Read more online at
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Nona Your Neighbor: Brittani Luongo and Amanda Grace

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF BRITTANI LUONGO AND AMANDA GRACE



Brittani and Amanda are co-owners of Buds Flower Co. and Nonahood residents. Read our interview with them below!

Nonahood News: What is your job?

Brittani Luongo & Amanda Grace: We grow, curate, design, and deliver floral arrangements for our budding small business, Buds Flower Co.

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

BL & AG: Each day is different, but they always start and end with family and flowers. You can find us turning our backyards into flower farms, talking with local and national flower farmers and wholesalers to get the freshest blooms, delivering bouquets, or learning the best techniques for our unique growing climate.

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

BL & AG: We're grateful to say it's been a challenge for us to keep up with the demand for fresh flowers in Lake Nona. What started as a booth at the Lake Nona Farmers Market and monthly flower workshops has become a daily pursuit. The most rewarding aspect is seeing the joy on our recipients' faces, especially during this difficult time. Each arrangement is something we'd want to give/receive, and we're really proud of our feedback.

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

AG: I've always loved flowers and the joy that a single stem can bring. I started growing cut flowers a few years back and surprising my friends with homegrown blooms. The passion for flowers Brittani and I share led to about a year of market research. We officially launched at the farmers markets in 2019.

BL: Farming has always been in my blood. My grandfather was a strawberry farmer in Plant City, and my sister and her family own and operate a flower farm outside of Tampa – Country Song Farm. My passion for flowers only grew after her farm launched and inspired me to do something similar in Lake Nona.

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

BL & AG: We thought this would be fun to answer for one another.

AG: From magazine-ready home décor and design to baking and her unmatched attention to detail, Brittani is basically the Joanna Gaines of Lake Nona. Seriously, she is goals.

BL: You can find Amanda in her home gym or on the Lake Nona trails. She enjoys reading, photography, family time, and laughing at her own jokes. She's basically the Chip to my Joanna.

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

BL & AG: Living our best life in Lake Nona. We hope to continue to grow Buds Flower Co. into a business that you can call on to celebrate life's big and little moments, expand our farming capabilities, and partner with local farmers to bring the best variety of home-grown flowers to our community. Having our own brick-and-mortar flower shop is the ultimate dream!

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

AG: My husband and I moved to Orlando four years ago for work. As soon as we visited Lake Nona, we knew we found our home.

BL: We searched all over Orlando for a community that was different. I'm a home décor fanatic, so there was no way I was going to agree to buy a home that looked like the house next door. After looking at Winter Park, College Park, Baldwin Park, and all of the other parks, we accidentally drove to Lake Nona with a friend and immediate-



ly fell in love with Laureate Park. The rest is history.

NHN: Where are you from originally?

BL: A little town in between Tampa and Lakeland called Seffner, Florida.

AG: Texas.

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

BL & AG: The people and the authentic sense of community. People genuinely care about, support, and want to get to know their neighbors here. Your neighbors become your extended family.

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

BL & AG: Do it. The quality of life here is unmatched. Spend some time here and you'll meet the incredible people and experiences that make Lake Nona home.






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Benny

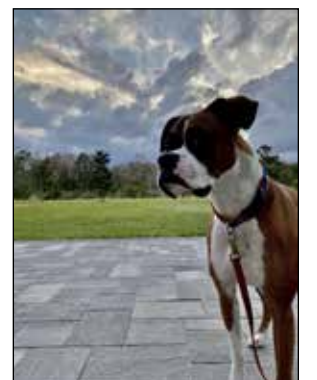
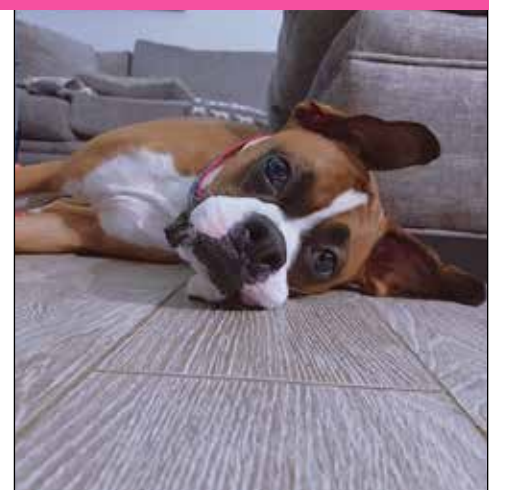
Owner: Lindsey S.

Breed: Boxer

Age: 3 years (at time of submission)

Dog's Quirk/Story: Benny is a rescue pup from Florida Boxer Rescue. He came into the program at the young age of 8 weeks with parvo. We fostered him through the parvo and decided our family wouldn't be complete without him! He is a typical boxer – goofy, crazy, playful, loving, and loyal! Benny enjoys playing with squeaky toys, bones and his family. Benny also enjoys lounging on the couch in his downtime.

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>





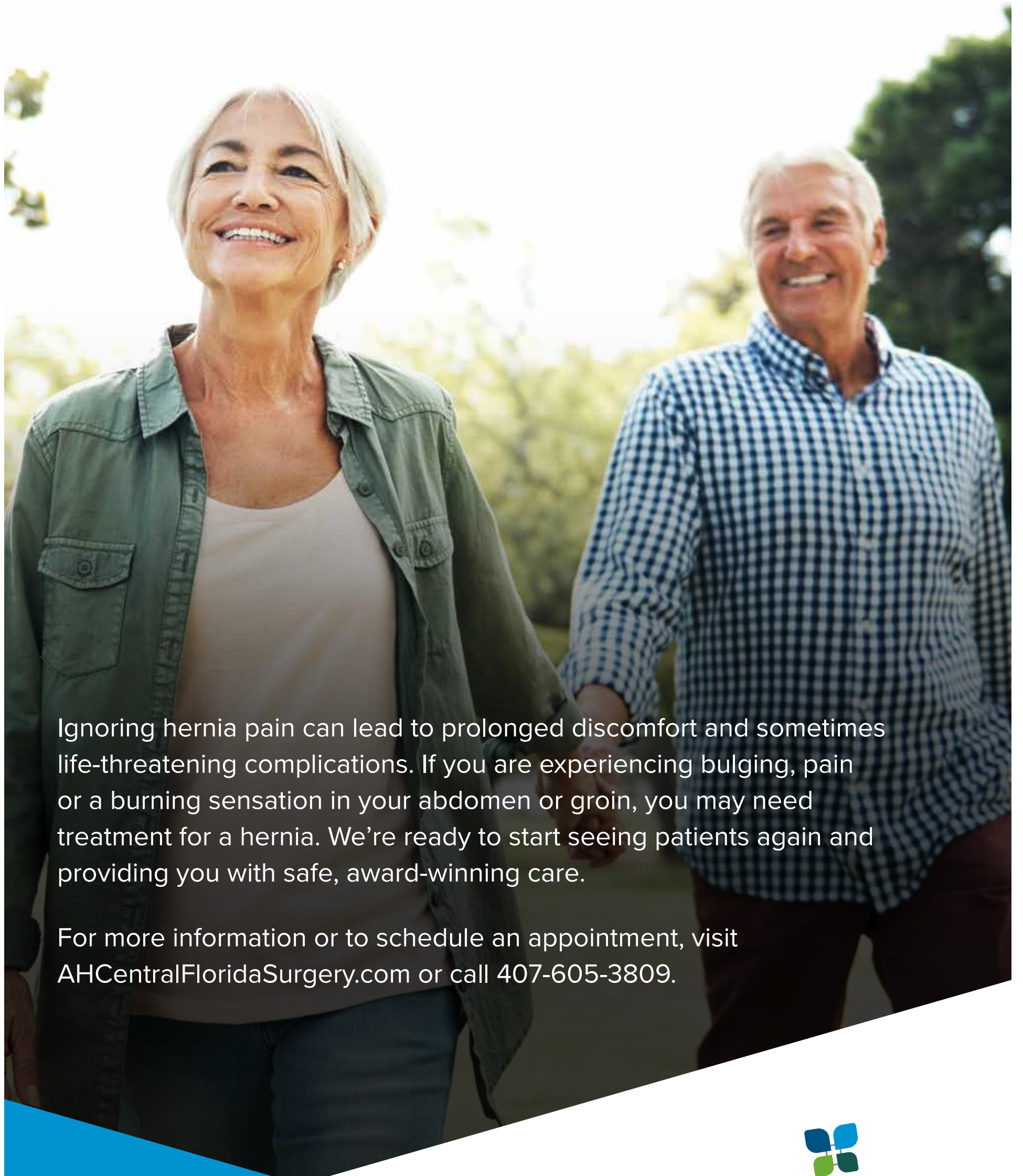
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Sylvia,

We are all so very proud of you! You continue to amaze us and we can't wait to see all of the things you will accomplish in your life. This is the beginning of a new chapter and wherever you go, whatever you do always know that we have your back, no matter what.

Love, Mom, Dad, Kyle, Chloe, Michael, Bryanna!



CONGRATULATIONS!
SYLVIA RAE LYNN

DREAM BIG, AIM HIGH



Congratulations Jasmin!

From the day you were born, you have brought me joy. I wish you the best of luck in your future.

Love, Mom.



Congratulations, Jagger!

I'll always be proud of your spirit & there to cheer you on to all your goals!

Love Mom



Anjelika,

It is a privilege and an honor to be your mom and dad. You will always be our baby girl, we love you.



Congratulations Erich!

We are so proud of the gentleman you have become! We love you!



Good luck, Jordan!

We are proud of you and love you. Best wishes to the Class of 2020. Go Lions!



Congratulations Juliana!

We're so proud of you!



Makayla Hill,
Class 2020

To our daughter we are so very proud of you. Congratulations on graduating!

Congrats, Dylan!

We are so proud of you now & every single day.

Love,
Marty, Mom, Grant & Scarlett.



Lake Nona High School

SENIORS

Abreu, Adriana Elizabeth
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Albin, Joshua Grant
Albritton, Fredrick Bernard
Ali-Diaz, Jasmin
Alicea, Axel Daniel
Alkhafaji, Saja Hassan
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Ammar Rivas, Valentina
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Andraski, Jackson Charles
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Antrim, Bianca Michelle
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Apolinario, Julian Andres
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Badillo, Jose Javier
Baez, Amanda Sophia
Bagay, Vernon Santos
Baig, Humnah
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Batista Rudolph, Marco Enrique
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Blackman, Daniel Bereket Courtney
Blackman, Helen Daisy Letai
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Boesch, Victoria Elizabeth
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LAKE NONA

REGIONAL CHAMBER OF COMMERCE UPDATES



YOUR ESSENTIAL SOURCE OF COVID-19 INFORMATION



visit LakeNonaCC.org for more information

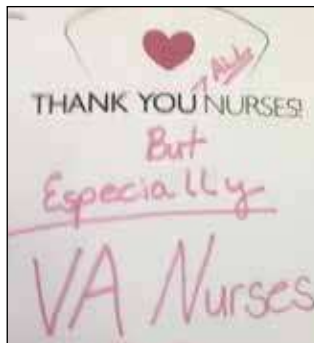
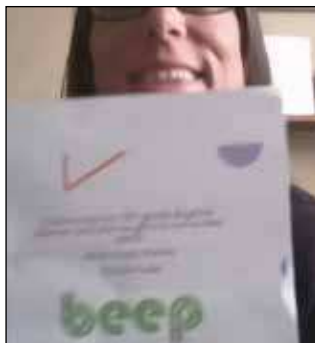
April 28, The Tuesday Zoom – Chamber members and visitors responded to the prompt of “What’s that hat? How are you engaging?” whilst wearing their funkiest hats.



May 12, The Tuesday Zoom: “Throwback Tuesday” – Virtual attendees dressed in their most rad outfits from the 1980s and told stories about their experiences back then.



May 5, The Tuesday Zoom: “Our Heroes” – Zoom attendees made signs thanking their heroes and appreciating nurses, teachers, and all other extraordinary ordinary humans.



FROM THE CEO

Since March 1, we have brought essential information to our members and subscribers that helped them find financial, mental, and logistics support during the COVID-19 crisis. As we begin our summer, we will continue in our efforts to assist our community and businesses whether they are members or not. Numerous recipients including government officials have commented on our no-nonsense approach to distributing only information from authenticated sources. If you are not on our email list and would like to enroll, just let us know.

On the fun side of things, we organize a weekly Tuesday Zoom meeting that is open to everyone. We usually have a fun theme for the meeting, and we all meet to discuss what else is in going on with our businesses and community. It is also an opportunity to ask questions about the latest developments for economic recovery. Find out more by visiting our chamber website at www.lakenonacc.org and looking on the events page.

Mentioning events, your chamber intends to return to the event schedule as soon as we can do it safely and based on guidance from our best information sources on how to avoid this virus.

Please stay safe and well. Support our local businesses and nonprofits, who need your donations.

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

Don Long, President/CEO

NEW MEMBERS

- A Place At Home
- Azorx, LLC.
- Hernandez Notary Services L.L.C
- Lake Nona Young Professionals
- Orlando Sentinel Media Group
- Prugner's Digital Marketing
- Snape Drone Media

Proud MEMBER of



WHY YOU SHOULD JOIN & RENEW

THE LAKE NONA CHAMBER OF COMMERCE, PART NINE

Chamber events and programs - Chamber events and programs provide members with great opportunities to get to know new people and expand their prospect base. Chamber events are innovative and fun ways to help members meet potential customers, clients and vendors— and generate new business leads.

RENEWED MEMBERS

- Capital Office Furniture
- City of Orlando
- CJ Cruise Vacations, LLC
- Coffee Cravings LLC
- Edward Jones - Joel Ferguson Financial Advisor
- Gillman Advertising Specialties
- Ingage Creative
- La Rosa Realty - JT Tavarez Realtor
- McCoy Federal Credit Union
- Melrose Figueroa Marketing Co.
- Mr. Rooter Plumbing
- Nibaldi, Mercedes
- Nona Minimally Invasive Surgery
- Paty Wright
- Premier Sotheby's International Realty - Barbara Ashley Jones Realtor
- Premier Sotheby's International Realty - Marissa Smith Realtor
- Pro I.T. Services and Support, LLC
- Seckinger, Christian
- The Naked Cupcake
- TMW Insurance Agency, LLC
- Top Yacht Brokerage, LLC

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TAVISTOCK, CHASE

The Social Network for Lake Nona

Virtual House Calls for Your Healthcare Needs

BY DR. TIM HENDRIX



As we all practice responsible social distancing during the coronavirus pandemic, we still need to manage the health of our families. With today's technology, sheltering at home does not mean you can't get access to quality healthcare. In fact, AdventHealth is now offering virtual house calls for all your non-urgent medical needs. Now, you can live chat with experts in primary care, specialty care, pediatrics, and even physical therapy – all from the safety of home on your phone or tablet. It's a great example of how technology is helping you stay connected and healthy.

If you need help finding a physician, visit VideoVisitCare.com and we'll connect you with one.

Primary and Specialty Care From the Comfort of Home

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The AdventHealth app allows you to:

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Dr. Tim Hendrix, AdventHealth Centra Care medical director, has worked as an urgent care physician at Centra Care for over 20 years. Board-certified in family medicine, Dr. Hendrix is a graduate of Loma Linda University and completed his residency training in Family Practice at Florida Hospital (now AdventHealth).

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USTA: Become Active Outside Again With Tennis

ARTICLE BY DANIEL PYSER & VICTORIA CHIESA
PHOTO COURTESY OF USTA

As individual states and local communities begin to re-open on the heels of the COVID-19 pandemic, the American populace will be particularly eager to return to some form of physical activity and social engagement. Tennis is one sport that is particularly well-positioned to satisfy those desires as it requires no direct physical contact and, when played within specific guidelines, can be played both safely and enjoyably. For those reasons, tennis is primed to serve a central role in the recovery of communities across the U.S.

Indeed, tennis is positioned to be the ultimate return sport – a leader in what figures to be a gradual and measured return to normalcy. The U.S. Tennis Association has outlined specific guidelines for both players and facilities that, when followed correctly and in conjunction with local, regional, and federal regulations from government and health agencies, will ensure a safe and fun experience for all.

It is recommended that players of all ages and ability levels follow these guidelines in preparing to play, during play, and after playing. Players should stay six feet apart from each other and avoid physical contact such as high-fives and handshakes. Singles

competition between players is recommended as doubles play could lead to incidental contact and unwanted proximity.

On court, players should avoid sharing food, drinks, or towels and using their hands to pick up balls. Players should also remain on their respective sides and not change ends, and avoid touching court gates, fences and benches where possible.

Although there is no specific evidence that tennis balls can spread COVID-19, contamination by respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days. Players should avoid touching balls by hand and instead use their feet or racquets to pick up balls. Each player should use one set of numbered balls out of their own and only utilize their own balls when serving.

Tennis is a wonderful, healthy, and social sport. It can be an important factor in getting people active again after a few sedentary months. And when people are active and healthy, the communities in which they live reflect that, becoming more active and vibrant themselves.

Tennis is a great sport to come back to, and by following these guidelines and taking every precaution to help keep all participants safe, tennis not only will return to courts all across the country but will again thrive there.

Please visit ustanationalcampus.com, where reopening announcements and updates will be posted once available.



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In the Garden: What's Popping Up in Your Spring Vegetable Garden

BY AMBER HARMON

Well, it's mid-spring in the garden, and everything should be thriving. We've had gorgeous weather, and it should be harvest time for most garden vegetables. Here are some harvesting tips and tricks, even when things don't quite go your way in the garden.

In the beginning of the spring, the weather is still hot and cold, on and off. The up-and-down weather can cause the plants to stall a little bit in the beginning of the season. In order to kickstart my tomatoes and peppers, I like to harvest them while they're still green. Wait until the tomatoes are full-sized, then they can be harvested and stored on the countertop. Green tomatoes will naturally ripen within two weeks for a continuous supply of tomatoes. Remember to never put the tomatoes in the refrigerator or they will get grainy and mushy.



The full-sized peppers that are harvested green will not continue to ripen on the countertop, so they can just be eaten as green bell peppers. Removing these early veggies from both plants will allow the plants to refocus the energy inward and start ripening the next round of vegetables more quickly, once the weather straightens out.

When harvesting herbs, I just give it a haircut; I hold my fingers across as if they were a pair of scissors and then use my scissors to cut across the other way. Don't harvest more than 50% of your herbs at one time. This will give them the chance to bounce back before your next harvest.

When harvesting cucumbers, squash, and zucchini, allow the vegetable to grow between five and eight inches long. Then, just clip the vegetable at the base of the stem. Try not to leave the bare stem behind as it will not grow into anything else. Be sure to wear your gloves because squash, zucchini, and cucumbers all have spiky thorns.



When harvesting eggplant, allow the eggplant to get between six to nine inches in length. When the eggplant is ready to be harvested, it will change from hard to slightly soft to the touch and from a dull surface to a shiny surface.

Just remember that when a new plant starts producing for the first time, the first veggies can look a little strange or small. This is normal! It is

kind of like the plant has to figure out what to do in the first round, and then once you remove that round of vegetables, the next vegetables will come in perfectly.

Beneficial Insects:

We talk about beneficial insects in the garden, but are any of them really beneficial? Take the spider, for example. It helps by eating other bugs like aphids that can infest vegetable plants. But, is the spider really beneficial if it bites you?



Then, there are ants that come into the garden and eat aphids as well. However, the same ants can also eat the stem or stock of a vegetable plant and cause severe damage, and they can also bite you.

Then, of course, there are ladybugs and lizards. They both munch on non-beneficial insects in the garden. Ladybugs are always a friend to the garden because not only do they help out, they're just so cute!

These beneficial insects really do help more than they harm anything, so be sure that when you're treating your garden, you use organic, non-chemical pest treatments that are not harmful to beneficial insects, like neem oil. Always use as directed.

Happy gardening!

Amber Harmon is the owner of My Nona's Garden, where they sell and service low-maintenance, elevated organic vegetable gardens. Our mission is to bring health, promote growth, and provide vegetable gardening education to local communities, one garden at a time.

Visit www.MyNonasGarden.com for more information.

"We make organic vegetable gardening easy!"



Let's Talk Lake Nona: Get To Know Ashley Torres, Owner of Veg'n Out

New grab-and-go concept coming to Lake Nona's Pixon building this summer.

ARTICLE BY LAKE NONA
PHOTOS COURTESY OF VEG'N OUT



A businesswoman turned business owner, Ashley Torres is a healthy living advocate. Her new one-of-a-kind concept for holistic living, Veg'n Out, is getting ready to open in Lake Nona this July.

With an abundant menu of smoothies and smoothie bowls, juices, overnight oats, salads, and soups, Veg'n Out creates healthy food that is tasty, easy to order, and available to pick up at any time throughout the day. Can't

wait until July? Veg'n Out juices and juice cleanses are available today for delivery via the company's website: www.vegnoutnow.com.

"Bringing Veg'n Out to life in Lake Nona gives us the opportunity to share our passion for a natural lifestyle and make a direct impact in our community," said Torres. "We get by giving. I believe in building people up, and I hope my story inspires others to create the life they want to live."

How did this local entrepreneur get started? And what can you expect when Veg'n Out opens its doors? We sat down with Torres to get all of the details.

Building the Business

Torres and her family have lived in the Lake Nona area since 2015 and have loved watching the community grow. Her journey to bring Veg'n Out from concept to reality be-



gan while working in a corporate job that left her unfulfilled. Seeking a life of purpose and balance, Torres and her husband, Daniel, set out to create a life for their family that gave them flexibility to pursue their passion for healthy living while also being present for their young kids.

So, Torres got to work. While juggling her corporate job during the day, she began working on the concept for Veg'n Out. "That has meant waking up as early as 3 a.m., working all day, putting the kids to bed, and then getting back online to wrap up anything left for the day," said Torres. "Until very recently, and it is still somewhat surreal, I never viewed myself as an entrepreneur. I've always been driven and focused, but I never realized that the experience I was gaining over the last 15 years was by design to best position me to successfully bring Veg'n Out to market."

Torres found a home for Veg'n Out in Lake Nona's new Pixon apartment building, thanks to the synergies of the surrounding businesses, including boutique fitness studios Rukus, Club Pilates, and Neighborhood barre. In addition to providing a healthy place to stop before or after a workout, Veg'n Out will also have purified water available so people headed to a fitness class can stop in and fill up their water bottles.

What advice does Torres have for other entrepreneurs looking to take their business to the next level?

Read more online at nonahoodnews.com



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Laureate Park



67 HOMES
Active Inventory



17 HOMES
New Listings

SOLD LAST MONTH: 16

Average sold price:

\$504,452

99%

List to sold price ratio



62 DAYS

Avg. Days on the market

Eagle Creek



34 HOMES
Active Inventory



14 HOMES
New Listings

SOLD LAST MONTH: 12

Average sold price:

\$442,998

98%

List to sold price ratio



45 DAYS

Avg. Days on the market

Village Walk



35 HOMES
Active Inventory



3 HOMES
New Listings

SOLD LAST MONTH: 8

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99%

List to sold price ratio



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The Artist: #FrontPorchProject

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF KELLY RODRIGUEZ



In the midst of darkness, light can always shine through. Kelly Rodriguez's #FrontPorchProject that took place in Lake Nona is an excellent example of light shining through to our community. Get to know photographer Kelly Rodriguez, her #FrontPorchProject, and how she was able to make us all smile throughout the current COVID-19 pandemic.

Nonahood News: Tell us about your #frontporchproject.

Kelly Rodriguez: Following many photographers around the world through social media, I came across the story of a photographer in Boston who started a Front Steps Project. Knowing businesses were closed now due to COVID-19 and my kids home with me, I felt like I needed to give back ... so, inspired by a few other photographers in the world, I started my #frontporchproject here in Lake Nona.

NHN: What drove you to begin the #frontporchproject?

KR: I am a long-distance runner and last year ran the Chicago Marathon as a charity runner, raising money for Ronald McDonald House Charities. Seeing their needs right now, and especially since we have one right here in Lake Nona next to Nemours, I felt like it was the perfect way to help someone during this time and keep it to a local need. They have been posting about needing supplies, families unable to go out for fresh groceries on their own, and their share-a-meal program on hold during the uncertainty. So it was an easy decision to choose to fundraise for them and help anyway I could.

NHN: How long have you been a photographer?

KR: I am a portrait and brand photographer who has been photographing for the past 20 years. I originally grew up and started my photography journey living in Miami, moved to NYC for a handful of years, and finally moved here to Lake Nona about a year and a half ago. I also work part-time for a gorgeous photography magazine. I just finalized everything to begin my own portrait business here in Orlando when COVID-19 hit.

NHN: About how many family portraits have you taken during the course of this project?

KR: I really thought I would only get a handful of fami-

lies here in Laureate Park that I already knew personally who would participate. A week or two into my project, I was blown away with a full inbox of requests for #frontporchproject sessions! With my kids home from school, stay-at-home orders, and all the uncertainty about the virus, I had to quickly limit my project to only Laureate Park, where I live, and had to turn down session requests from all over Orlando as they heard about the project. After photographing 51 families in total and raising over \$2,000 combined through my Facebook fundraiser link, direct donations to RMHCCF, and purchases off of their Amazon Wish List, I decided to conclude the project to refocus on my family, my kids' digital distance learning, and the possibility of one day actually opening my business for regular portrait sessions so my business can one day thrive here in Orlando.

NHN: What's next for you after this project? After the quarantine?

KR: I look forward to easing into reopening for portrait sessions again and hope to see some of the families I photographed for the #frontporchproject again for full portrait family sessions or more. I loved connecting with everyone, meeting more neighbors during a time of social distancing than I could've imagined. I'm grateful I was able to bring smiles to the Nonahood and raise money to help a local cause. It might have been just a drop in the bucket right now, but I'm happy I was able to use photography to help others ... including helping families remember this time, put on makeup for the first time in weeks, and just smile as a family.

NHN: What's the most rewarding aspect of your #frontporchproject?

KR: I photographed a couple on their "cancelled" wedding day. They didn't think they would have photos taken to remember the day at all, but just before they were married through an iPad with their friends live-streaming in, I was able to do a #frontporchsession for them. I also was able to photograph a couple high school graduating seniors who were in the midst of missing their prom. It was in THESE moments I felt like I was giving back to more than RMHC ... I was giving to each family that participated a sense of community ... connectedness, remembering this time, smiling, posing with signs, making silly faces for photos.

The best was realizing that everyone was just having fun with the photos. There was not the pressure families usually have when doing a traditional portrait session .. getting it all right. This was just us, raw, stepping out on front porches and doing it for a good cause. It was so much better than I could've imagined. I am beyond grateful for everyone I photographed, everyone who I met and connected with through this time of distancing from each other, and all for a good cause.

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



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