

nonahood news[®]

CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA

AUGUST 2020
Volume 5 | Issue 8

THE ARTIST:
CRISP, CATCHING,
AND REDEFINED
ON PAGE 6



GERTRUDE ELION, RATIONAL DRUG
DESIGNER, OR THE PHARMACOLOGICAL
PHENOMENON 4

FTC APPOINTED AS NEW TRUSTEE OF THE
AFRICAN AMERICAN CHAMBER OF
COMMERCE OF CENTRAL FLORIDA 5

ORLANDO SCHOOL PREPARES CHILDREN
TO BE BILINGUAL BY SIXTH GRADE 7

BUSINESS SPOTLIGHT:
INNOVA RESTORATION 8



WE OFFER 3D VIRTUAL TOURS ON ALL LISTINGS



8224 BELLOW ST, ORLANDO, FL 32827
3D Tour: bit.ly/8224BellowSt3D



13674 BEHRING AVE, ORLANDO, FL 32827
3D Tour: bit.ly/13674BehringAve3D

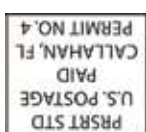


13883 TEMIN AVE, ORLANDO, FL 32827
3D Tour: bit.ly/13883TeminAve3D



321.917.7864

PeterLuu.com



Nonahood News LLC
6555 Sanger Rd
Orlando, FL 32827

Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. Each office is independently owned and operated. Equal Housing Opportunity. If your property is listed with a real estate broker, please disregard. It is not our intention to solicit the offerings of other real estate brokers. We are happy to work with them and cooperate fully. Top listing agent per unit volume in the 32827-330 code (Orlando/Airport/Altamonte/Lake Nona/Medical City) by the Orlando Multiple Listing Service. Disclaimer: NAME OF BROKERAGE/TEAM is not affiliated with, or sponsored by, Lake Nona Property Holdings, LLC or its affiliated entities.



nonahood news®

CREATIVELY AND INDEPENDENTLY PRODUCED
BY THE RESIDENTS OF LAKE NONA

Publishers/Owners

Rhys & Jenny Lynn

Editor-in-Chief

Demi Taveras

Director of Content

Nicole LaBosco

Production Manager

Kyle Hamm

Writers & Reporters

Amber Harmon, Camille Ruiz Mangual, Daniel Pyser, Dr. Deborah C. German, Demi Taveras, Dennis Delehanty, Don Long, Felicity Mae Gomer, Katie Jasiewicz, Lake Nona, Maria Isabel Sanquírigo, Mariela Sierra, Natalia Foote, Natalia Jaramillo, Nicole LaBosco, Nir Bashan, Philip Long, Rodney Gage, Sharon Fuentes

Proofreading

Joe Henry

Layout Design

Marnie Brophy

Creative Director/Producer

James Rayner

Submissions

If you have news you would like to share with your community, visit nonahood.to/stories or email press@nona.media.

Advertising

For rates, deadlines, and specifications, visit nonahood.to/ads or email sales@nona.media.

Nonahood News, LLC is an independent, privately owned company. All submissions become the property of Nonahood News, LLC. All rights reserved. No portion of this paper may be reprinted without permission of publisher. All advertisements, announcements, and articles submitted are subject to refusal or editing at publisher's discretion. © 2019.

Nonahood News is a nona.media publication

NONA.MEDIA

EDITOR'S NOTE

Editor's Note: New Beginnings

BY DEMI TAVERAS, EDITOR-IN-CHIEF



Welcome to August, everyone! I can't believe we're already approaching back-to-school season, sports are returning, and lifted restrictions are enabling us to have a more normalized routine – as long as we social distance, sanitize, and use our masks. Who would have thought this is right where we would be

at the end of the summer.

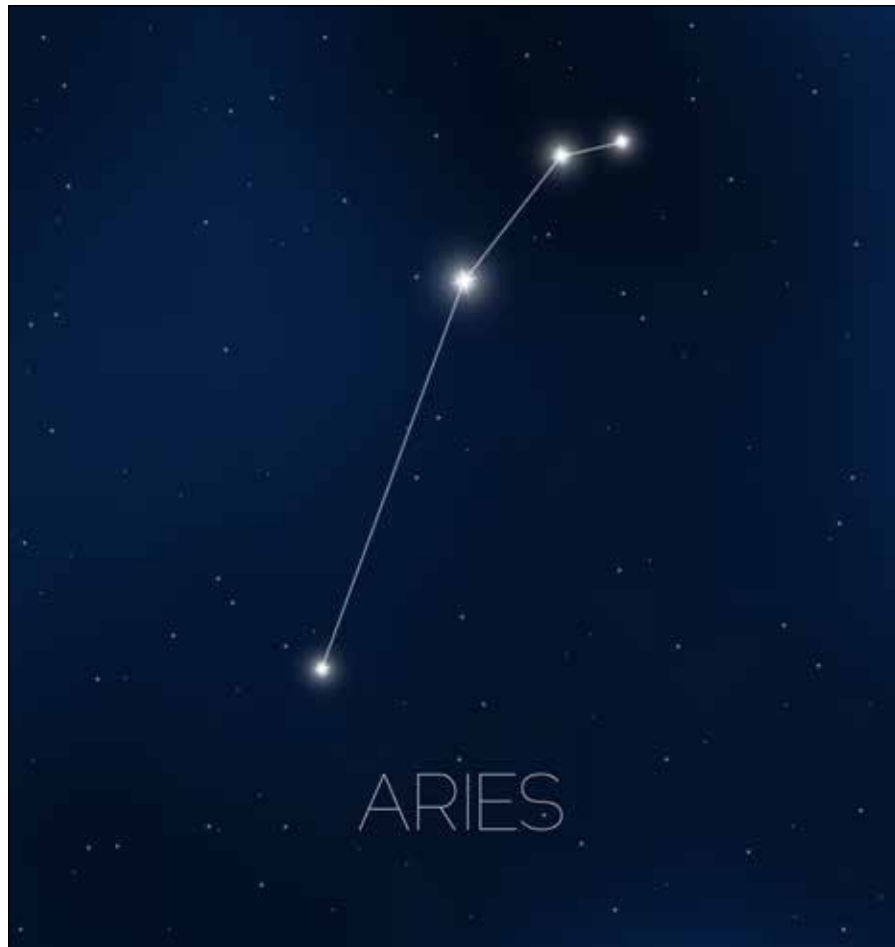
I was talking to a friend the other day and told her, "At least throughout this quarantine, we were given the time to learn ourselves better and figure out what we really want and need out of life." She agreed and stated that it will help us succeed later on; we will be even more prepared to take on life's curveballs after the trying year of 2020. The continuing COVID-19 pandemic has humbled me in ways my "old" life could never attempt to do. After reflecting on all of the hardships during the past few months, I've started to view each sour experience as a necessary lesson that will eventually serve a useful purpose in the future. By using this year as motivation, we can come out stronger on the other end.

Don't get me wrong, it gets difficult some days ... or most days. We're locked in a point of constant reflection. Questions, ones you might ask or get asked often, start to feel like we have déjà vu. "How are you doing?" "Have you gotten accustomed to this new era we're living in?" "What do you miss about our 'old' lives?" Any answer at this point

sounds like a broken record, and it's a battle between staying positive or remaining negative.

Luckily, there are more things we can look forward to. For those of you who follow astrology, Mars is entering the sign of Aries, meaning new beginnings are amongst us, and from what I've seen so far, it's proven to be true already! We can get excited again to watch a baseball or basketball game, eat food from our favorite restaurants (even if it's takeout), or start the school year in whichever way your family decides. We're easing into this unusual norm with fresh insight and a new outlook, which could prove to be very valuable.

To all the students, I wish you all the best in the new school year (and yes, that includes all the parents assisting with distance learning!). May we all stay safe and healthy as we get back on our feet month by month.




IN-STOCK & READY TO DELIVER



 **SCANDESIGN**

FLORIDA'S LARGEST COLLECTION OF CONTEMPORARY FURNITURE

ORLANDO • 4045 S KIRKMAN RD • 407.992.7777
ALTAMONTE SPRINGS • 999 DOUGLAS AVE • 407.862.9775



Best Newborn Care in Florida. Again.

As a new parent, you want the confidence of knowing your newborn baby is receiving the highest quality health care from a loving team of providers. We've always put the health and safety of your new baby first, even before there was a pandemic. As a result, we've been nationally ranked by *U.S. News & World Report* for the third year in a row and named the best children's hospital in Florida for newborn care. That's peace of mind you can count on.

AdventHealthforChildren.com | 407-303-KIDS



20-SYSTEM-05240



Advent Health
for Children

Joining Healthcare When Patients Need Them Most

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



Dr. Deborah German

The taskforce of healthcare workers battling COVID-19 got a much-needed boost with the addition of 137 newly trained physicians who are ready to enter practice. Residents and fellows from the UCF-HCA Healthcare graduate medical education partnership graduated recently and are joining hospitals across Florida and the nation, entering private practice or advancing to additional training.

The graduates included 47 internal medicine physicians, 22 who trained in emergency medicine, 11 in family medicine, and three in obstetrics/gynecology. This year also saw the first four graduates in a new general surgery program, two from a new rheumatology fellowship, one in a new psychiatry program, and two each from endocrinology and surgical critical care fellowships.

Dr. Abdo Asmar, the UCF College of Medi-



cine's vice chair of the GME program, said despite the pandemic's restrictions on large gatherings, the program was still able to send off graduates "with a bang." A series of ceremonies was held for each region where residents were trained – Ocala, Gainesville and Greater Orlando – and maintained social distancing guidelines with very limited guests. The majority of residents graduated from UCF's inaugural GME program – internal medicine in Greater Orlando. That ceremony featured residents led by Dr. Asmar in a parade of golf carts decorated with black and gold balloons and streamers driving around the Rosen Shingle Creek resort. All ceremonies were streamed live so families could participate.

"There were hundreds of people from all over the U.S. and other countries watching to see their loved ones graduate," Dr. Asmar said. "So even though COVID-19 might have made us do things differently, I don't think it was less impactful than what we have done in the past. I am still satisfied that we were able to send these graduates out with a bang."

Doctors cannot practice straight out of medical school and must complete residencies for three to seven years, depending on their specialty of choice. Following residency training, some enter fellowships to develop more specialized expertise.

Forty-three physicians-in-training graduated from UCF-HCA transitional or preliminary year programs that are required for specialties such as ophthalmology, dermatology and radiology before young

physicians enter more specialized training.

Dr. Abdelrahman Attili was one of the first graduates of the general surgery residency program at the Ocala Regional Medical Center. He will go on to do a hepatobiliary (liver and pancreas) surgery fellowship at the Miami Cancer Institute.



"I had a great experience at the UCF-HCA program," Dr. Attili said. "The staff and faculty were really supportive, and the education program was really good. We were able to do a lot of cases that augmented my operative experience here. UCF was also really supportive for research and educational conferences."

Dr. Ambreesh Chawla, one of the first graduates of the rheumatology fellowship program at the Orlando VA Medical Center, will enter private practice in Tampa. Dr. Chawla said he was thrilled to have such a memorable graduation ceremony at the Rosen center in spite of the pandemic's limitations and said more than ever he is looking forward to serving.

"This is an extremely vital time for all physicians," he said. "We innately enter this field to serve humanity and help save and improve the quality of lives of our patients. I think it's a privilege to have the opportunity to serve such a crucial role in such unprecedented times."

UCF and its partners created the residency

and fellowship programs to help alleviate the physician shortage throughout Florida and the nation. The College of Medicine's first residency began in 2014 in partnership with HCA North Florida Division's Osceola Regional Medical Center and the Orlando VA Medical Center. That program led to a UCF College of Medicine-HCA consortium that now has 28 accredited residency and fellowship programs, with the newest fellowship in vascular surgery based in the greater Orlando area. Of this year's 137 graduates, 50 are staying in Florida for further training or practice. Others are heading out of state to practice or participate in fellowships at places like Cedars-Sinai and the Mayo Clinic.

"We are so pleased that many of our graduates will be local to Central Florida, and several of them will be faculty for our own training and medical school programs," said Dr. Davey, associate dean for graduate medical education. "This is exactly the positive impact we hoped for when we launched these programs with our hospital partners."

With the COVID-19 pandemic, Dr. Asmar noted that it is increasingly important to have graduates joining the workforce, especially in Florida, where there has been a resurgence of cases.

"COVID-19 has presented us with so much uncertainty. But amidst all this uncertainty, one thing that we know for sure is the magnitude of this pandemic's impact," Dr. Asmar said. "And what we need to reduce this impact is having more qualified individuals that can be available to save lives. The best way to prepare for all these uncertainties is to have well-trained people there to do the job."

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



Nobel Notable of Laureate Park: Gertrude Elion, Rational Drug Designer, or The Pharmacological Phenomenon

BY DENNIS DELEHANTY

With this article, we continue our series of columns dedicated to celebrating the lives of the Nobel Prize winners whose names grace the 125 streets of Laureate Park. Dr. Otto Phanstiel, professor of medical education at the University of Central Florida's College of Medicine, contributed to this article.

Women are not supposed to win Nobel Prizes for science. Or at least that's what you would be led to think judging from the scarcity of these awards conferred upon women since the turn of the 20th century. To cite one statistic, of the 216 Nobel Prizes in Physiology or Medicine awarded since 1901, women have won 12. Amid this want of recognition, one cannot help but regard the achievements of the exceptionally intelligent, inventive, and hardworking Gertrude Belle Elion as something rare and special.

Elion's parents, emigrants from Lithuania and Poland, settled in New York City, where Robert Elion plied a trade in dentistry, a profession he vainly hoped his daughter would follow. Elion spent much of her happy childhood in the 1920s in the company of her grandfather in the Bronx, a borough then considered a suburb. But tragedy struck as Elion, at age 15, watched her beloved granddad succumb to stomach cancer. The trauma of this loss at such a sensitive age propelled Elion into a new lifelong commitment: to seek a cure for cancer. Enrolling at Hunter College in

midtown Manhattan the following year (she had skipped a couple of grades in New York City public schools), she chose chemistry over biology for her major – admitting later that she found dissecting animals unappealing – and graduated four years later summa cum laude.

While her fellow chemistry majors at Hunter College, all women, sought teaching jobs, Elion, true to her goals, had set her sights on a career in scientific research. A newly minted alumna in the sciences entering the job market in 1937, though, did not readily find work of any kind. During the Great Depression, it was said you couldn't buy a job, and women seeking professional work in those days faced even greater challenges. Yet somehow Elion managed to land a string of temporary lab positions, one of which paid the lordly salary of \$20 a week, an income that enabled her to save sufficient funds to complete a master's degree in chemistry from New York University. With a new diploma in hand, Elion landed on the street again, now more highly educated but still unemployed. However, when the United States entered World War II in late 1941, suddenly jobs became plentiful for women as men marched off to fight.

Elion's life-transforming break came in 1944 when a laboratory assistant position opened at Burroughs-Wellcome, a pharmaceutical firm a few miles north of the city in Tuckahoe, New York. There, one Saturday morning, she interviewed with Dr. George Hitchings, the head and sole member of that firm's biochemistry department. Hitchings hired Elion on the spot, thus launching an extraordinarily productive scientific partnership that would endure for 40 years. (You may have noticed that we have a Hitchings Avenue in Laureate Park that runs alongside The Gatherings complex.)

What so attracted Elion to Dr. Hitchings were his radically new ideas for designing drugs. Hitchings proposed to alter the chemical composition of the four building-block bases of the DNA molecule. These building blocks are the rungs of the corkscrew ladder that make up the DNA double helix. These rungs, or bases, are

adenine and guanine (the purines) and cytosine and thymine (the pyrimidines). After analyzing the structures of these bases, Hitchings and Elion developed derivatives with chemical structures slightly different from the natural bases. Though the specific architecture of DNA was not described until the 1950s, it was already known that these four bases were essential components in the process of replicating cells. Hitchings and Elion called these imposter compounds "rubber donuts" because they looked like the real thing but could not be processed correctly by cells. The hope was that cancer cells would import these altered molecules in an attempt to support their growth efforts. Since the altered molecules were slightly different in structure, they did not support cell growth, and the cancer cells died.

Elion's first success with this new "rational" approach for drug design came in the early 1950s with the development of mercaptopurine, which was shown to be an active agent against childhood leukemia. The first trials of this drug halted the progress of the disease for one or two years only, but later, versions of the drug proved to be increasingly effective. Eventually, through the use of mercaptopurine and analogous medications, the survival rates for childhood leukemia rose from 10% in the 1950s to over 90% today.

You would think that devising a cure for leukemia would be the crowning achievement of a scientist's lifetime. But in the early 1950s, still in her 30s, Elion was just getting started. In the decades that followed, she developed an array of drugs to combat malaria, meningitis, sepsis, gout, and tissue rejection in organ transplants. In the 1960s, her attention shifted to viruses, a pursuit that produced acyclovir, the world's first antiviral medication. If you have used acyclovir to treat cold sores, thank Gertrude Elion for the relief you obtained.

Having never married (her young fiancé died of a bacterial illness) or obtained a Ph.D. (opting instead to keep her job at Burroughs-Wellcome), Elion pressed on happily in her lab, offering our world a wealth of medications that have improved the health of millions. Her 1988



Gertrude Elion and George Hitchings at work in 1948. Courtesy of Wikimedia Commons.

Nobel Prize in Physiology or Medicine, won together with George Hitchings and the Scottish physician Sir James Black, seemed an understatement for a woman who accomplished so much.

Elion Street winds an arc along the giraffe-shaped lake that laps against Canvas Restaurant. Were Elion alive today to visit the street that bears her name, she would likely linger at the point of that arc to gaze contently across the waters toward Nemours Children's Hospital, where scores of children have found healing through the medicines she pursued or perfected throughout her life. Fantastically-modern, ingeniously-designed homes will soon rise at that spot, reflecting the raw creativity that she herself drew upon to design her life-saving medications. Surely, Laureate Park has found the ideal setting to honor Gertrude Elion, that exemplary model still today for so many aspiring young women of science.

Next month: Roger Martin du Gard, Gallic Wordsmith

Dennis Delehanty moved to Laureate Park with his wife, Elizabeth, from the Washington, D.C., area in mid-2018 and began to research and write about the Nobel laureates honored by the street names in our neighborhood early last year. You can contact Dennis at donnagha@gmail.com



The Social Network for Lake Nona

Florida Technical College Appointed As New Trustee of the African American Chamber of Commerce of Central Florida

BY MARIA ISABEL SANQUÍRICO



Tanisha Nunn Gary (L) and Dr. James Michael Burkett (R).

The African American Chamber of Commerce of Central Florida recently announced Florida Technical College as its newest trustee, serving as a partner in fostering economic success for the African American community and promoting diversity and inclusion in the Central Florida business ecosystem. As a leading corporate partner for the past six months, FTC solidified their commitment to the organization by becoming a trustee, joining efforts alongside members like the Orlando Magic, Universal Orlando, and Coca-Cola.

"Much of our strength comes from the diversity of our members," said Dr. James Michael Burkett, president of Florida Technical College. "Diversity not only enhances our institution, it communicates who we are."

As a leader in offering personalized and supportive learning environments, FTC strives in serving the needs of an often overlooked student population by offering a variety of high-demand, career-focused programs.

"We are pleased to have FTC join and to have a leading academic institution as part of our trustees," said Tanisha Nunn Gary, president of the African American Chamber of Commerce Central Florida. "FTC's commitment to providing flexible educational opportunities across Florida helps us expand our reach into other communities, promoting a diverse workforce for generations to come."

Established in 1945, the African American Chamber of Commerce of Central Florida (AACCCF) is a members-only network devoted to cultivating a thriving business environment for African-American companies, an engaged public awareness for minority firms, and education and advocacy for both members and the Central Florida community. The membership organization serves public, private, and nonprofit African-American-owned businesses and organizations in Brevard, Lake, Orange, Osceola, Seminole, and Volusia counties.

FTC joins the Chamber at a critical time as AACCCF strives to achieve its strategic plan of widening its impact and bringing social change through its community leadership initiatives.

"At FTC, we look forward to continuing to build a strong partnership with the African American Chamber of Commerce. We are excited to build on our shared commitment to enhance and promote the economic and civic growth of Central Florida, a community devoted to equality, diversity, and inclusion."



Kathie Golson, C.I.D.

The Golson Team

Your Award Winning Team!

407-902-3011

Info@GolsonDesigns.com

www.GolsonDesigns.com

**Custom Window Treatments | Furniture
Lighting | Floor Coverings | Accessories**

We'll come to you with custom design and products to fit your style and budget.

From concept to completion, we do it all!

Call for your complimentary consultation - you'll love us!

**DECORATING DEN
INTERIORS**



kw | **THE LIZ TEAM**

**WE ARE YOUR #1
SOURCE FOR
ALL YOUR
REAL ESTATE
QUESTIONS**



**WE LIVE HERE IN LAKE NONA AND WE PROSPECT
AND MARKET INTERNATIONAL**

CALL US WITH ANY REAL ESTATE QUESTIONS

LIZ HERNANDEZ

407-717-2464

lhernandez@thelizteam.com

www.TheLizTeam.com

The Artist: Crisp, Catching, and Redefined

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF KRISTINA BOZANICH



Meet Kristina Bozanich of Bozanich Photography. *Nonahood News* snagged an interview with Bozanich after the striking photos in her submission enchanted us. Below, get to know our August artist and how she developed such a mesmerizing style as a photographer.

Nonahood News: What drove you to become a photographer?

Kristina Bozanich: Honestly, a photographer was never on my list of things to become, but I simply fell in love with it as I fell deeper into the field. When I was on the career path to be a scientist, I often captured wildlife and landscapes just to show what beauty I was seeing and to share with the world. Besides nature, I began diving into the art of capturing actual people. I started to study the art and learn the techniques a bit more closely as life went on. It was working with people of different backgrounds and origins that made the process fun! I continued this hobby for a number of years until I sat down with myself and thought, “No, I really *can do* this as a living. I am going to give it a try and go full-time.”

NHN: When did you realize photography was your passion?

KB: Over the years, I have had a number of random positions (student, customer service rep, and school teacher). Through all of these positions, photography (and makeup) was the consistent hobby that I had going on the side. It was always a lot of work but fun to play with new techniques, products, and meet interesting people.

NHN: How often do you find yourself shooting?

KB: With the virus, things have really slowed down, of course. Right now, I am scheduling creative shoots about every week to bring new content to my site and show the

world, “Hey, I’m still here!” I am booking at least two months in advance for some of these sessions to make sure we have a date set.

With more normalcy, I would spend at least 5-10 hours a week shooting, and the rest of the work week post-processing the photos. For myself, I minimally spend an hour or two a week capturing the sunsets in my own neighborhood and photographing life at home with my family.

NHN: How long did it take you to discover yourself and your style as a photographer?

KB: First, to just discover that I was a “photographer” and tell people, that took a few years! I did not classify myself that advanced for quite some time until I realized that my work deserved the title. In terms of my style, that took the longest to discover and develop. I would like to say I was getting the techniques down for the first two years and slowly advanced my style for another three years after that. It was in the last year and a half that I really narrowed down what makes my work *mine*. In making something worthy of Bozanich Photography, it must fit my color theory, perspective, and focus points. If makeup is included in my shot, it must be crisp, catching, and refined.

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

KB:

1. Autism Infinity Project: A client in Seattle, Peyton Justine, is a neuro-diverse actress, model, and YouTuber who hired me for a special project last year. She is a spokesperson and educator on autism and wanted to bring the autism infinity symbol to life! I brought her vision together in makeup and imagery, which she and her audience loved. I felt so honored to help bring the meaning of this project to life for World Autism Acceptance Day!
2. Winthrop Wedding: This wedding was unlike any other and with such a beautiful couple! Crystal and Travis hired me for their rural wedding situated in the valley of mountains in a yurt in Washington. Their bride and groom portraits could not have come out any better! And to bring the experience altogether, there was a special sign in one of their photos that they took to heart from a dear friend who had passed away that year.
3. Sunset Project with Catherine DiSpigno: In collaboration with a local salon, my model, Catherine, dyed her entire head into a sunset cascade! The salon owner and I worked together on creating a theme – coordinating between his work on her hair and the vision I had for the makeup. In the end, the images came out awesome with light leaks and abstract art!

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

KB: My creative sessions

are absolutely the most time consuming! Typically, the session itself is at least four hours on the day of. It takes about an hour for setup and breakdown of equipment, one to two hours (at least) for makeup that I do to transform the client, and at least an hour of shooting (not including if we move locations). Afterwards, I spend anywhere from 5-10 hours picking the best photos, retouching every detail, and choosing what artistic flow each photo should have. Sometimes, I completely edit an image and decide the style is not right and have to start over again to get it right.

NHN: What are some of your dream projects?

KB: A full crew team – hair stylists, designers, models, project manager, and specialists – all to complete the scene. I would love to be hired for a project on the outskirts of civilization to photograph a modern fantasy in a wild setting. This is the big dream!

On a more local level, I have this idea of using high quality magazine-style images to renovate the branding of an established business. It would be awesome to become part of a project that revitalizes its appearance so that when people view the images, they think, “Whoa! That’s a whole new look!”

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

KB: There are certain artists that inspire me often – Bella Kotak (a fine art photographer), Vlada Haggerty (a makeup artist famous for lip art), and Art Wolfe (a National Geographic photographer). A not-as-well-known photographer that has always moved me for his editing style is Chris Rona Photography (in Washington state). I admire and study many artists, for which I consider when developing my own techniques for my artistic process. However, the true vision in the time of pure creation mostly comes from playing (with makeup, lights, wardrobe, etc.), seeing something in a movie or magazine, or just emulating a vision in my head in front of me.

NHN: Future goals/plans?

KB: As a business, my goals are to organically grow in my local area while supporting people and businesses around me. I want to develop supportive relationships with more designers, hair stylists, venues, etc., so that we can all work together to create beautiful imagery!

My personal goal is very simple. I merely want to soak in every moment that I create with my one-year-old. My time at home has been precious and with him growing so fast, I just want to preserve every memory (whether that is in my head or with a camera!).

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\(artist\)](mailto:nonahood.to(artist)@nonahoodnews.com).



JOSEPH QUAGLIATA, MD

RAOUF HILAL, MD

PAUL S. PANZARELLA, MD


ANDRIA MUSHAHWAR, MD

CENTERFORADVANCEDGI.NET

CALL: 407-644-4014

12601 NARCOOSSEE RD, SUITE 209

ORLANDO, FL 32832



CENTER FOR ADVANCED

GASTROENTEROLOGY

IS SPREADING HEALTH THROUGH

PREVENTION

IN LAKE NONA AND 5 OTHER

CENTRAL FLORIDA LOCATIONS



The Social Network for Lake Nona

Orlando School Prepares Children To Be Bilingual by Sixth Grade

ARTICLE BY MARIELA SIERRA
PHOTOS COURTESY OF ST. JOHN
VIANNEY CATHOLIC SCHOOL



After months of juggling homeschooling duties amid a pandemic and then trying to keep kids healthy, happy, and engaged this summer, the back-to-school season is now upon us. Like most parents, you probably have a lot of questions about what to expect when your child's school reopens. Or, perhaps, you would like your child to be challenged in new ways and are considering a new school altogether. One question that you might be asking yourself is this: What is an important skill for my child to develop if they are to be prepared for future success?

For many parents, the answer to this question is fluency in a second language, and Spanish is a popular choice. However, teaching your child Spanish may seem like a daunting task, especially if you do not speak the language yourself. If being bilingual is a goal in your family, one option to



consider is a dual language program such as the one offered at **St. John Vianney Catholic School**. Developed in conjunction with Boston College and based on research from their Roche Center, the program is the first of its kind in the Diocese of Orlando.

At St. John Vianney, inspirational messages in both Spanish and English adorn the hallways. But is it truly possible to be fluent by sixth grade? Yes, it is! It requires patience, but it works. The program uses a 50-50 model known as two-way immersion. Students are assigned two teachers, a Spanish-speaking teacher and an English-speaking teacher, beginning with pre-K. Half of each instructional day is spent learning in English with one teacher and the other half spent learning in Spanish with another. This way, language learning happens in a "real life" context relating to the subject matter, not as an isolated or disjointed activity.

You may be wondering if there is value in starting so young. Or you might think, why not wait until high school or college? Studies have shown that it is easier for children to learn the younger they are. Pronunciation and grammar habits of the first language are less deeply ingrained, so new habits are easier to acquire. Also, younger children tend to be less inhibited about making mistakes when speaking a new language. Since the more hours spent learning a language leads to higher flu-

ency, younger students have the benefit of time on their side by starting early.

There are other benefits as well. Consider the following:

Academic Benefits – Children in bilingual environments exhibit more cognitive flexibility, creative thinking, and problem-solving abilities when compared to monolingual students of the same age. They develop more focused attention because of the discipline required to switch between



languages. Dual language instruction also increases a child's ability to manipulate sounds, so they achieve reading readiness sooner.

Social Development – Learning another language helps to create open-minded children by fostering a greater understanding and appreciation for different cultures. It also improves a child's social skills by enhancing their confidence in social interactions and increasing their self-esteem.

Greater Communication Skills – Studying the grammar and sentence structure of a second language improves a student's understanding of their native tongue, helping them to communicate ideas more effectively. By understanding "how language works," it becomes easier to learn a third or even fourth language. Language skills provide an advantage later in life when students enter the workforce, where being bilingual can lead to



higher pay.

In today's global society, speaking another language opens so many doors. It even makes traveling more enjoyable and offers additional opportunities to experience arts such as theater, music, and literature.

So if you are wondering whether dual language learning is right for your child, consider the benefits! We invite you to learn more about **St. John Vianney Catholic School** at www.SJVS.org or by calling the number below and speaking to a representative. Scholarships are still available for the 2020-2021 school year.

St. John Vianney Catholic School
*Offering both On Campus and
Livestream Instruction*
PreK4/VPK through 8th grade
6200 S. Orange Blossom Trail
Orlando, FL 32809
(407) 855-4660
www.SJVS.org



Premier | Sotheby's
INTERNATIONAL REALTY

Let Us
**SHOWCASE YOUR
HOME TO THE WORLD**



Buyers have always been captivated by Florida's enviable weather, coastal beauty and relaxed lifestyle. The demand to own a piece of paradise is strong — **and with homes selling quickly and at top dollar, there has never been a better time to sell your property.** Listings proudly display our yard sign as an

iconic symbol of luxury, optimized value and exceptional service. When a home is represented by

Premier Sotheby's International Realty, it benefits from cutting-edge marketing and global recognition.

Brilliant photography and professional video | Custom brochures and Just Listed postcards
Digital innovation | New and award-winning website | Promotion on over 500 partner websites
Global and local media partnerships | Advertising in top newspapers and magazines
Affiliation with the Sotheby's auction house and access to affluent clientele | Concierge-level service

FINANCIAL TIMES

THE WALL STREET JOURNAL

The New York Times

MANSION GLOBAL

realtor.com

Zillow

Emirates

THE TIMES



trulia

inman

NIKKEI

Visit or call us for a private consultation
ListWithUsToday.com | 877.539.9865

Premier Sotheby's International Realty. All Rights Reserved. Sotheby's International Realty® is a registered trademark licensed to Sotheby's International Realty Affiliates LLC. Each office is independently owned and operated. Equal Housing Opportunity.

Let’s Talk Lake Nona: PT Genie Brings Physical Therapy Into the Digital Age

Lake Nona’s newest headquarters is advancing the physical therapy industry with an innovative new system

BY LAKE NONA



Dr Reuben Gobezie

Lake Nona resident and orthopedic surgeon Dr. Reuben Gobezie had a problem. It was difficult for him to monitor his patients’ physical therapy (PT) progress following surgery, and he knew there had to be a better way to help them recover faster and with

less pain.

“There was a challenge in understanding how effective a surgical procedure was if we couldn’t account for the quality of rehab

between patient visits,” said Dr. Gobezie.

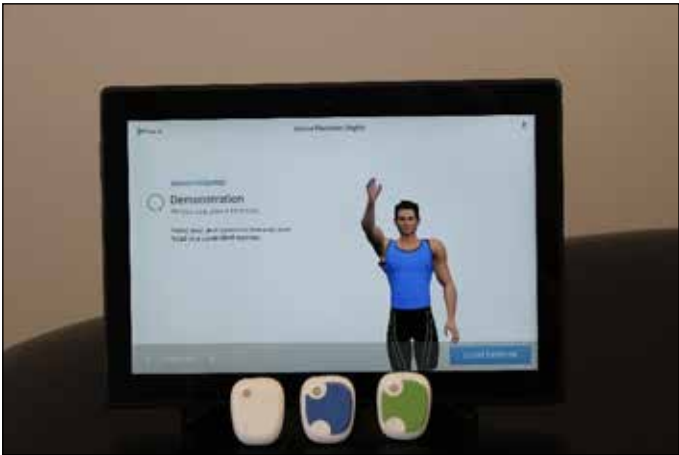
And that’s where the idea for PT Genie was born – a home-based, wearable device that keeps patients connected with their physical therapist and doctor while doing PT exercises from home.

“I do a lot of clinical research on all the different ways we can do things better in orthopedics,” said Dr. Gobezie. “About five or six years ago, the idea for PT Genie came about following a conversation with a friend from Harvard Medical School as a research tool that turned into a leading company for outpatient monitoring.”

A nationally-recognized leader in shoulder care, Dr. Gobezie was searching for a practical, data-driven way to understand the physical therapy progress of his patients. With PT Genie, he developed an online solution that helps patients and providers from across the country stay connected. Earlier this summer, Dr. Gobezie officially opened the PT Genie headquarters in the GuideWell Innovation Center in Medical City.

PT Genie is prescribed by a healthcare provider to give the patient an on-demand experience so they can do therapy on their own time, following a rehab protocol designed by their doctors from a library of more than 400 exercises. The patient wears digital sensors as they follow specific exercises on a screen, and the data is saved in a cloud-based system where the patient, doctor, and physical therapist can track the progress.

“With PT Genie, we’ll begin to understand what exercises work best from patient to patient based on things like age and gender,” said Dr. Gobezie. “This evolution of



data will help inform physicians and patients about the best rehab protocol for their recovery and what providers offer the best outcomes by region or hospital.”

Dr. Gobezie and his family moved to Lake Nona four years ago. He says his love for the community and watching Medical City expand inspired him to relocate his digital health company from Cleveland, Ohio, to Lake Nona.

“I love Lake Nona, and I think Tavistock is doing a great job developing the area, especially Medical City,” said. Dr. Gobezie. “We wanted to move our PT Genie headquarters to Lake Nona, where there is a lot of growth and opportunity for new businesses in the tech and biotech space. We’re excited to be part of the movement in Lake Nona to have a more meaningful impact on health and wellness.”

Growing up in Southern California with a father who was a physician, Dr. Gobezie had an opportunity to meet doctors in different disciplines, from internal medicine and cardiology to pulmonology, orthopedics, and general surgery. Dr. Gobezie

“would pay attention to how they lived and worked, and the doctors in orthopedics seemed to have a lot of fun and their patients did well.”

In addition to opening the PT Genie headquarters, Dr. Gobezie is also transitioning his orthopedic practice from Cleveland to Lake Nona, where he’ll continue to offer outpatient shoulder surgery to patients from all over the country. He’s also working with a local hospital network to develop a world-class shoulder center in Orlando.

No matter the case, Dr. Gobezie is committed to helping his patients get back to normal as soon as possible. “Fundamentally, orthopedics is about restoring mechanical function to the body and relieving pain. I love orthopedics because it’s about saving quality of life,” said Dr. Gobezie.

To learn more about PT Genie and how it works, visit ptgenie.com.



Business Spotlight: Innova Restoration

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF INNOVA RESTORATION

Living in Florida means dealing with heat, humidity, and hurricanes. The three H’s, if you will. For homeowners, that means keeping an eye out for mold and water damage, among several other potential issues that could arise. Luckily, Innova Restoration is a one-stop shop to help residential and commercial properties throughout Central Florida with issues ranging from mold remediation to reconstruction. Senior project manager Greg Hanchi spoke with *Nonahood News* about the history of the company.

“We are four owners (two families) that have known each other for over 15 years. We all come from different professional backgrounds, and I think this has been key to the success of the company. Each of us is responsible for different areas of the business. In other words, we complement each other pretty well. We started the company in November 2018 and operations went live in January 2019. We provide the following services: water damage mitigation, mold remediation, fire clean up, [reconstruction], and cleaning and disinfecting services. We cover all of Central Florida.”

Let’s focus on mold remediation ... you might be asking yourself why that is important. According to Hanchi, water damage is one of the most frequently filed insurance claims.

“Any property that experiences water damage should contact a restoration company to properly dry the structure. If the structure is not properly dried in a timely manner, then mold can start growing. If mold is not remediated properly, it can have adverse effects on someone’s health.”

Some of the most common causes of water



intrusion/damage are broken pipes, roof leaks, HVAC unit malfunction, toilet overflow, improperly sealed windows, stucco cracks, and more. Ways homeowners can identify potential damage include water stains in ceilings or walls, paint cracks, musty odor, baseboard or crown molding separation, etc.

If you’ve noticed any of the above in your home or business, it’s time to give Innova a call.

“As soon as a homeowner experiences any water damage, Innova should be their first call,” explained Hanchi. “We’ll send a certified project manager to their property to perform a free assessment and provide guidance on next steps.”

Hanchi detailed that every mold job In-

nova performs is different, and the cost of services vary based on the extent of the situation.

“When we are called to perform an assessment, we send a project manager to the property with the respective tools to assess the extent of the damage. We use thermal imaging cameras and moisture meters. Our trained staff will look beyond visible damage; we do an entire walk-through of the property, if necessary, and cover any rooms adjacent to the main affected area. Based on our experience and training, we’ll be able to tell you not only what has been affected but any potential damages that may not be visible at the time of assessment,” Hanchi continued. “Once the assessment is complete, our project manager will provide guidance on next steps and discuss in detail the options we think are best for the homeowner.”

At this point in the process, you might find yourself questioning whether your insurance would cover this or not.

“Normally, policies will cover damages caused by any sudden or accidental discharge/overflow of water, caused by acts of nature such as windstorm, hail, and hurricane. Policies also cover fire damages, lightning, vandalism, and many other perils,” advised Hanchi. “Some policies have water exclusions and/or limitations. We recommend homeowners to always review their policy. They may think they’re saving money by removing certain items from the policy or excluding certain perils, but in the long term, this could harm their budget.”

So why should companies and homeowners alike select Innova Restoration over the competition?

“We care for our customers and understand how frustrating it can be seeing your home in a water damage situation. With Innova, you will be kept in the loop every step of the way until your home is restored back to pre-loss condition,” detailed Hanchi. “There are restoration companies who treat their customers as another invoice; Innova goes above and beyond to make sure our customers feel comfortable with our staff and create a great experience during a stressful situation. The Innova experience is unique, and we treat our cus-



tomers as family.”

Innova Restoration is also certified by the IICRC – the Institute of Inspection, Cleaning, and Restoration Certification. Hanchi explained more about the certification.

“This institution creates the standards for the restoration industry. There are processes and procedures individuals need to follow when performing water mitigation and mold remediation. If these processes and procedures are not followed, the structural drying and/or mold remediation will not be effective and secondary damage can occur,” Hanchi described. “These IICRC standards also cover safety guidelines, and if these guidelines are not followed, you may be exposing your employees and others to health hazards. Innova also carries a mold remediator license registered with the Florida Department of Business and Professional Regulation, which is required to perform any mold remediation jobs.”

All Innova Restoration assessments are free and the company even has a customer referral program – a \$100 gift card for any referrals who sign up for Innova’s services. If you suspect water intrusion in your home or business, request your free assessment by emailing clientservices@innovafl.com or call (407) 630-7843. For more information, visit www.innovafl.com.



We've never been more ready.

Central Florida's #1 ER

Now, more than ever, we're taking extra precautions to keep you safe in our ER. Seek help immediately if you've been injured or are experiencing symptoms like:

- Chest pain
- Shortness of breath
- Severe stomach discomfort

Emergency experts always close by at 21 easy-to-find emergency locations.

[AdventHealthCentralFloridaER.com](https://www.adventhealthcentralflorida.com/ER)



20-SYSTEM-06156

FROM ONLINE TO BASELINE.



The sport that lets you keep
social distance without
being socially distant.

Tennis. Get out and play.

ustanationalcampus.com

USTA
NATIONAL
— CAMPUS —

©2020 USTA. All rights reserved.

NONACONNECT.COM
The Social Network for Lake Nona

USTA: Q & A With Simon Gale, Director of Tennis

BY DANIEL PYSER

The USTA National Campus reopened to the public in June, offering limited programming options in order to maintain a healthy and safe playing environment. In what is usually one of the busiest times of year for programming at the campus, anchored by its annual summer camp, the tennis staff has had to adjust.

Leading the USTA National Campus staff of teaching pros who deliver tennis at every level through lessons and classes is director of tennis Simon Gale, who began his role in late February just before the campus was forced to shut down due to the coronavirus pandemic.

A mere few weeks into what he considers to be a dream job, Gale, along with campus leadership and his core team of head professionals, had to completely scrap their programming plans for the remainder of 2020 and, instead, put forth a plan that emphasized safety and minimized physical interaction in preparation for the campus eventually reopening.

Gale is originally from Perth, Australia, and came to Orlando after more than two decades of tennis coaching and administration experience in the Northeast. The following is a brief Q&A with the campus' new director of tennis.

USTA: How did you get introduced to the sport of tennis?

Simon Gale: When my family moved from Melbourne to Perth, my dad joined the local tennis club as a way to connect with the community. The club was a five-minute bike ride from our house, and my brother and I would often tag along when my dad would play. Our elementary school started a program offering tennis lessons at the club, and from that point on, I was hooked. I would ride my bike to the club before school each day to hit against the wall, and the rest is history!

USTA: What attracted you to the director of tennis job at the USTA National Campus?

SG: I had visited the campus multiple times through Net Generation (the USTA's youth tennis brand) training and other conferences that were hosted there, and there is truly nothing else like it. When the campus is in full flow, the mesh of programming, tournaments, people playing, and pros practicing creates an energy that is infectious.

The opportunity to be the director of tennis at the USTA National Campus and play a role in influencing the growth of tennis was exciting for me. One of my passions is developing a team and helping young pros grow into valuable contributors in the industry, and the National Campus provides the perfect opportunity to do that as a hub of tennis innovation.

USTA: What are you most looking forward to as part of your new role?

SG: I truly believe that we are delivering a sport that changes people's lives. When you think about what tennis does for people, it is quite unique. When a new player picks up a racquet and starts the tennis journey, it is amazing to watch what unfolds. We have the ability to bring people together and create a connection that can last a lifetime. I like to use the saying "it is more than just tennis" we provide, and making sure our team understands why people play tennis and how it impacts them is why I love what I do.

USTA: What kind of program offerings can guests expect in the near future?

SG: We have reopened with one goal: to provide the safest possible environment for both our staff and customers. Our sport is perfect for both kids and adults to try and has natural physical distancing built into it. We are adhering to all of the campus' health and safety protocols, but when it comes to programming, we have instituted reduced class sizes that will not exceed a maximum of four players per coach.

That being said, we have our full menu of programming available, catering to all ages and ability levels. We will transition to our fall programming in mid-August, which will include all of our traditional options for both children and adults. Players are encouraged to visit www.ustanationalcampus.com, where they can find the latest updates on programming offerings as well as safety protocols.



COVID-19 RESOURCE PORTAL:

nona.link/covid

In the Garden: Got Worms in Your Vegetable Garden?

BY AMBER HARMON

So, what are worm castings anyway and what are their benefits in the organically grown vegetable garden? To get to the point, worms eat garbage and poop out magic as far as the vegetable garden is concerned. In a container, raised bed and even elevated vegetable gardens, there is an element from nature that's missing, no matter what you add to it ... unless you add worms.

We already know that our vegetable garden needs fertilizer, which typically provides the macronutrients like nitrogen, phosphorus, and potassium. The rates at which these elements are supplied to the garden are listed as numbers and in every fertilizer package where you see N-P-K. The details of what a vegetable garden really needs to get the largest production with the most nutrient-dense vegetables requires us to dig a little deeper. To create a healthy structure in the soil and a living, teeming environment of beneficial organisms, like what exists naturally in the traditional in-ground garden, requires worms.

Worms do a great deal, naturally benefiting the soil and creating a teeming ecosystem within your garden. Without worms, the garden is missing crucial beneficial microbes, micronutrients, and good bacteria needed for healthy plants.

One of the natural benefits of having worms in the garden is that, as they crawl through the soil, they till and aerate the soil so that water can drain well. Another thing that worms do is, as they travel through the soil, they eat things like compost food scraps, dirt, and bacteria. Then, they poop worm castings, which add the much-needed microbes, nutrients, and bacteria to build up the structure and living environment within the soil. These elements typically are not found in bagged mixes that you can purchase in the store, even in the organic potting mixes.

Worm poop is called "worm castings," and worm pee is called "worm tea." Not all worm castings are created equal. The worm's diet determines the level of nutrients in the worm castings and tea. People feed worms all kinds of things, like our friends over at Our Vital Earth in Apopka. They feed their worms volcanic rock grit, containing many different micronutrients that can then be found in the castings and thus delivered to the plants in the garden. Also, consider the shelf life of castings that have been bagged and sit on a shelf for an undefined period of time. Freshness counts, too. Over time, everything natural degrades and loses nutrient density. It's best to get local, fresh castings and tea.

When adding worm castings and worm tea to a garden, it adds some nitrogen as well as nutrients like calcium, magnesium, potassium, sulfur, and boron. These additional nutrients allow for the plants to better absorb the macronutrients, N-P-K, that already exists in our organic fertilizers. It is kind of like eating food with your vitamins so that your body can absorb the nutrients.



Courtesy of Our Vital Earth

It simply drains out of a spout at the bottom.

If you feel like your organic vegetable garden just isn't producing the way that you believe it should or you're not getting the taste that you'd expect from your veggies, try adding some worm castings and see how your veggies perk right up. The leaves will have a deeper green color within days, and your next round of vegetables will taste even better. Good taste typically equals good nutrition in vegetables.

If you really feel that your garden needs a quick boost, then worm tea is the way to go. It can be used as a foliar spray on leaves as well as added to the soil when watering. For a longer supply of micronutrients in the garden, use the worm castings because they just stick around longer and take longer to break down in the soil.

Castings and tea can be cultivated in a worm café. The café is a structure where the worms are fed and cared for, then the castings are extracted at different levels of the system.

The tea just



By Amber Harmon

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!"



Providing Healthy Sustainable Food For Families and Business



Elevated Organic Gardens
Custom Design,
Installation, & Garden Service
[MyNonasGarden.com](https://www.MyNonasGarden.com)
407.593.8196
f My Nona's Garden



BAXTER WINDOWS LLC

407-930-1599

Family Owned & Operated

www.BaxterWindowsAndDoors.com

- Windows
- Entry & French Doors
- Sliding Glass Doors
- Bi-Fold (Accordian) Doors



Previous Awards
2017 - 2014

SCC131152146



Chirag J. Patel, MD, FACS

Krishma Patel, PA-C

Astrid Irizarry,
Medical Aesthetician

Facial Aesthetics &
Boutique Medical Spa

Cosmetic Eyelid Surgery

HydraFacial

Botox

Juvederm

SkinMedica

ZO Skin Health

Microneedling

Lasers and Tattoo Removal

Compassion. Community.
Cutting-Edge Care.

#EYEpromise

Lake Nona
OPHTHALMOLOGY
Med Spa

NonaEyeMD.com

407.857.EYES (3937)

LAKE NONA

REGIONAL CHAMBER OF COMMERCE UPDATES



FROM THE CEO

Throughout this pandemic, your chamber was here for you with essential, authenticated, and helpful information to guide the community through this troubled time. We also brought masks into our system, and they are still available. All you have to do is ask, and we will reserve some for you. In addition, I am available to consult or work with you to find helpful resources.

With gratitude, I thank Tavistock Development's Lake Nona events staff, especially Justin Nickerson, for allowing us to take part in the first Great American Parade on July 28, here in Lake Nona. It was a grand patriotic event enjoyed by all.

Thanks to all our supporters that continue with us. Without you, we cannot help the community.

Please stay safe and well. Support our local businesses and nonprofits.

Don Long, President/CEO

EVENT GALLERY



June 16, Tuesday Zoom: "Rock it Out!" – Participants played a snippet of their favorite classic rock song and raced to be the first to guess its name.



June 19, Ribbon Cutting at Regenomics, PLLC – Chamber members attended the ribbon cutting for our newest member in a hybrid, live-streamed event. (Photo by Evan Bass)



June 23, Tuesday Zoom: "High School Yearbook Photo" – Participants reflected on their high school days with their senior photos and anecdotes.



June 30, Tuesday Zoom: "Lessons Learned, Positives Gained" – Chamber members and guests spoke about the lessons they have learned as a result of the pandemic.

NEW MEMBERS

AAA Chemical Toilet Rental

Aflac - Erika Spencer

BurgerFi Orlando - Lake Nona

Goodwill Industries of Central Florida

KPMG Lakehouse

Mark Van Valkenburgh for Circuit Judge

TLC Foods Corporate Holdings Inc.

Western Governors University (WGU)

Wild Florida

NEW GOLD PARTNER

Central Florida Monthly

Proud MEMBER of



RENEWED MEMBERS

Brightway Insurance, The Sterner Agency

Center for Advanced Gastroenterology

Central Florida Children's Home

Central Florida Monthly

Chicken Salad Chick

Eagle Creek Golf Club &

The Belfry Restaurant

Fish Window Cleaning -Next Pro LLC

FL House of Representatives Dist 50 Rep

Rene "Coach P" Plasencia

Freedom Mortgage Corporation

Fusilier Realty Group

Holiday Inn Express and Suites Orlando -

Lake Nona Area

LATAM Airlines

Law Office of Sorondo Bonham PLLC

Life Enhancing Dentistry

McDermitt Davis

McGee, Lucia

Millenia Partners

Orangetheory Fitness Nona

Pediatric Dental Group

Ponte Health, P.A.

Quick Snacks Vending

St. Cloud Regional Medical Center &

St. Cloud Medical Group

The Liz Team Real Estate

Tranquil Waters Counseling LLC

United States Postal Service



Nona Your Neighbor:
Divya & Gary Cardoso

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF DIVYA CARDOSO



Divya Cardoso is a dietitian, mom, and the blogger behind @an_evolving_life. Gary Cardoso is a dentist. They are both Nonahood residents. Read our interview with them below!



Nonahood News:
What is your job?

Divya Cardoso: I have a threefold answer. By education, I am a registered dietitian with a double master's degree in nutrition and dietetics. I have been in the profession for the last 15 years serving different age groups.

Second, about two and a half years ago, when my husband and I decided to start a family, we had a pleasant surprise waiting for us at our first ultrasound: We were expecting twins! Being a mom has been life changing.

Thirdly, combining my professional and personal experience, I started seeing a need for accurate, evidence-based information to support new parents in providing a healthy lifestyle for their children and family. I decided to share my experience and knowledge using social media and blogging. I focus on sharing practical, evidence-based approaches to daily struggles regarding food and wellbeing.

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

DC: My schedule reflects all the hats I wear. We live in a multigenerational household because of the current circumstances. I spend the day with my children and my dad. In the evenings, we spend time together as a family. Once lights are out for the night, I spend my time writing and creating content for my blog and social media.

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

DC: Trying to accomplish everything within a 24-hour period can be a challenge. I remind myself to do the best I can and not to stress out about being perfect. The palpable interest from people I have engaged with since starting An Evolving Life has made this entire experience very rewarding.



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

DC: In this current age, information from social media influences people. I came across a lot of misleading information shared by people who had no education or experience in the field. Hence, sharing a practical and relatable approach to daily struggles with food and diet within a family has become an interest and the content for my social media platforms.

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

DC: My stress buster is gardening. The last few months, I was able to start a vegetable garden and actively involve the twins in the whole process.

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

DC: I see myself as a person who can impact families to make well-informed food and lifestyle choices.

Gary Cardoso: We want to be a major part of Lake Nona. I'm a dentist and Divya is a dietitian, so we want to make an impact within our community.

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

GC: We chose this community by total chance. We moved to Central Florida due to work. I chose a job in Brevard County, and Lake Nona was the closest place for me to drive back and forth. It was the best decision ever. At first, we rented, and in six months, we bought a house. We moved to Lake Nona in 2015 on Thanksgiving Day.

NHN: Where are you from originally?

GC: Born and raised in Dubai but 100% Indian.

DC: I was born and raised in India.

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

DC: It is family-oriented and a conducive environment to raising children.

GC: Multicultural society – you learn so many things from different people. Whatever you need is in a few miles' radius of your house.

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

GC: You are moving into one of the most developing and best communities in Orlando. It is the place to buy a house and move if you want to raise your family in a nice, healthy environment.

DC: The people in Lake Nona make it special. It is a little bit of everything; that blend is good for family life.



The Future is Here.

See the Difference in 20/20

Laser Cataract Surgery

Advanced Lens Implants

NonaEyeMD.com
407.857.EYES (3937)

9685 Lake Nona Village Place Suite 204
Orlando, FL 32827

DMI Insurance

Contact us for all of your Insurance Needs!

Hablamos Español

(407) 573-6100

Lake Nona Town Center
6900 Tavistock Lakes Blvd., Suite 474,
Orlando, FL 32827

www.dmiinsuranceorlando.com

LAKE NONA HOUSING MARKET UPDATE

June 2020



kw. THE LIZ TEAM

407.717.2464
LHernandez@theLizTeam.com
www.theLizTeam.com

Laureate Park



67 HOMES
Active Inventory



19 HOMES
New Listings

SOLD LAST MONTH: 17

Average sold price:

\$518,961

97%

List to sold price ratio



84 DAYS

Avg. Days on the market

Eagle Creek



31 HOMES
Active Inventory



10 HOMES
New Listings

SOLD LAST MONTH: 15

Average sold price:

\$424,650

98%

List to sold price ratio



49 DAYS

Avg. Days on the market

Village Walk



32 HOMES
Active Inventory



7 HOMES
New Listings

SOLD LAST MONTH: 12

Average sold price:

\$389,817

97%

List to sold price ratio



49 DAYS

Avg. Days on the market

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

WANT TO KNOW WHATS THE VALUE OF YOUR HOME? Text Liz your home address for a fast **FREE HOME VALUE** report.

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

EVER READY DON'T DELAY.

Orlando Health wants to remind you to make your overall health a priority. If you experience symptoms that require immediate attention our emergency rooms are open and ready to provide care.

OrlandoHealth.com/ER

**ORLANDO
HEALTH®**

Orlando Regional
Medical Center



LAKE NONA®

THE

GREAT

American

FIREWORKS
& PARADE

A GREAT BIG THANK YOU
TO THE COMMUNITY

NMNONA.MEDIA

SUNTEK



TAVISTOCK
DEVELOPMENT COMPANY



Felicity Mae Know

BY FELICITY MAE GOMER



Q: “I’ve struggled with acne breakouts for a long time and haven’t found anything to help. What can I do to control my breakouts better?” – Soli

A: It takes some time to find a skincare routine that works for you. I know that when I buy a full skincare kit from a brand, I constantly run out of one product before the other and am forced to mix and match with whatever is available. Conveniently, that is what has led me to discover the perfect skincare routine. If you can, I’d recommend consulting with an esthetician or your dermatologist to see what they recommend and then go from there. Harsh scrubs with microbeads are much more damaging than they are beneficial for everyday use. It’s important to use irritant-free soaps as fragrances can help contribute to skin imperfections and discomfort. Exfoliate sparingly, use gentle soaps, and tone with something natural and acne-fighting (like witch hazel or tea tree oil). Then, be sure to moisturize to seal the good stuff in and keep the gunk out. When I feel a pimple begin to surface, I’ll dab a bit of tea tree oil on it to minimize its growth overnight. They have little pimple stickers at most drug stores or beauty stores to place on whiteheads at bedtime – for me, they work wonders. Be gentle with your skin even if you feel like you should be using harsh chemicals to quickly combat your skin. You must remember that balance is essential; aggressive acne cannot be treated with equal aggression. Of course, as I am not a professional, medical advice is where to start. Your skin may require pharmaceutical help beneath the surface, in which case a simple routine may not be enough. Regardless, I highly recommend a gentle and thorough approach with a foaming, fragrance-free cleanser with a strong toner and a lightweight moisturizer.

Q: “My best friend and I are interested in the same guy, but he is interested in me. How do I handle this situation around my best friend?” – Renee

A: Oof. A tough spot to be in. As long as you’re respectful of your best friend’s feelings, she/he should be respectful of yours. By that, I mean not to rub your relationship in her face until she/he is more comfortable with the situation and, also, for her/him to be supportive of your new romantic venture. It’s a difficult position and is a lot to ask of a best friend – and this will certainly be a test for your friendship. It may be difficult not to spill every detail of every date and conversation with them, but at least in the beginning, it is important to protect their feelings. Give it some time and be open with them as to how they are feeling and what you can do to help them feel better without sacrificing your own happiness. A true best friend will be there for you through every victory and every failure and, per the “friend code,” you should do the same.

Q: “I want my teenage son to talk to me about things going on in his life. How do I get him to open up to me?” – Elka

A: As a young adult myself, I find that I want my parents to ask about my life and take an interest. Forcing anyone to talk to you and be vulnerable with you is ultimately counterproductive: They raise their guard even higher and often are less likely to open up at all. It’s important to establish that trust between you two. Treat your son like another human being rather than your offspring and start to have conversations. Ask questions, be genuine, don’t press for a response, and don’t offer advice or input unless it seems like he wants it. The worst thing for many teenagers is getting advice after just telling a simple story. Be truly interested in his life and what he has to say, and approach the communication as an equal instead of as a parent. Some people believe that parents should not be friends to their children, but I firmly believe that they should at least be friendly. Your kids should feel like they can come to you with anything and have your support without judgment, with few exceptions. I hope that your son lets you into his world as comfortably for him as possible and that you continue to have a strong relationship!

The center of your financial life is all in the family

Let us help you take care of what matters most

Getting to know you and what you care most about — planning for college, taking care of an elder family member, passing a legacy to future generations, buying a second home — is so important. Once we understand your priorities, together, we can help you pursue the goals you’ve set for yourself and your family. Call to learn more today.

Dunnavant, Baird & Associates

C.R. Dunnavant, CFP®

Wealth Management Advisor

321 559 5005

c.r.dunnavant@ml.com

Merrill Lynch Wealth Management

700 CELEBRATION AVE

Third Floor

CELEBRATION, FL 34747-4602

321 559 5005

http://fa.ml.com/Dunnavant_Baird



Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as “MLPF&S” or “Merrill”) makes available certain investment products sponsored, managed, distributed or provided by companies that are affiliates of Bank of America Corporation (“BofA Corp.”). MLPF&S is a registered broker-dealer, Member SIPC and a wholly owned subsidiary of BofA Corp.

Banking products are provided by Bank of America, N.A., Member FDIC and a wholly owned subsidiary of BofA Corp.

Investment products: **Are Not FDIC Insured** **Are Not Bank Guaranteed** **May Lose Value**

The Bull Symbol is a registered trademark of Bank of America Corporation.

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP® and CERTIFIED FINANCIAL PLANNER™ in the U.S.

© 2019 Bank of America Corporation. All rights reserved. | ARXNBK9X Vault-BA16D8 | MLWM-320-AD | 471089PM-0819 | 08/2019

Visit the new dalecfl.com for more information

The Dale Carnegie Courses and:

- Leadership Training For Managers
- Winning with Relationship Selling
- High Impact Presentation Skills

For courses starting in August, Please contact:

Ken Roberts
386-235-9590 cell
ken.roberts@dalecarnegie.com

Rob Pennacchini
407-575-8805 cell
rob.pennacchini@dalecarnegie.com



Here's to being here in Lake Nona.

Here is where we are committed
to building personal relationships,
meeting individual banking needs,
and serving our community. Let's
make Lake Nona thrive, together.

1-888-SYNOVUS

synovus.com

SYNOVUS®
the bank of here



Synovus Bank, Member FDIC

The Social Network for Lake Nona

Know Where to Go for Great Care In Lake Nona

If you or a loved one aren't feeling well, there's no reason to put off seeking medical help. Residents of Lake Nona and surrounding neighborhoods are fortunate to have so many convenient places you can get the care you need from providers you trust. Keep in mind that every one of AdventHealth's doctor's offices, Centra Care urgent care locations, and ERs are taking extraordinary precautions to keep you safe when you visit – from temperature checks and mask use to frequent sanitizing, social distancing, and more.

Primary Care Providers for You

"If you've put off seeing your primary care physician, now is the time to go," said Akilah De Aza, M.D., an AdventHealth Medical Group family medicine physician in Lake Nona. "Primary care doctors help you avoid preventable illnesses and can provide treatment for health issues before they become serious. They also keep you up to date on your regular health screenings that are so important."

Dr. De Aza and other primary care providers are accepting new patients in Lake Nona at:

AdventHealth Medical Group Family Medicine at Lake Nona

9975 Tavistock Lakes Blvd., Suite 220, Orlando, FL 32827

To make an appointment, visit CentralFloridaPrimaryCare.com or call (407) 930-7801.

COMING SOON: Emergency Care Near You

When an emergency arises, you want to be close to home. Great news! Coming soon, AdventHealth will open a brand-new, free-standing emergency room in Lake Nona. This facility is the first of its kind in the area. AdventHealth Lake Nona ER will be staffed by certified emergency physicians and nurses as well as feature 24 beds, observation care, diagnostic imaging, a full-service laboratory, respiratory therapy, pharmacy services, pediatric-friendly rooms, and a helipad for helicopter transportation. The facility is well-equipped to handle all kinds of emergencies, from chest pain and strokes to seizures, bleeding, broken bones, and more.

AdventHealth Lake Nona Emergency Department

10080 Lake Nona Blvd., Orlando, FL 32827

For more information, visit AdventHealthLakeNonaER.com.

Urgent Care for the Whole Family

"AdventHealth Centra Care locations are a convenient, affordable alternative to the emergency room for non-life-threatening care," noted Dr. De Aza. "With extended hours seven days a week, Centra Care can treat everything from sore throats to upset stomachs, allergic reactions and injuries needing X-rays or stitches, and more." Walk-ins are welcome, or you can make a reservation at CentraCare.org.

AdventHealth Centra Care Lake Nona

9637 Lake Nona Village Place, Orlando, FL 32827 | (407) 723-1365

"Each person's health requires unique levels of care, depending on their symptoms," Dr. De Aza said. "Sometimes, you can even have a video visit with your doctor from the comfort of your own home." This chart can help you decide where to seek help when you need it.

	EMERGENCY ROOM	PRIMARY PHYSICIAN OR CENTRA CARE	VIRTUAL VISIT
Asthma	✓	✓	
Bleeding	✓	✓	
Burns	✓	✓	
Broken bones	✓	✓	
Chest pains	✓		
Cuts	✓	✓	
Eye irritation		✓	
Fever (moderate)		✓	✓
Flu shot		✓	
Heart palpitations	✓		
Loss of vision, numbness, or slurred speech	✓		
Persistent cough		✓	✓
Persistent cold		✓	✓
Poisoning	✓		
Seizures or convulsions	✓		
Skin rash		✓	✓
Sore throat		✓	✓
Sprained muscle		✓	







STEAM IS ESSENTIAL FOR A 21ST CENTURY EDUCATION

(407) 495-2325 | aexplorers.com

To Generation Z: School While In a Pandemic

BY NATALIA JARAMILLO



While there is still a global pandemic, the school year inches closer. Returning to school this year will be very different than any other year, so here are some tips for not only your health and safety when returning to the classroom but also for the health of your family and teachers. This school year, while no one can definitively say how it will go yet, might be a difficult one because of the coronavirus.

All over the world, schools are doing different things to keep their students and the community surrounding schools safe from COVID-19. One thing to remember, backed up by multiple scientific studies, is that children under the age of 18 are a lot less likely to contract the virus. However, it is not impossible. Another thing to keep in mind is that teachers can contract the virus and experience more severe symptoms since they're typically older. The National Center for Education Statistics states that the median age for public school teachers in the United States is 41, during a 2011-2012 survey. While 41 is not within the very high-risk age category for a coronavirus death, contracting the virus within this age group could prove dangerous, especially for those teachers or family members who have underlying health conditions.

The Centers for Disease Control stated that, in schools, the easiest way to spread the virus is by "full-sized, in-person classes, activities, and events [because] students are not spaced apart, share classroom materials or supplies, and mix between classes and activities." The CDC also says that small groups that are socially distant and don't share materials, instead staying solely within their classroom group and one teacher, are at a middle risk of spreading the virus.

The CDC recommends use of cloth face coverings for students and teachers, widespread availability of hand sanitizer and soap, disinfecting high traffic areas, and posting signs in many areas to remind people to socially distance and wash hands. If the CDC is recommending these options, it is what many schools may require when students return. In California, schools in Los Angeles and San Diego will be moving to online-only classes in an effort to curb coronavirus. In Florida, the Orange County School District reported that 18 Orange County school employees tested positive for COVID-19 as of July 15.

The virus will only continue to spread, so when going back to school, in whichever way you and your family determine to be safe, ensure that you are respecting the community and following rules and regulations. Wear your face covering even if you think it's not cool. Wear it for your grandma or your best friend's grandma, or for your mom and dad or your neighbor's mom and dad. Wash your hands as often as you can or use hand sanitizer frequently for yourself and for your friends/classmates, who may have a bad immune system. Social distance as much as possible for our doctors and nurses at overflowing hospitals or for all those in the hospitals fighting for their lives. We have to think like a community and fight this virus together, even if it may not impact you directly.



Mama's Turn: The Quest for Chicken And Waffles

BY SHARON FUENTES

Breakfast for dinner is the best! It's a fact, and certainly not a subject up for debate. It's indulgent and progressive. Eating breakfast for dinner is like giving the middle finger to society norms and expectations. Not to mention, it is a sure-fire way to gain major mom points with your kids. When my children were little and my husband would be out of town for work, I would make chocolate chip pancakes for dinner, and they would act as if they had just won the lottery. They would call those nights "Opposite Days," and the recollections of them giggling as they dug into their pile of flapjacks stacked high on their plate still makes me smile.

But for me, those days when I served up breakfast for dinner were much more than just trying to make wonderful memories. After a long day, when I was tired, feeling drained, and overworked, I needed a meal that was easy and one that offered me a bit of comfort. A meal that reminded me of times when adult responsibilities were not a thing. That meal was and still is breakfast, regardless if that means eating it at night.

Eating scrambled eggs and toast, a bowl of Captain Crunch cereal, or my all-time favorite – chicken and waffles – at dinner time is like pushing a reset button. It's like coming home after a long trip away. So, it didn't really surprise me when, after a few really trying days filled with worry and stress about sending kids back to school or not, I started craving chicken and waffles. And as if it were destiny, I learned of a new restaurant that has just opened here in



Lake Nona called Consumable Moments, a boutique-style eatery that specializes in ... wait for it ... savory or sweet waffles!

So when Hubby asked the family the usual take-out-Saturday-night question, "What do we want to eat for dinner?" I jumped out of my chair in excitement and literally screamed, "Chicken and waffles!" And so, I sent my sweet husband on a mission at 7 p.m. at night to go to Consumable Moments in the middle of a thunderstorm and bring me back what I longed for ... an order of crispy chicken, sweet waffle solace!

I sat there waiting for him, trying hard not to think about how quickly I was going to join the clean plate club when he got back home. I sat at the table, I got out my syrup (just in case he forgot to get some of theirs on the side), and I watched my clock counting down the minutes like a kid waiting for Santa. And then, I got his call ... "Honey, why didn't you tell me it was their opening day?" "Oh, I forgot to mention that. Why? Is there a big line?" "Nope,

because they are closed. They sold out! HOURS AGO!" There had to be a mistake. I quickly grabbed my phone and headed to their Facebook page, and that was when I saw their post.

To make me laugh, he joked, "I'll just stop by PDQ and get some chicken strips, and you can eat them with an Eggo!" "That's a great idea," I said, once again excited. "But not the frozen Eggo part. I'll make a batch of waffles!" And that is the story of how PDQ and Hungry Jack pancake mix lifted me out of my rainy-day, stressed-out funk! It wasn't Consumable Moments quality, but it sure did taste good!

A huge component to being a so-called "GROWN UP" is learning to take care of yourself. To take care of oneself, one must be able to acknowledge when they have had enough and are in need of some TLC. And if something as simple as eating chicken and waffles for dinner can bring a smile to your face, a dance to your step,

or a little thrill down your spine, by all means, get frying!

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.




FLORIDA GREENHOUSE LANDSCAPING 

- Mowing
- Fertilizing
- Mulching
- Plant & Tree installation
- Shrub Care
- And more!

Residential & Commercial
Licensed & Insured



CALL US TODAY FOR A FREE QUOTE!
(407) 508-7129

EARLY VOTING IS AVAILABLE
AUGUST 3-16
HOURS: 9:00 AM - 7:00 PM

Renaissance Senior Center
3800 S Econlockhatchee Trail, Orlando

Choose from 3 convenient ways to vote:



BY MAIL



EARLY



ELECTION DAY

VOTE 2020 Be Election Focused

www.ocfelections.com
(407) 836-VOTE (8683)  

Election Day August 18



ONLINE SCHEDULING NOW AVAILABLE

Schedule An Appointment With Us **Online**

In order to best serve you, we are happy to announce the launch of our new online scheduling system at

ucfhealth.com/schedule

We provide primary and specialty care, offering patients a team approach to their healthcare. Through our researchers and educators, we offer innovative solutions to today's medical challenges and at UCF Health, we bring these advancements to you.

UCF ♦ Health

COLLEGE OF MEDICINE PRACTICE

Want to schedule by phone? Call **(407) 707-6812**