

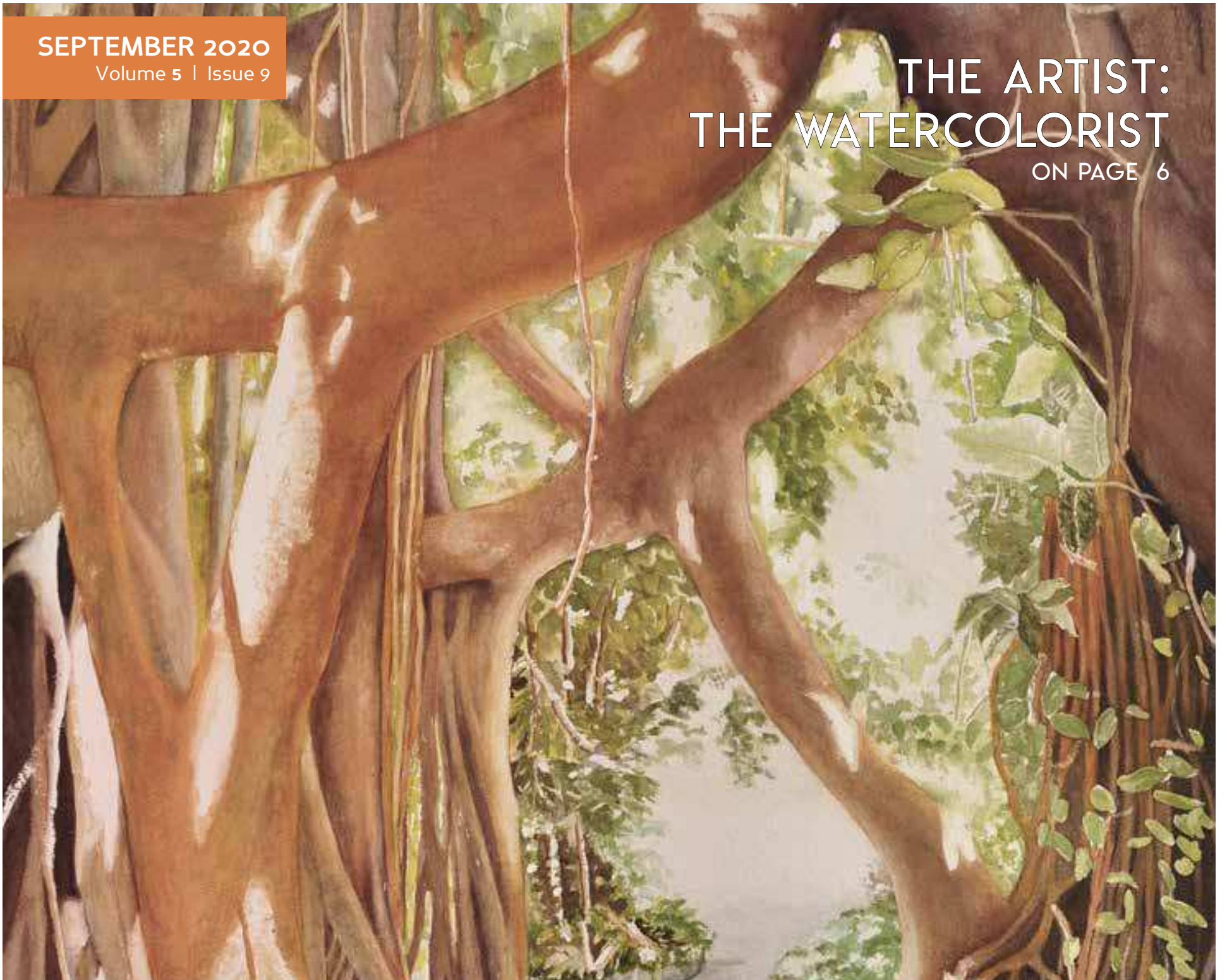
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SEPTEMBER 2020

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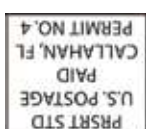


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NONA MEDIA

EDITOR'S NOTE

Editor's Note: Celebrating the Wins

BY DEMI TAVERAS, EDITOR-IN-CHIEF



Autumn is on the brink of arrival. Six months ago, I couldn't give you a straight answer as to what I expected from the month of September, and now that September's here, life still feels like a mixed bag of emotions. But as each day goes on, all we can do is learn to acclimate.

Celebrating the wins is important – and luckily, in our Nona-hood, things are looking up. More times than not, the main aspects of our life still remain digital; however, slowly but surely, other aspects are coming back in full effect, like a social-distanced tennis match or Saturday morning meditation. In our September edition, our writers touch on some of the big-time wins we get to celebrate in our community.

One of these wins is how, amidst a pandemic, the area continues to flourish before our eyes. Right in our town center, a world-class fitness center will open next summer, details that are covered in this month's "Let's Talk Lake Nona." Also reported in our September issue, the firm SIMCOM – a leader in aviation training – will be new to the town center as well, expected to open in 2022.

Not only does our community attract such distinguished companies, so many Lake Nona natives continue to make us proud! Throughout this edition, readers can get to know about the brilliant yearbook staff at Lake Nona High School bringing home state and national honors for their 2019 edition of The Lion's Tale. Or how 11-year-old Angelina Pacheco brought home second place in the U.S. Kids Golf World Championship (talk about celebrating a huge win!). Or for our art enthusiasts, the watercolorist whose work is magnified on the front cover of this issue – more in "The Artist."

We appreciate everyone who contributes in making Lake Nona the best place to call home. And we thank our readership for sticking with us as we continue to share news and updates. Don't forget to celebrate the wins, no matter how little or big.



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Nobel Notable of Laureate Park: Roger Martin Du Gard, Gallic Wordsmith

BY DENNIS DELEHANTY

With this article, we continue our series of columns dedicated to celebrating the lives of the Nobel Prize winners honored by the names of the 125 streets in Laureate Park.



I wonder if any homeowner on Dugard Court has ever read anything written by the French author Roger Martin du Gard? Or for that matter, anyone in Lake Nona or Orlando or even all of Florida? Martin du Gard is not exact-

ly a household name in this country, and though my friends in France seem quite familiar with him, he merits only a brief mention in an official guide to 20th century French literature that has stood on my bookshelf over the past three decades.

Laureate Park, too, has taken a desultory approach in honoring this otherwise esteemed French novelist. In our neighborhood, Martin du Gard's three-part surname has been indelicately truncated to its two final units then fused together to form "Dugard." Few of us have last names composed of three words, but this awkward abbreviation of what normally should be called Martin du Gard Court might be likened to a hypothetical "Quincyadams Way" or "Lutherking Boulevard." To add to the awkwardness, Martin du Gard's own father, born Paul Martin, attached "du Gard" to his last name to distinguish his brood from the apparently unwelcome extended Martin relatives. You might contend, though, that such idiosyncrasies in

our local street names sprinkle a dash of charm upon our community. And what is so important about a last name anyway?

Any columnist profiling the lifework of Roger Martin du Gard risks producing text that devolves swiftly into a book report. This is because Martin du Gard today is known essentially for just one book, a novel called *Les Thibault* (*The Thibaults*). Martin du Gard was a big fan of Leo Tolstoy, the author arguably blessed with the greatest narrative skill of all time. Perhaps, though, he mainly admired Tolstoy's skill at writing really long books, since *Les Thibault* is not just one book but a collection of several novellas strung together into what the French call a roman fleuve (river novel). And in this case, a really long river novel – clocking in at 2,500 pages, about twice the length of Tolstoy's *War and Peace*. Martin du Gard's prodigious effort nevertheless pleased the Swedish Academy's literary judges, since they awarded him the Nobel Prize for Literature in 1937 mainly for this one novel.

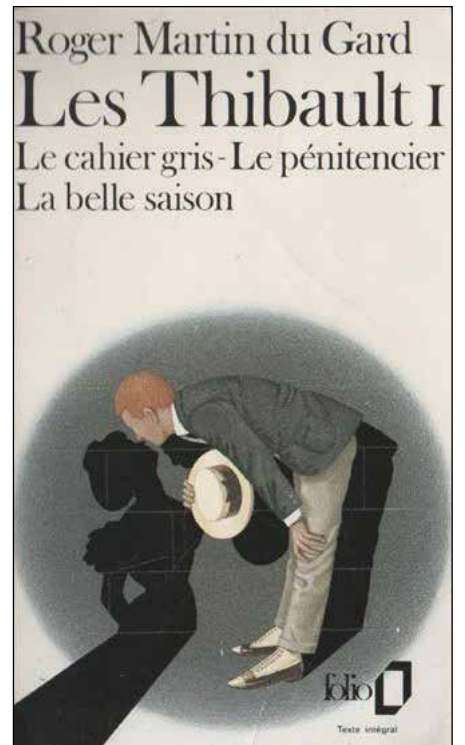
The plot of *Les Thibault* smolders in the Paris of the 1910s. Two brothers, Jacques and Antoine Thibault, chafe under the despotic tyranny of their ultra-Catholic father. In the opening pages, 15-year-old Jacques has recently befriended a Protestant schoolmate, Daniel de Fontanin, and has shared with him intimate confessions in a grey notebook discovered by his father. Desperate to escape his suffocating home life, Jacques absconds with Daniel by train to Marseille, where the penniless pair last not a couple of days before being detained by local police. Mr. Thibault dispatches Antoine, the future medical doctor, to Marseille to recover the runaways. Upon arriving home, Jacques is consigned to a reformatory north of Paris conveniently managed by his father's foundation where, after a year in near isolation, Jacques emerges an earnest, if cowed, penitent. His contrition is short-lived, however, as he renews a now uncomfortable friendship with Daniel, contact with whom Mr. Thibault has categorically prohibited, and succumbs to a hopelessly unrequited obsession with Daniel's sister, Jenny. Through the next 900 pages, the plot rambles slowly through scenes of the two brothers' daily struggles with their father, in episodes that only occasionally offer narration worthy of comparison to

Tolstoy. In one passage, Martin du Gard competently conveys Antoine's surgical abilities in an operating room hastily assembled in a sweltering Paris row house, where he toils to save the fragile life of a child nearly crushed by an overturned cargo van. Elsewhere, pages upon pages describe in copious detail, in scenes difficult to watch, Mr. Thibault's struggle with what appears to be cancer of the kidneys, though diagnoses in the early 20th century were only approximate.

Martin du Gard may have struggled to weave engaging plots or sketch likeable characters, but he was unquestionably a master of prose. Consider this one sentence describing the charm of a Swiss city along Lake Geneva: "All of Lausanne's aged rooftops tumbled down towards the lake in an inextricable tangle of grayish packsaddles whose outlines were melted by mist; these tiles, riddled with lichens, seemed steeped in liquid like felt." Expand such prose to fill nearly three thousand pages, and you will have an idea of a brilliant wordsmith at work. Let's just say that *Les Thibault* is a sprawling epic that documents the conflicts and contradictions tugging at the frail fibers of French society as Europe bumbles into World War I.

Sadly, this book report will remain unfinished because I cannot tell you how *Les Thibault* ends. As I closed the second of five volumes of *Les Thibault*, I finally admitted to myself that Roger Martin du Gard had defeated me, and that chances were low that I would ever look into his other major works, most notably his biography of writer friend (and fellow Nobel laureate) André Gide.

Not often do Americans summon sufficient courage to admit that the French excel in many areas – such as fashion, cuisine, and yes, the number of all-time Nobel laureates – where our achievements appear to be of a lesser order. In my travels in France, I have been charmed to observe how the French have refined details of daily life still seemingly absent in this country. To cite one example, the French do not merely honor their authors and artists with place names, but do so with flair: A quick Google search produces several instances of an Avenue Roger Martin du Gard throughout the Hexagon, a common nickname for France. In Lake Nona,



we have made the first steps in honoring the most accomplished individuals on our planet. But isn't there always room for improvement?

Next month: William Beebe, Bathysphere Biologist

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



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The Social Network for Lake Nona

LNHS Yearbook Staff Receives State and National Recognition for 2019 Yearbook

BY BILL MASON



2019 LNHS Yearbook Staff. Front: Kiara Gajo, Nina Lemos, Maddie Murphy; Second Row: Patrick Babcock, Dana Crotty, Quynn Gillan, Gabby Irons; Third Row: Makayla Hill, Jordan McIntire, Arissa Mateo; Back Row: Emily Brandt, Justin Pappoe.

The staff of The Lion’s Tale, Lake Nona High School’s yearbook, received recognition at the state and national level for their 2018-19 yearbook from the Florida Scholastic Press Association (FSPA), National Scholastic Press Association (NSPA), and the Columbia Scholastic Press Association (CSPA). The 2018-19 Lion’s Tale marked the 10th anniversary of LNHS and the first time the yearbook had been submitted for critique.

The FSPA is made up of advisors from across the state and critiques over 10,000 books from all over Florida. A panel of three experienced educators/journalists review all publications and establish an overall rank of All-Florida, Gold, Silver,



2020 LNHS Yearbook Staff. Front Row: Kiera Shea, Jordan McIntire, Makayla Hill, Zachary Syed; Second Row: Jack Walker, Nicholas Rojas, Elijah Zervos, Corinne Adams, Armando Figueroa, Xaiden Vitale; Third Row: Justin Pappoe, Avery Viancos, Rachel Hooten, Emily Brandt; Back Row: Rian Croft, Lillian Axtell, Emily Gordon, Sophia VanAlstyne, Alyxis Holliman

Bronze, or Merit. The panel also selects Sunshine Standouts from among the All-Florida winners. After the holistic scoring, the publication is sent to another evaluator, who provides in-depth written comments and specific feedback in six areas:

- Concept
- Coverage, Content, and Reporting
- Writing and Editing
- Layout and Design
- Photography and Visuals
- Essentials (Reader Service, Law and Ethics, Leadership)

The Lion’s Tale yearbook received Gold in all six of the categories.

At the national level, the NSPA gave the 2019 yearbook First Class Honors for their critique. The NSPA reviews books from around the country, and books are judged in several categories, including coverage, writing, and design. The composite score from all sections awards an honor rating ranging from Third Class to All American. The All American rating is the highest rat-

ing given in the critique service.

The highest honors came from the prestigious Columbia University, with the book receiving Gold and All Honors awards in two out of three categories: All Honors for Visual (photos and design) and All Honors for Verbal (implementation of the book’s theme and body copy).

The 2019 editor-in-chief, Madelyn Murphy (Class of 2019), is most proud of the recognition from the CSPA.

“I was so shocked at first, but then, I was really excited and proud to finally see that all our hard work paid off and was being recognized at such a high level. Throughout my three years in Yearbook with [our advisor] Mason, we always looked at other books with high recognitions and were inspired to try and create something like that, so it just feels really good to see that I was able to make my – and the whole team’s – goal a reality.”

Co-editor-in-chief Kiera Gajo (Class of 2019) added, “I was definitely shocked at first to hear it all; I almost couldn’t believe it. Like getting Mason’s text that we got Gold (CSPA) and all the recognition was so surreal. I think it was more [of] a satisfying/gratifying feeling. I bet Maddie can say the same because we really gave everything; we gave everything we had into making that book. Early mornings on Saturdays and late nights for football games and theater performances. We also started so early with developing the theme, and I remember how we worked so hard just because we absolutely loved doing this kind of thing. We just loved yearbooks and

loved writing about people’s lives. Seeing that recognized really makes everything just more worth it.”

The 2020 yearbook staff was hoping to make the trip to Manhattan again this spring for a second year in a row to have their 2020 work critiqued at CSPA, but plans were scrapped due to the pandemic.

The 2019-20 editor-in chief, Jordan McIntire (Class of 2020), had this to say: “I was really looking forward to going back to New York with Mason and bringing some of the new staffers with us to experience the CSPA’s 96th Annual Spring Convention. I learned so much from the classes I took the previous year [at CSPA] that helped me be a better leader and help the staff and continue creating quality work for this year’s edition of The Lion’s Tale. I wanted the staffers for the upcoming school year to have that opportunity as well. We worked late nights and poured lots of love into creating this year’s book, and I was sad that COVID-19 cancelled the convention and prevented us from attending. Despite that, I can’t wait to hear the feedback from the CSPA, NSPA, and FSPA critiques just as our previous book was critiqued. We all worked so hard, and I can’t wait for it to be seen by the esteemed judges.”

The Lion’s Tale yearbook staff should receive feedback in September.



2020 EIC - Jordan McIntire



2019 EIC - Kiara Gajo



2019 EIC - Maddie Murphy



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The Artist: The Watercolorist

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF TERRY
MULROONEY



Mulrooney at the Gallery 6 Opening

New to Lake Nona and hailing from Miami, Terry Mulrooney is excited to have a refreshing start, especially as she joins the fantastic art scene in the Orlando area. After seeing some of her work, we're even more thrilled to have another incredible artist in the Nonahood. Take a look in the interview below!

Nonahood News: What drove you to become an artist?

Terry Mulrooney: [Due to] a successful human resources career [and] being a wife and mother, my lifestyle left me little time to practice my passion of art. I began to feel that my life lacked a creative outlet and decided to return to my passion and devote myself to developing my talents as an artist. In a sense, I reinvented myself.

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

TM: All my life I have been surrounded by music, dance, singing and art. It has been an important part of my childhood. I have memories of dancing to music at a very young age, drawing all the time, being in the chorus at school, and so much more. So it has been a part of me all my life. In a period of my life where my career no longer was fulfilling to me, I turned to art. ... I do know that I realized I needed to express this passion through my watercolors. The realization came when I just started painting and I did not want to stop!

NHN: How often do you find yourself creating art?

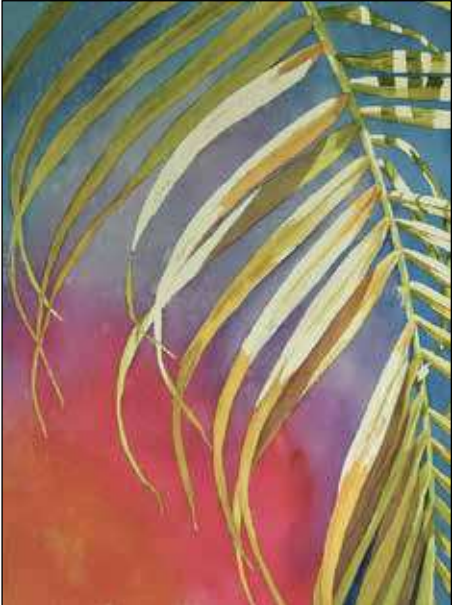
TM: I find myself creating art everywhere all the time. Sometimes, I look at bubbles in the sink and see beautiful patterns. I look at trees, flowers, animals, and see the light and shadows to make them beautiful. I see the sky and see galaxies, stars, and aurora borealis as beautiful canvases. So many ideas to create.

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

TM: When I started painting, I realized I needed to improve and better myself to call myself an artist. [When] I gained recognition, awards, and sales is when I was comfortable in calling myself an artist. This process took several years before I would say "artist" about myself.

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

TM: My favorite projects are working with children in some way. I have worked with several groups in the Miami area before moving to Orlando. It is wonderful to see the look of wonderment when the child learns something. Art Box and Create Miami were two organizations that were special to me. My favorite, the journey I will always have close to me, is the wonderful experience of working with a nonprofit organization called MUJER. Over the Christmas holiday, through my granddaughter's Girl Scout troop, we had Santa, food, and gifts for the children and their families. At MUJER, they provide a trusting environment that promotes emotional wellness and stability by empowering individuals through advocacy, direct response to domestic and sexual abuse, and support ser-



Radiance



Pretty In Pink



Florida Orchid

vices that strengthen families.

During that time, I was granted permission to take photos of some terrific kids. They were part of MUJER. When I got home and looked at the faces of these families in my photos, it was wonderful to see the smiles, laughter and joy. I contacted MUJER and asked if I could do something special for them. I picked out the most "paintable" photos and asked if I could paint these smiles and happiness. I then presented the 27 paintings to the families. What a thrill to see the parents and children excited that they were selected and painted. This was done from my heart to share joy to families affected by violence and/or abuse. It touched my heart.

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

TM: Usually, the biggest challenge for me is putting together a solo show. It involves a long term commitment (about six months or more), finding the right place, convincing them to accept my art (if needed, best to be asked), marketing, publicity, deciding which paintings are best for the show, painting the art if necessary, and proper pricing. There is so much more to consider. The show can be successful and have sales and excellent exposure, or even more shows could come from that show. Or it can be a bust! I have had both. I learned from both.

NHN: What are some of your dream projects?

TM: My dream project is establishing my art in the Orlando area and being known as a master watercolorist. These are not dreams but reality.

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

TM: My inspiration is all around me. Looking at a beautiful face and wanting to do a portrait. Seeing wildlife in my backyard and thinking of ways to present them on paper. My family serves as a support system for me to do my best. I use my mantra for life to inspire me:



Paint Out - Greater Miami Convention and Visitor Bureau at the PAMM Museum



Lines and Faces



Time is Not Linear



Madison

I always do my best

I do not assume anything

I do not take things personally

I am impeccable with my word

To see more of Mulrooney's work, visit www.TerryMulrooneyStudios.com.

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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The Social Network for Lake Nona

Aviation Training Firm SIMCOM Comes to Lake Nona

BY FELICITY MAE GOMER

Among the heavy-hitting companies attracted to Lake Nona is SIMCOM Aviation Training. Lake Nona's Town Center is soon to be the new home of SIMCOM's global headquarters, now their second location in Orlando. The firm and training center will bring around 50 high-paying jobs to the region and train thousands of pilots in their advanced and innovative facility. Set to begin construction within this year, the facility is expected to have its doors open in 2022.

SIMCOM is a privately-owned educational institution utilizing simulator-based learning with the intent of providing advanced training to pilots, owner-operators, Part 135 operators, and maintenance workers, covering any type of aviation from military to cargo to recreational aviation practice. They have experience in training aviators from over 80 countries intercontinentally and provide a well-rounded catalog of training services.

The 90,000-square-foot headquarters will have the potential to expand another 50,000 square feet and will contain 12 full-flight simulator (FFS) bays, five flight training devices (FTDs), and various other equipment from the second local SIMCOM location, according to the Tavistock Development Company press release. Owning half of SIMCOM is big player CAE, a worldwide name in civil aviation and defense training, who sold SIMCOM many of their state-of-the-art FTDs.

As a center of enhanced innovation with regards to aviation and aerospace technologies, Lake Nona is the suitable location for a celebrated company such as SIMCOM. Proximity to the Orlando International Airport, tame weather, and an amalgamation of skilled aerospace and aviation workers make our region the ideal home for game-changing facilities in the indus-



Courtesy of Lake Nona

try. Florida itself is ideal for aerospace ventures, serving as home for several aeronautical universities with ideal climate and geography.

"One of my goals for Orange County is the continued growth of our tech-based business sector, and SIMCOM is a wonderful addition to our thriving modeling, simulation, and technology community," said Mayor Jerry L. Demings of Orange County.

Neighboring the SIMCOM facility is current resident of Lake Nona, BBA Aviation/Signature Flight Support, which set roots down in the region in 2018. The addition of this upscale training headquarters joins the wave of incoming large-name companies such as KPMG and Johnson & Johnson, which found Lake Nona to be equally desirable for all intents and purposes.

"SIMCOM's new training center will bring people from all over the globe to Orlando for pilot and aircraft maintenance training, creating an additional impact on our community's economy and in our local businesses. And we know while these guests are here, they will experience the world-class hospitality for which Orlando is known," said Orlando Mayor Buddy Dyer.

Residents and businesses of Lake Nona will reap the benefits of a stimulated economy and increased tourism. The company chose to relocate from its previous location in Lee Vista in order to provide an accessible and quality selection of lodging, recreation, dining, and all else Lake Nona has to offer.

Eric Hinson, president and CEO of SIMCOM International, spoke of his pride in their selection for their new headquarters, "This is an exciting new chapter for our company, and the new downtown Lake Nona district is the perfect location for our continued growth."

September Is 'Take the Survey' Month in Lake Nona

Let's make history together.

BY THE LAKE NONA LIFE PROJECT TEAM



When a community comes together, anything is possible. The Lake Nona Life Project, an initiative by AdventHealth and the Lake Nona Institute, aims to crack the code to life-long health. Lake Nona residents, employees, students, and visitors are coming together to take the survey, help future generations live healthier lives, and serve as a global model for well-being. The Lake Nona Life Project intends to alter the natural history of health by researching the link between wellness behaviors, mental health, wellbeing, and social factors while measuring each participant's health status.

According to the Centers for Disease Control, 70-90% of chronic diseases are life-

style preventable. The Life Project hopes to answer the following questions to make significant strides to improve the health of our community:

- How can sleep impact your performance?
- What are the most nutritious foods for your body type?
- Which strategies are most effective for lowering anxiety and managing depression?
- What role does personalized medicine (ex. genetic testing, microbiome) play in improving your health and wellbeing?

As part of the Life Project, Lake Nona residents, employees, students, and visitors – our "Citizen Scientists" – are asked to complete a health and lifestyle survey, contributing general health information to the Life Project. Every aspect of the Lake Nona Life Project has been carefully crafted by a team of experienced researchers to ensure that the privacy rights and welfare of each participant are protected.

The Lake Nona Life Project is uniquely positioned to make a significant impact in our community and in communities across the globe, but it's only possible with your help.

Take the survey today by visiting [MyLakeNonaLifeProject.com](https://mylakenonalifeproject.com).



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Let’s Talk Lake Nona: Lake Nona Performance Club

How Lake Nona’s new world-class fitness center is a game-changer for whole-person health and community wellbeing

BY LAKE NONA

When you think about peak performers, who comes to mind? A top athlete competing for Olympic gold? A talented musician playing for a packed arena? What about a grandparent recovering from knee surgery? Or a working professional trying to manage diabetes? If you ask Jay Groves, the executive director of the Lake Nona Performance Club (LNPC), the answer is all of them.

“We are all performers in life,” said Groves. “We all have roles, and we all want to perform better. That attitude is how we approach our programming and member experience at LNPC. We want to invite people of all ages and skill levels to be a part of this community of performers.”

Lake Nona’s world-class fitness center is currently under construction in Lake Nona Town Center and is expected to open in July 2021. The 130,000-square-foot center will redefine the fitness center experience for the region with leading-edge workout equipment, state-of-the-art classes, and interactive programs driven by the latest performance technology.

“Our focus is on serving the Lake Nona community,” said Groves. “We’ll have an abundance of services, the latest equipment, and a talented team of hands-on fitness professionals in a world-class facility. We’re really excited to welcome in the community and create an accessible space where they can focus on whole-person



health and wellbeing.”

The center will feature the latest Technogym cardio training machines, weights, and resistance equipment. More than 100 group exercise classes will be available each week with options such as Zumba, barre fusion, body combat, body pump, cycle and flow, slow flow yoga, bootcamp, mat Pilates, aqua fit, revolution cycling, and a variety of Les Mills programs. Along with in-person classes, members will have access to a variety of remote programs via a custom mobile app.

In addition, LNPC will offer a wide range of boutique style experiences intentionally built throughout the center, including a 5,500-square-foot Mind Body Zone devoted to enhancing overall wellbeing through a variety of yoga classes and meditation services that encourage the renewal of mind, body, and spirit, an 8,000-square-foot rock climbing area with multiple rock-climbing surfaces that will challenge the most advanced climbers as well as provide options for beginners, and a highly-refined advanced sports and training program to serve top athletes of all ages and abilities.

Beyond the best-in-class facilities and robust programming, LNPC strives to be a go-to health and wellbeing resource for the entire community by offering inclusive programs and recreational leagues that are



open to both members and non-members, with options for individuals and families. Groves mentioned, “We’ll offer everything from basketball leagues and swim lessons to dedicated programs for individuals with chronic medical conditions, like heart disease, who need extra support in that space.” Additionally, LNPC will host community education classes led by the professional staff and the classes will be open to the public.

“This is a place that promotes community, where you connect with others and find your tribe,” said Groves. “One of the challenges with building such a large center is that people can feel overwhelmed. So, we’re very keen on making sure our members connect with the experiences and people they most identify with.”

Future LNPC members will be guided with a hands-on, data-focused approach from day one. Members will start with a precision wellbeing assessment that’s been developed exclusively for LNPC. The comprehensive assessment covers everything from biometric and multidimensional wellbeing testing to functional movement and behavioral health. This assessment allows the fitness professional staff

to create a lifestyle plan tailored to each member’s individual goals. The plan will encompass whole-person health beyond just physical activity and include other aspects like nutrition and mental health. Every three months, a LNPC staff member will check-in to help members stay on track.

“Using a data-focused approach, beginning with our precision wellbeing assessment, gives us a comprehensive understanding of each member,” said Groves. “With the assessment, we can look at all aspects of short-term and long-term health to create a custom action plan. From there, we have a structured program that includes ongoing engagement and touch points to ensure members are achieving their goals.”

Daily membership and individual class purchase options will also be available to give everyone, locals and visitors alike, an opportunity to experience LNPC.

Corporate membership packages are now available. LNPC’s flexible models allow businesses to customize a wellness solution unique to each company’s needs. More details on founding individual and family memberships will be available soon.

For more information, visit lakenonaperformanceclub.com and follow LNPC on Facebook, Twitter, and Instagram.



Visit the new dalecfl.com for more information

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REGIONAL CHAMBER OF COMMERCE UPDATES



FROM THE CEO

We believe in you. Believe in us!

We want you to do more than join the chamber. We encourage you to belong!

Let us know how we can help you. We can bring you resources to help you reopen or keep you marching on during these times. Belong with your community leaders and influencers to the Lake Nona Regional Chamber. We are here for you.

Please stay safe and well.

Don Long, President/CEO

UPCOMING EVENTS

SEPTEMBER 3

Legal Seminar Series - "Premises Liability and Risk Management"

200M

5:30 - 6:30 p.m.

SEPTEMBER 10

Breakfast Connections with Craig Collin, COO of Tavistock Development Company

Location TBD

8:00 - 9:30 a.m.

SEPTEMBER 10

Ribbon Cutting at BurgerFi Lake Nona

10:30 - 11:00 a.m.

SEPTEMBER 15

Operation: Edge with Rebecca Smith - "Working on your Workstation"

Location TBD

8:00 - 9:30 a.m.

SEPTEMBER 25

Business Luncheon with Carolyn Fennell of Orlando Aviation Authority

Location TBD

11:30 - 1:00 p.m.

SEPTEMBER 25

Ribbon Cutting for Bozanich Photography

Nona Adventure Park

5:00 - 7:00 p.m.

EVENT GALLERY



July 23, Ribbon Cutting and Grand Opening Ceremony at Goodwill Industries of Central Florida – The sparkling new Goodwill of Lake Nona welcomed the community to their newest location. Elected officials, Orlando District 1 Commissioner Jim Gray (second from left) and Orange County District 4 Commissioner Maribel Gomez-Cordero (third from left), were on hand to welcome the group. We are excited to see the good you will do for the community. (Photo by Madelyn Long)

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3D Mammograms Bring New Dimension to Cancer Detection

BY LEENA KAMAT, M.D.

Since the 1960s, mammograms have been the best way to detect breast cancer early. Still, the technology has had its limitations. With 2D digital mammography, a potential trouble spot could appear as just that – a spot. If the radiologist sees a zone of density and can't be sure what it is, the patient must return to get more images taken or undergo a biopsy.

If the radiologist could have looked beneath and above the spot, she could have seen whether the dense area is a harmless clump of breast tissue or a dangerous tumor. Now, she can with 3D mammography.

3D mammography allows you to scroll through multiple levels and see if a potential problem spot is regular tissue or, possibly, a tumor. It also allows radiologists to find small tumors that could be hiding in denser areas of the breast. These areas appear as white spots on mammograms and can sometimes block our view of tumors, which can be disguised as white spots. 3D mammography gives us a view through the tissue, making it possible to catch something that would've been obscured.

How 3D Mammography Helps Women With Dense Breasts

A woman's breasts are composed of several kinds of tissues, including fat, milk ducts, and supportive tissues. Different women have different amounts of each, and they change over time. A woman who has more dense tissue than fatty tissue is said to have "dense breasts."

Having dense breasts is common – about four in 10 women have them. Traditional 2D mammography has limitations for women with dense breasts because dense tissue appears as white on its images. In 3D mammography, the radiologist can get a better idea of what these spots truly are by looking above and below them.

Why the Best Mammography Matters

Finding a small tumor in a regular screening mammogram is often a moment of profound fear. But seen at a further distance, it's a victory. Finding a tumor when it's small is the goal of screening and affords a person the best chances.

Evidence continues to show that 3D mammograms are better at finding cancer. An October 2018 study that tracked 15,000 women over five years found that 3D mammography detected 30% more cancers than traditional mammography.

We're Serious About Your Safety

You may be concerned about your safety right now – and we are, too. That's why all AdventHealth facilities now have key protective measures in place, including social distancing, temperature checks, masks worn by staff and visitors, and frequent sanitizing.

To learn more about getting your mammogram or to schedule an appointment, call 866-366-PINK or visit ScheduleYourMammo.com. To further support community members through their breast cancer journey, register for AdventHealth's first-ever virtual Pink on Parade 5K at PinkOnParade.com.

Dr. Leena Kamat is a board-certified diagnostic radiologist, subspecialized in breast imaging for AdventHealth Medical Group Radiology – Central Florida Division.



Lake Nona's Angelina Pacheco Wins Second Place in U.S. Kids Golf World Championship

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF ANGEL PACHECO

Eleven-year-old golf powerhouse Angelina Pacheco brought home the second-place prize at this year's U.S. Kids Golf World Championship, where she represented our region of Lake Nona for the third consecutive year. The tournament took place over the course of three days, beginning on July 30, and involved hundreds of competitive golfers aged 12 and under from all around the globe. These skilled kids gather in Pinehurst, North Carolina, every year to compete with the best junior golfers in the world.



Angelina ranked second out of 75 girls in her age group. Her hard work and devotion manifested into a beautifully played tournament; she led in first place for over half of the championship and came to second place by the third day of competition. A brief scroll on her Instagram, run by her parents, will show you the extensive amount of practice she has put in over the years. Angel Pacheco, father of the young golf pro, proudly says, "If I let her, she would go twice per day to the golf course."

Angelina is a full-time homeschooled student. She spends her time playing with slime, making videos, and golfing (of course!). In addition to conquering golf tournaments, she sets her aspirations high: She has her sights on Harvard or Stanford to continue her golf career through higher education. Afterwards, Angelina's primary goal is to play for the Ladies Professional Golf Association (LPGA) professionally.

Her confident and dedicated spirit is evident in everything she does, with her father, Angel, and mother, Evelyn, being a significant factor in this. Angel is a large part of his daughter's passion for the sport, having been the one to put a plastic club in her hand when she



was 1½ years old. Throughout the duration of her childhood, her dad would take her to the golf course with him and gradually teach her how to play a full nine-hole game.

"He would let me hang out in the cart and do things I wasn't allowed to do anywhere else, like chew gum or drink soda," said Angelina. Since then, her life has orbited around golf. She looks forward to the U.S. Kids Golf World Championship every year. "I love the nine-hour drive, meeting my friends from all over the country, and the competition. There is no place like Pinehurst," said Angelina.

She said her family drives up to North Carolina a few days before the competition begins so that she can spend some extra time having dinners and play dates with her friends – and practicing. Every year, Angelina travels to the tournament location and devotes extra time to studying the course by playing several practice rounds. "This is where I learn the course and get an understanding of what I have to do to succeed," she said.

This talented young lady hopes to play golf for the rest of her life. With the immense amount of talent, self-discipline, and work ethic in a person so young, she will surely do great things from here. As much as her parents would like her to saddle a well-paying job as a lawyer or a Wall Street banker, they continue to support her and provide an ideal environment in which to foster her talents. "She's so committed, and we are very proud," Angel said.

This young, victorious golf competitor has a decorated resume of tournaments and competitions, and she aspires to keep it growing. The region of Lake Nona is fortunate to be represented through this talented girl in the 2020 U.S. Kids Golf World Championship, and we are excited to see her future accomplishments. I believe most people would agree with the one word Angelina Pacheco would use to describe herself: "Determined."



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Fall and Back to School at the USTA National Campus

BY DANIEL PYSER



The USTA National Campus successfully completed its abbreviated summer programming session following the facility's reopening in June. Now, as we head into September, the campus' programming staff has adapted its typical fall and "back-to-school" offerings to the new normal amid the coronavirus pandemic.

The various protocols that have been in place since the June reopening will continue to be in effect as the health and safety of all guests and staff remains the campus' top priority. That includes 4:1 pro/player ratios for all youth and adult programs in order to ensure physical distancing on court.

For children, all the usual "back-to-school" programming options will be available with new morning and afternoon times to account for kids returning to the classroom. There are programs available for every age and skill level, including all the typical Nemours Family Zone programs for kids 10 and under.

This fall, the Youth Development and High Performance programs will merge, giving players ages 11-17 a more structured and comprehensive pathway of junior development. These new programs are designed based upon a player's individual progression, further honing in on skill development.

Also, new for the fall is added Friday play opportunities spanning all youth programming. For Nemours Family Zone programs, these Friday Fun Days will give players an opportunity to put their weekly instructional practice into action, developing their match skills with the support of the USTA National Campus coaching staff.

For the Youth Development program, the Friday Match Play will pair players with opponents of similar age and ability, with a particular focus on strategy and tactics during play. Coaches will provide consistent feedback during play to all participants regarding their patterns of play, competitive skills, and style of play. These practice matches will complement the daily training program and are available to players who participate in Campus Youth Varsity, Campus Green Performance, and Campus Youth Performance programs.

For adult players, all of the traditional programming options will be available. The biggest change that players will notice is that a number of formats will be moving to 1.5-hour sessions. This includes Singles & Doubles Training, Singles & Doubles Live Ball, and Advanced Drills. All cardio classes, Innovation Clinics, as well as Tennis 101 and 102 will remain one hour in length.

For more information on the complete list of programming options for both kids and adults, or to register, please visit reserve.ustanationalcampus.com. Players can also find a comprehensive update about the campus' health and safety protocols on the campus website.

And as a reminder, the USTA National Campus Pro Shop is also open, featuring the newest product releases from top brands as well as apparel and other tennis gear. In addition, the Racquet Bar offers industry-leading stringing, racquet customization, and racquet consultation.



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In the Garden: 8 Steps to Fall Gardening Success

BY AMBER HARMON

Are you ready to fall in love with your organic vegetable garden this season? It's time to start thinking about preparing your vegetable garden. In order to garden organically, we need to allow the natural organic processes to occur in the garden. Primarily, we amend our gardens with nutrients, minerals, and good bacteria from many sources.

For example, you can purchase a standard, organic vegetable potting mix from the store since it's challenging to grow in our sandy and sometimes clay-filled soil of Central Florida. It is necessary to add nutrients like nitrogen, phosphorus, and potassium; we typically get those nutrients balanced in a fertilizer. But that's only half the battle. We still need additional nitrogen, micronutrients, and good bacteria found in compost and worm castings.

It is good to add different types of compost like aged cow and chicken manure or mushroom compost, just like the good old days. Once the compost is broken down or cooked, we add the compost to our potting mix and give it some time to break down and develop the structure of the soil. The soil has good structure when it contains a web of good bacteria and nutrients that work in harmony with the environment to feed our vegetable plants. This environment is developed over time. Then, in turn, a plant with the nutrients it needs will produce the most nutrient-dense, tasty vegetables for us.

If you want to get the most out of your garden this season, make sure that you take some time to do a little bit of planning.



Garden

Make a Garden Plan: Decide where to plant the garden and what to plant in it. Make sure your garden is getting six hours of direct sunlight. When you pick a spot, snap a picture while the sun is shining so you can see the surrounding shadows. Then, take another picture six hours later and make sure there are still no shadows on or close by the garden. In the winter months, add 10 feet to the length of shadows to account for the sun being lower in the sky. Use square foot gardening and companion planting guides to get the largest yield out of a small space. If you need any help with varieties and types of vegetables to plant in the fall, check out www.MyNonasGarden.com/seasonal-menu/ or <https://edis.ifas.ufl.edu/vh021>.

Prepare Your Garden: Amend by removing 1/3 of last season's potting mix and all plants that need to be replaced. A suggestion for a garden full of nutrients as well as a good tip for drainage is a mixture of 1/3 organic potting mix, 1/3 compost, and 1/3 perlite or vermiculite. Then, you can add an appropriate amount of organic fertilizer and worm castings and any other specific nutrients your garden may need. Be sure to mix well.

Make a Fertilizing Plan: As the plants grow taller, we need to continuously replenish the nitrogen and other nutrients in the soil. Nitrogen can be boosted with a side dressing of ground alfalfa or blood meal. Use as directed on packaging for organic fertilizers. To be cautious, I add about 50% of what is recommended on the instructions to the plants until I am comfortable with the fertilizer. As the plants mature, the garden is depleted of nutrients throughout the season. Even though we fertilize, it's always best to refresh the garden be-

fore you plant the new season. I like to do fall planting in September. Different veggies can be planted at different times throughout September and October, depending on how heat tolerant they may be. Test your soil and see what nutrients you may need to boost during the season.

Special Treatment for Tomatoes: Tomatoes require acidic soil, so one week after transplanting, place a handful of organic coffee grounds in a circle around the base of each tomato plant. Rub it gently into the soil and water. Repeat every four weeks after. Use sparingly so the grounds do not burn the roots of the plants. When your tomatoes reach about two feet tall, clear the bottom six inches of the plant by cutting all side branches from the stem. This will reduce the chance of brown leaf spots spreading up the plant.



Tomatoes

Make an Irrigation Plan: Set the garden to water every morning just before the sun hits. Ensure by mid afternoon that there is a dry layer on top of the garden. Allow this cycle to repeat to create a healthy amount of moisture for the plants.

Do Succession Planting: Reseed a few greens like lettuce and microgreens every two weeks to ensure a consistent yield. Reseed carrots and turnips every three to four months. Once succession plants have sprouted and have four leaves, thin the plants out to appropriate spacing. Each hole should have only one plant living in it. Simply snip extra sprouts to remove from the garden.



Pruning Basil

Pruning: When using the principles of square foot gardening, prune all plants to ensure they stay within their defined square footage throughout the season. Make sure to give tomatoes extra pruning when they pass the top of their cage.

Treating Pests: Address the underlying issue attracting the pests. Is it too little or too much moisture, sunlight or nutrients? Remove any visible pests and eggs from the plants, then spray them gently with a hose. Treat plants with neem oil spray for most pests. Only spray neem oil first thing in the morning or in the evening when the sun is not directly shining on the garden.

Happy fall gardening!

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



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12 HOMES
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SOLD LAST MONTH: 32

Average sold price:

\$512,043

98%

List to sold price ratio



69 DAYS

Avg. Days on the market

Eagle Creek



27 HOMES
Active Inventory



3 HOMES
New Listings

SOLD LAST MONTH: 15

Average sold price:

\$425,111

98%

List to sold price ratio



42 DAYS

Avg. Days on the market

Village Walk



27 HOMES
Active Inventory



6 HOMES
New Listings

SOLD LAST MONTH: 7

Average sold price:

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List to sold price ratio



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Avg. Days on the market

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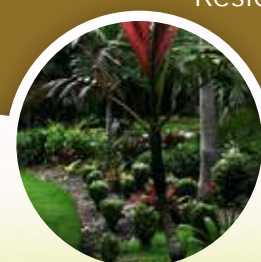
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