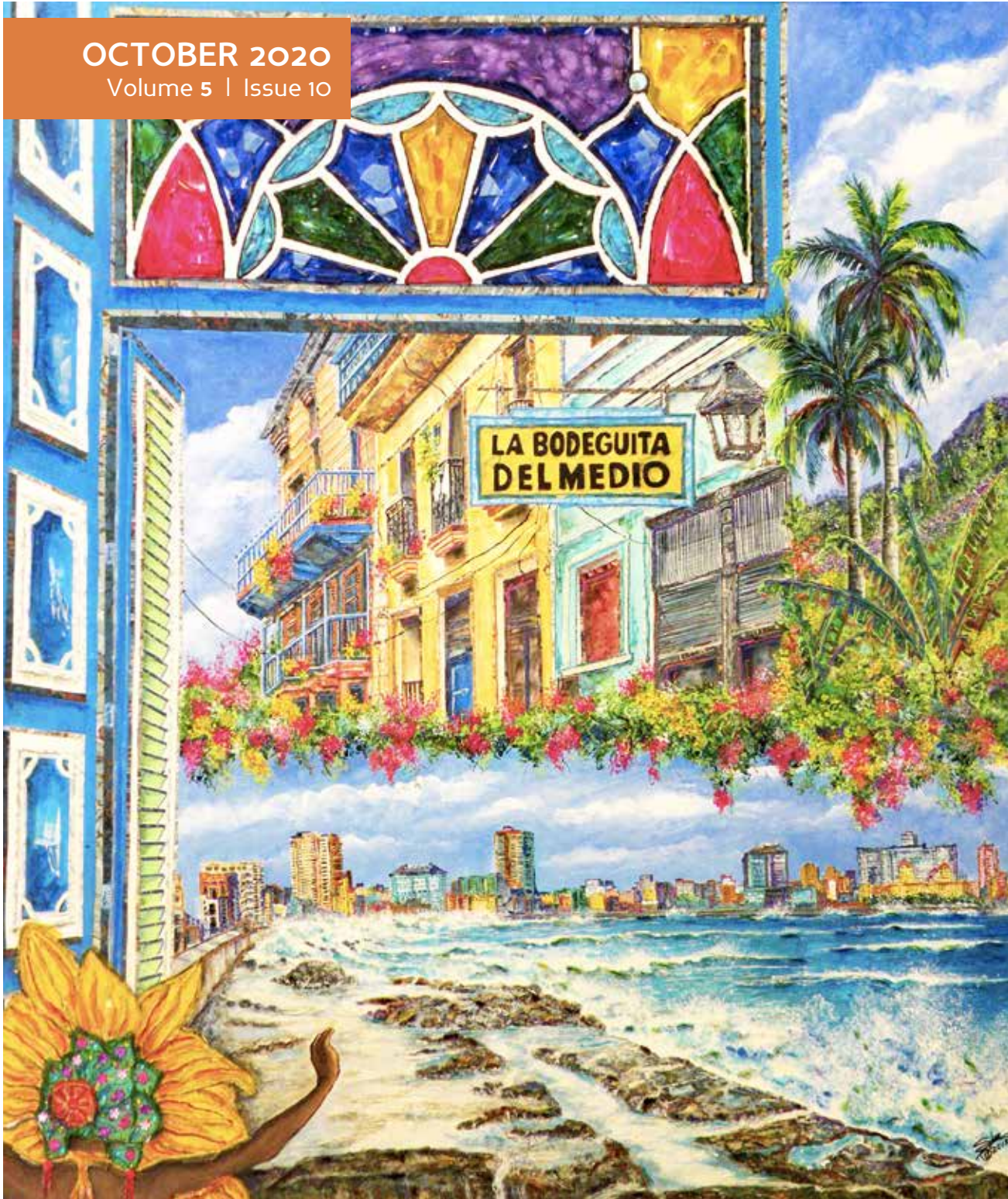


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CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA

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EDITOR'S NOTE

Editor's Note: Getting Into the Spirit

BY DEMI TAVERAS, EDITOR-IN-CHIEF



With the holidays quickly rounding the corner, I can't help getting excited about being festive and spreading the holiday cheer! Now is the time to get inventive and creative and to think about how we could still make our favorite days special after all the crazy ups and downs we've gone through during this year. Even if morale is low, it might be a good idea to try and put in the effort to end 2020 on a brighter note.

So, I thought I'd share a few suggestions about how to get into the playful, spooky Halloween spirit during the month of October, starting with one of the easiest ways – decorating! Seeing your own space decked out will keep you in the spirit all day long. Whether it's your usual go-to, attic-ac-

quainted decorations or new ones that you just can't help to pick up and add to your shopping list, take out some time during the first week of the month to get them inside and out of the house. I can't wait to see some of the beautifully-decorated yards Lake Nona is known for.

Every year, I always get a kick out of scrolling on my social media feed, especially on November 1, and seeing everyone dressed up, no matter how simple or complex the costume is. Celebrities always show out, of course, but I also appreciate the babies in animal costumes, dressed-up dogs and cats, all the witch and vampire costumes, and that one guy who's a football player for the fifth year in a row. If you were looking for an excuse to dress up, this is it! Brainstorm a few ideas and ways to bring them to life, and just go for it. We have quite a lot of material to draw from to create some legendary costumes.

When in doubt about ways to get in the spirit, just think about the Halloween staples. Pick up a bag of your favorite candy. Rent that one movie that brings Halloween home for you (*The Nightmare Before Christmas*, anyone?). Carve a pumpkin with a friend. If you were looking for a bit of normalcy in these unsteady times, traditions like these will make the year seem a little less weird.

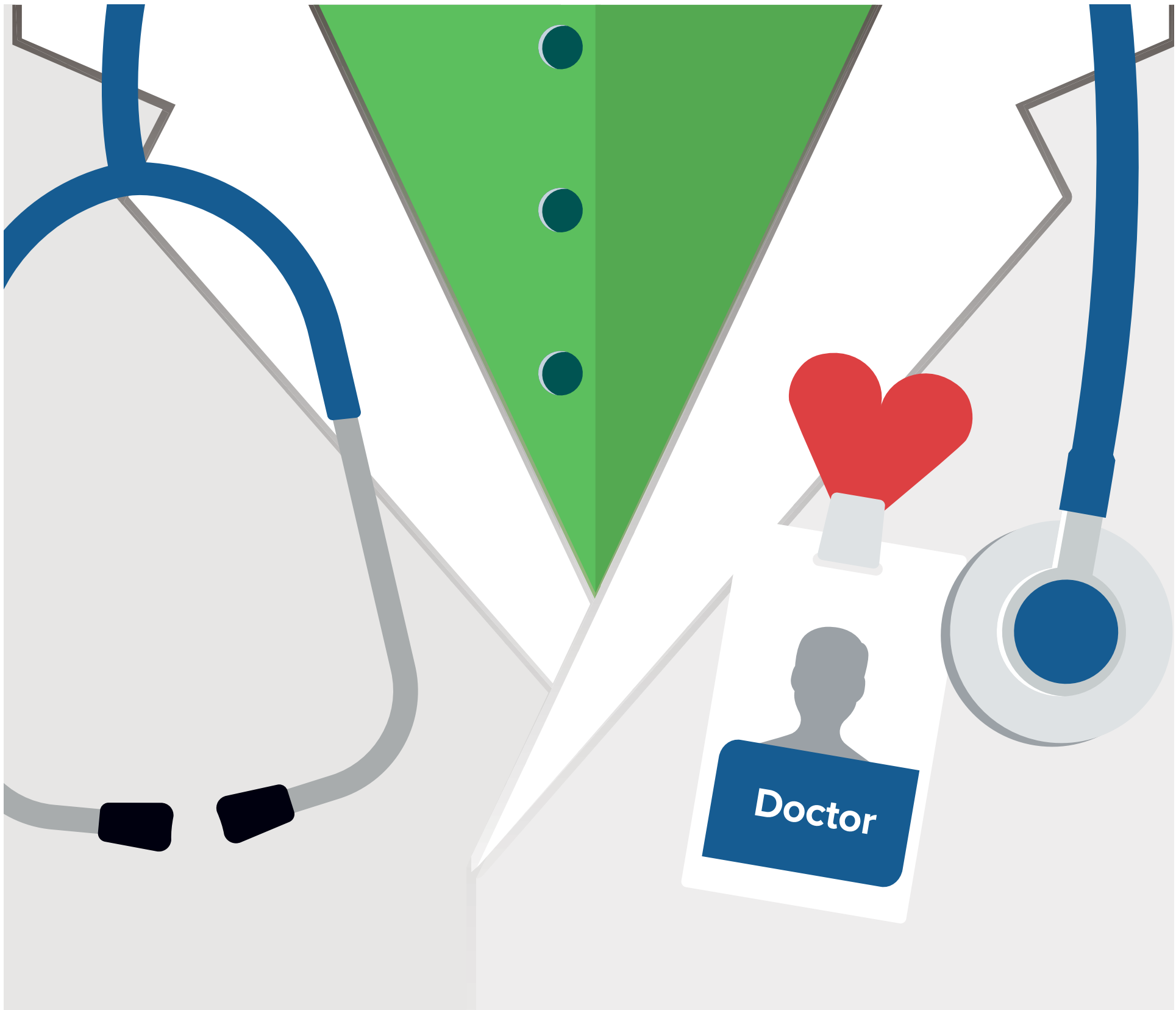
Have a safe and happy Halloween, everyone!



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Business Spotlight: Pet Supplies Plus

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF
PET SUPPLIES PLUS



Mark and Lisa Kutter, Owners and Operators.

When it comes to your furry, feathered, or scaly friends, they are more than just pets ... they're family. Pet Supplies Plus Orlando Goldenrod owners/operators Mark and Lisa Kutter understand this sentiment and strive to bring that sense of family to those entering their store.

Originally from West Plains in Southwest Missouri, Mark and Lisa Kutter have been married for 29 years. Mark had owned a commercial contracting company, which specialized in banking and medical for 15 years, and Lisa was a public preschool teacher. At this time, their daughter, Amy, had already graduated and moved to Orlando, where she attended the Rosen College of Hospitality at UCF and worked at both Disney and Universal Studios. The Kutter couple began the next chapter of their life in Orlando after a natural disaster devastated their hometown.

"[On] April 29, 2017, an unpredicted historic flood devastated the state of Missouri, with its epicenter being West Plains. The flood destroyed both our home and contracting company," Lisa described. "Prior to the flood, West Plains had already been struggling since the house market crash. Ready to start something new, we made the decision to move to Florida. For decades, we had brought our family to visit Orlando and slowly got to meet more and more people. We loved the environment and the friendliness in the community. The move was the best decision we ever



Manager Amy Kutter with Hazel and Persephone.

Plus franchise to Lisa and Amy, and a team was formed. Lisa explained that the opportunity for a family-run pet store was exciting, considering what the three of them would bring to the table.

"As manager, Amy incorporated her love for animals and experience in hospitality in training employees and running the day-to-day animal care," stated Lisa.

The Kutters have raised a variety of pets – dogs, cats, fish, birds, rabbits, reptiles, hamsters, and guinea pigs. Together, they vowed they would create a fun family business with a "no-hassle" environment for their neighbors to enjoy. (Pet Supplies Plus references their customers as neighbors.)

The Pet Supplies Plus mission statement is "to be recognized by pet lovers as the first choice for supplying the highest qual-



Courtesy of Pet Supplies Plus

ity products, services, and value with honesty, compassion, knowledge, and a shared concern for the health and well-being of pets."

"As you enter our store, you will be greeted with a big smile and a warm welcome. Our knowledgeable team members are ready to assist with any questions and locate products that will personally fit your pet's needs. We strive to have competitive pricing and products for every budget," Lisa explained.

Pet Supplies Plus offers the following services:

- Self-service pet wash
- In-store rotational vet clinic
- Full-service grooming salon
- Adoption events
- Curbside pickup
- Same-day delivery

You might be wondering what separates Pet Supplies Plus from the competition. Lisa detailed a few things that make the company unique.

"We carry out large items and assist with heavy carts for neighbors. Our trained staff provide education on products as well as pets. We interact with everyone who enters our door and value their time, questions, and needs. We love taking pictures of our neighbors' pets and featuring them on our store's big screen T.V. and on our social media!"

Pet Supplies Plus Orlando Goldenrod is looking to engage with the community. The company would like to partner with local schools to "bring education and awareness of different pets to students and their families." Pet Supplies Plus is also interested in serving the community through neighborhood event participation. Please contact franchise owner/operator Mark or store manager Amy if you have an event you'd like to partner with Pet Supplies Plus on.

Every month, Pet Supplies Plus offers new sales and promotions. New products are stocked weekly, flyers circulate with attached coupons and discounts, and the franchise even runs Facebook and Instagram contests with chances to win gift cards and merchandise! Pet Supplies Plus Orlando Goldenrod even offers a free, preferred pet club member reward card, which grants those members access to



Pet Supplies Plus Orlando Goldenrod team on grand opening day!

sales and discounts in store.

Lisa described that "an example of registering the card with Pet Supplies Plus' website is an additional free birthday gift for your pet, 10 free crickets for every 100 purchased, a free bag of dog or cat food after the purchase of 12 as well as other rewards."

Keep an eye out for these upcoming events at Pet Supplies Plus Orlando Goldenrod:

- VIP Vet Clinic (In Store)
- Oct. 15 from 5-7 p.m.
- Cake/Ice Cream Social
- Oct. 25 from 1-4 p.m.
- Dressing up your pet for Halloween is encouraged, and you and your pet can enjoy a slice of animal-friendly cake and ice cream!

So, if you're looking for a sense of family, a great experience, an abundance of pet information and security in knowing you are purchasing the right product for your pet, look no further than Pet Supplies Plus Orlando Goldenrod! The store is located at 5963 S Goldenrod Rd., Orlando, FL 32822. You can also visit petsuppliesplus.com, call (407) 537-9099, or email kuttergroupholdings@pspfranchise.com. Find Pet Supplies Plus on Facebook at [@psporlando](https://www.facebook.com/psporlando) or Instagram at [@pet_supplies_plus_orlando](https://www.instagram.com/pet_supplies_plus_orlando).

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The Social Network for Lake Nona

Nonahood Businesses And COVID-19: Practical Methods For Addressing Employee and Customer Safety

BY ALEX LEBEAU



Due to COVID-19, there is a real-time shift with Nonahood businesses as some stores are still temporarily closed, whereas others are now empty storefronts. Fortunately, some establishments have found

a path for re-opening while balancing the safety of their employees and the public. The measures taken to safely re-open these businesses vary, with some using Centers for Disease Control and Prevention (CDC) guidelines and others taking a more proactive approach that goes beyond the minimum guidelines. The safety of both employees and the public is crucial when re-opening a business or a facility.

Generally, part of my job as an occupational health and safety scientist is evaluating a hazard (e.g., chemical or biological) and determining if exposure to it is harmful to people's health. If something is determined to be harmful, I investigate ways to reduce exposure to that hazard. Relating to the current pandemic, public health officials have identified that exposure to SARS-CoV-2 (the virus that causes COVID-19) can be harmful to people's

health. When something is identified as potentially harmful, methods to reduce exposure to that substance are evaluated and established. For COVID-19, public health agencies have recommended masks and social distancing as ways to reduce exposure to the virus.

As many of us have experienced firsthand, reducing exposure to the virus for both employees and customers at local businesses can prove to be difficult. While masks and social distancing have been the two main methods for controlling exposure to the virus, they rely on user compliance to be effective. Generally, using one method to reduce exposure does not negate the other. That is, use of a mask does not mean you should no longer social distance. Too many times, I have seen a mask-wearing individual entering the personal space of another individual, presumably thinking that they do not need to distance themselves if they are wearing a mask. A combination of multiple preventative measures should consistently be used as the best strategy for reducing exposure to the virus.

Many businesses have decided to perform enhanced cleaning and disinfecting within a facility. Establishing a workplace protocol for this process is an effective way of ensuring that a facility is routinely cleaned/disinfected. At a minimum, this protocol should include an evaluation of different work zones within a building, an inventory of high-touch areas, and a routine cleaning schedule, with more frequent cleaning in areas people contact often. The protocol should also outline the disinfecting products approved for use in the building. For safety, it is important to use only EPA-approved disinfectants and apply them per the approved method included on the product label – and using appropriate PPE. Applying a disinfectant using a non-approved method can be harmful to the applicator as well as any employees or customers in the building.

Using enhanced ventilation techniques in a building may reduce exposure to aerosols generated when we breathe, cough, sneeze or talk. However, despite the emerging science, these methods have yet

to see wider adoption. Generally, a combination of enhanced filtration in heating, ventilation and air conditioning (HVAC) systems and increasing the air recirculation within a room may reduce exposure to aerosols. Consult a mechanical engineer or an industrial hygienist with relevant knowledge before using any ventilation control methods to ensure that they are safely and effectively implemented for exposure control within the building.

Some facilities are using technology in an attempt to control exposure, with either novel devices to clean the air or devices to apply a disinfectant in a room, using novel techniques. These treatment devices attempt to target the virus but may unintentionally create a new indoor hazard. If using these treatment technologies in occupied spaces, the end user (i.e., business owners and operators) need to fully understand the potentially hazardous nature of what they are using. Any technology that introduces a chemical or substance into the air may be introducing a new hazard into the occupied space where employees or the public may be exposed. If using this type of technology, an occupational health and safety professional should perform an independent evaluation to determine if the exposure may be harmful for occupants.

There are practical steps that Lake Nona businesses can take for customers to safely patronize local establishments. The use of additional control methods beyond the minimum can aid in making your business a safer place for employees and customers. However, use caution when utilizing



Courtesy of the CDC

a technology device that is presented as a chemical air or room cleaner.

Alex LeBeau, PhD, MPH, CIH, is the owner of Exposure Assessment Consulting, LLC, located in the Lake Nona area, offering toxicology, industrial hygiene, risk assessment, and public health consulting services. He has co-authored COVID-19 industry guidance and has been invited to speak to organizations on effective ways to reduce exposure to COVID-19 and other hazards.



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The Artist: The Strength, the Beauty, and the Love

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF SINA SUTTER

Meet Sina Sutter, a known Orlando artist who's been featured in exhibits and panels all around the nation. A Cuban-American woman, Sutter brilliantly utilizes the stunning landscapes of Cuba and Florida in her work. Get to know a little bit more about our October artist and enjoy her rich and colorful *pinturas* in this short interview with *Nonahood News*.

Nonahood News: What drove you to become an artist?

Sina Sutter: My love for nature and all living things.

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

SS: When I was 7 years old.

NHN: How often do you find yourself creating art?

SS: All the time! My life revolves around art and creativity.

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

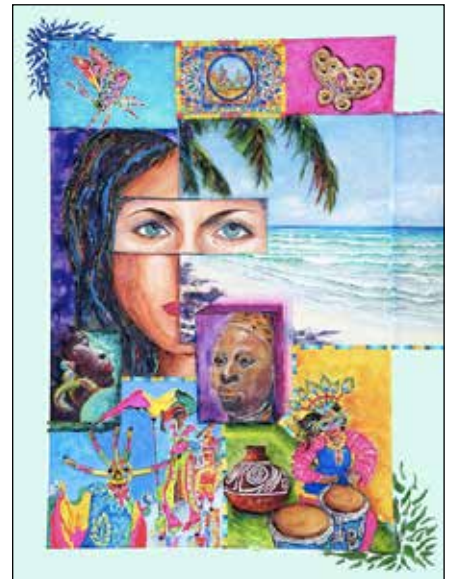
SS: Art is not something that you measure. In my perception, it is something that you feel in your soul. You just know it.

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

SS: Well, each one has a flavor of its own. It's hard to tell, due to the complexity of the piece.

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

SS: When I work, I don't think or look at the time. I put all my passion in my art, in



my creation. However, "UNIDOS EN UN MISMO RITMO" took a great amount of time. But when I developed the watercolor on double canvas with hand cut glass, that was extremely exciting and fulfilling because the experience was deep and magical. The creation of 3D effects and the contrast of the light and shapes were fantastic. Very stimulating and gratifying as well as challenging.

NHN: What are some of your dream projects?

SS: To be able to produce a center for art where the artists, including myself, can work, display and sell their work in harmony at a weatherproof building.

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

SS: Life itself and the ocean – the strength, the beauty, and the love.

NHN: Future goals/plans?

SS: The creation of a series with the universe and evolution of humanity.

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

Trick-or-Treating With a Twist of Social Distancing

BY JORDAN BURNETTE

When all of the COVID-19 madness began, I'm sure the last thing on anyone's mind was how the kids in the community would be able to go trick-or-treating this year on Halloween. Let's be honest – no one thought that the virus would last this long. Trick-or-treating is what brings this holiday to life. Dressing up as their favorite superheroes or princesses for buckets of free candy is something that kids look forward to all year long. Rather than taking this exciting day full of life-long memories away from them due to the pandemic, why not come up with a solution? Trick-or-treating with a twist of social distancing! Here are some suggested

solutions to celebrate Halloween during the COVID-19 pandemic.

While shopping for the kiddo's costumes this year, it is totally okay to go to the stores if you have to. If you'd like to avoid this, try to shop online or even make costumes by hand. One of the benefits of Halloween during COVID-19 is that most children like to choose costumes that have masks and gloves anyways! This definitely comes in handy when trying to trick or treat and avoid the virus. When deciding which costumes to get for your children, definitely consider those with masks and gloves already built in. Make sure those masks are able to protect your kids from any germs and that their own germs are not able to spread through it. While some children may not want to wear a huge costume on their face all night, carrying the classic medical face masks we are all used to is an option and strongly encouraged.

Things might be a little different when it comes to kids knocking on your door all night. A solution to this is homeowners sitting outside while trick or treaters

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come for candy. If homeowners are sitting outside, this will limit all the germs being spread through ringing doorbells. The friendly neighbors handing out candy can wear gloves and set candy out prior to trick-or-treaters coming up to them. To avoid even more contact and to make this year's Halloween completely touchfree, they could also use tongs to grab the candy and place it into buckets. Parents with trick-or-treaters can also carry a set of tongs themselves in case a homeowner does not have any with them. If a homeowner happens to set out a bowl of candy and you do not have tongs, it is important to only touch pieces of candy that you are taking. All of these solutions will make it easier for the homeowner to still give out candy without coming into contact with a bunch of little ones throughout the night.

Another major tip to our

crazy Halloween in 2020 is to make sure to travel in small groups. Although most people are used to walking around the neighborhood in large packs with friends and family, it may be a smarter option to limit your group to six or fewer people this year. Traveling in small groups of six close family members or friends will contribute to stopping the spread of this virus.

This Halloween will be unlike any other, but it won't be taken away from our Lake Nona community. If all of these guidelines are followed on the night of Halloween, the people of our community will be doing our best to still enjoy holidays like these, all while practicing social distancing. Of course, these are suggested solutions to protecting our community; they are not required. But if we are smart about how we celebrate this year by still wearing our masks and gloves, sticking with smaller groups, and giving out candy without contact, we will help contribute to stopping the spread of COVID-19. We as a community will be able to come together and safely celebrate this exciting night. Let's do everything we can to keep our neighbors and families safe. Happy Halloween, Lake Nona!

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Let's Talk Lake Nona: New Hospital Begins Building a Community of Care



Wendy Brandon is excited about the future of medicine in Lake Nona as both a resident and the CEO of the community's first full-service hospital opening early March 2021.

More than a hospital, the new facility located next to the UCF

College of Medicine will provide unique educational opportunities, comprehensive medical specialties, 24-hour emergency services, a healthy café open to the community, and more.

When it opens, UCF Lake Nona Medical Center will add specialized care for adults to the world-class services already available in Medical City, joining the Orlando VA Medical Center and Nemours Children's Hospital. UCF Lake Nona Medical Center will also be an extraordinary resource to neighboring communities within Orange and Osceola counties.

"The opening of UCF Lake Nona Medical Center will provide a closer option for adult patients in our community who currently have to travel much farther for hospital care," Brandon said. "Also, with a superior children's hospital like Nemours less than a mile away, it is a real benefit for our patients, especially to the families who will give birth in our hospital. We are also blessed to have the dedicated resources of the VA Medical Center to serve those who have served our country."

There is a natural synergy between the new teaching hospital and neighboring medical facilities. Brandon stated, "Lake Nona will truly become a Medical City, providing care for the whole family."

In her role, Brandon is part of something few people in the medical industry have the opportunity to do – build a hospital from the ground up. UCF Lake Nona Medical Center has already recruited its leadership team and is now hiring managers, supervisors, charge nurses, clinicians, and support staff who will help provide exceptional care and service.

"It's a great honor to have been selected for this role and as exciting as it has been to create the facility, the most gratifying work starts now – building our team who will take care of our community. It will be a real dream come true for me when we open and start taking care of patients," Brandon said.

A variety of specialists will be available at UCF Lake Nona Medical Center, including internists and general surgeons as well as subspecialties in gynecology, obstetrics, oncology, orthopedic surgery, vascular surgery, neurosurgery, spinal care, and cardiology. One specialty, obstetrics, plans to offer a variety of classes for expectant families because, as Brandon explained, "Mom is often the one to receive education about what to expect before, during, and after delivery, but we think it's important to educate spouses and siblings, too."

This is just one example of a calling for Lake Nona – to care for the community through timely education on relevant health and wellness issues led by the hospital's physicians and clinical experts.

"Our community is known for prioritizing health and wellness; people choose to be more active and engaged in personal well

being here, and that is wonderful. However, there are times when those we know or even those with celebrity status are diagnosed with or lost to a disease like cancer, stroke, or heart attack, and it creates a heightened sense of awareness," Brandon said. "When such moments spark concern in our community, who better to answer questions about screenings, symptoms, the latest treatments, and selfcare than renowned specialists here in Lake Nona focused on delivering quality care and education? We want our community to know they have access to that level of expertise every day."

The hospital is well on its way to creating a hub for physicians in Lake Nona where they can practice full-time and collaborate with academics. Third- and fourth-year students at the UCF College of Medicine will also have the opportunity to learn from experts at the hospital during rotations with various specialists. But the positive impact goes beyond teaching the future generation.

Brandon explained that when physicians have an opportunity to describe how and why they do something, it helps to perfect their skills to a detailed degree. And with the academic influence, physicians and students have the opportunity to collaborate based on the latest research and literature in their specialty.



"I'm confident that having dedicated experts inside our hospital who also have a passion for teaching will serve to make the care our patients receive even better," Brandon said.

If you drive past the UCF Lake Nona Medical Center campus today, you'll see a beautiful building that appears to be almost ready for its first patients. Although empty now, it will soon come to life – and the heartbeat? Brandon confirmed that will be the mission-focused team who are, above all else, committed to the care and improvement of human life.

Visit ucflakenonamedicalcenter.com to learn more about the hospital and available career opportunities.



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FROM THE CEO

Community is defined as a feeling of fellowship with others as a result of common attitudes, interests, and goals.

We have the unique opportunity here in the Lake Nona community to share experiences with the progressive and positive people living and working here. The Lake Nona Regional Chamber believes in this community and strives daily to answer the needs and questions that can bring continued success to all.

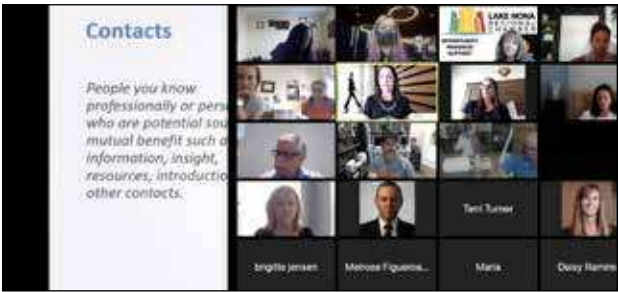
But, since we share in the future of this great community, we also need its support. We bring programs that include advocacy with government, education, information, networking, and diversity. In return, we hope the community can support us.

We encourage you to “belong,” not just “join.” To borrow from John F. Kennedy, “Ask not what your ‘community’ can do for you – ask what you can do for your ‘community.’” Your local chamber can help you choose your most beneficial point of influence.

Please stay safe and well.

Don Long, President/CEO

EVENT GALLERY



Aug. 28, Business Luncheon With Peggy Jackson: “Building Strategic Networks” – Peggy Jackson (highlighted in the Zoom frame, second row) from WOMEN Unlimited, Inc., brought invaluable information about one of the most significant parts of business: networking.



September 10, Breakfast Connections with Tavistock COO Craig Collin – Sixty community folks joined the LNRCC Breakfast Connections with Craig Collin (highlighted top left in Zoom frame), the chief operating officer of Tavistock Development Company. Collin spoke with the participants about coming developments in Lake Nona, then responded to several questions from the group.

UPCOMING EVENTS

OCTOBER 1

Legal Seminar Series - "Business Asset Purchase Transactions"
ZOOM
5:30 - 6:30 p.m.

OCTOBER 5

Ribbon Cutting at Don Julio Mexican Kitchen
Don Julio Mexican Kitchen
5:00 - 6:00 p.m.

OCTOBER 8

Breakfast Connections Update on UCF Medical Center with CEO Wendy Brandon
Location TBD
8:00 - 9:30 a.m.

OCTOBER 17

Nona Find Scavenger Hunt: "The Spooky Search"
Lake Nona
9:00 a.m. - 2:00 p.m.

OCTOBER 23

Business Luncheon with Hank Fishkind of NPR - "The Economic Outlook for Lake Nona and Central FL/FL as a Whole"
GuideWell Innovation Center
11:30 a.m. - 1:00 p.m.

NOVEMBER 6

"The Chamber Swing" Golf Tournament
Eagle Creek Golf Club
7:00 a.m. - 1:00 p.m.

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COVID-19 RESOURCE PORTAL: nona.link/covid

Strategies for a Healthy Flu Season

BY DR. HYRUM BRODNIAK

This year's flu season feels a bit different than the others. We've spent many months now managing the risks and challenges of COVID-19, only to have another virus to worry about this season. But a little preparation – and one vaccination – can go a long way.

When it comes to avoiding the flu and COVID-19, it's important to remember that we know which measures are most effective. More than ever, it's essential to take precautions that can drastically reduce your risk of illness and keep your family healthy.

Understand COVID-19 vs. Flu

Influenza (flu) and COVID-19 are both contagious respiratory illnesses. They share many of the same potential symptoms, including fever, chills, fatigue, body aches, sore throat, and cough. They both spread from person-to-person via respiratory droplets when an infected person talks, coughs, or sneezes. If you experience any symptoms, stay away from others and call your doctor to find out what to do next.

Both of these viruses are dangerous because of the life-threatening complications they can cause, especially for the very young, very old, and those with pre-existing conditions and compromised immune systems. We must all work together to protect our families, friends, and neighbors by staying cautious and making wise choices.

Disinfect to Help Protect

Wash your hands with soap for at least 20 seconds, or use an alcohol-based sanitizer throughout the day. Disinfect high-touch surfaces in your home (and your car and workspace) like knobs, handles, light switches, and electronic devices. Remind kids to wash their hands often, too, and to avoid sharing snacks, toys, and school supplies.

Mask Up Against Infection

Unfortunately, the flu and COVID-19 can both be transmitted before an infected person experiences any symptoms at all. That's why you should remain vigilant about your family's exposure to others. Continue to practice social distancing, avoid large gatherings, and always wear your masks when you're around people who aren't part of your household.



Support Your Immune System

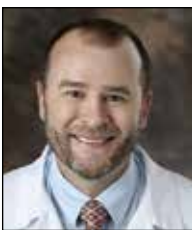
You've likely heard the phrase "the best defense is a good offense." You can help your immune system's defenses by nurturing it with a nutritious diet and exercise. It's also a good time to enlist your primary care provider's help with quitting smoking, reaching a healthy weight, and managing any chronic conditions like diabetes.

Make the Flu Shot Your Priority

The flu vaccine is the single most effective thing you can do to prevent getting sick with the flu. It's extremely safe, and it's simple to get – and October is an ideal time if you have not already gotten it. It's recommended that all people six months and older get a flu shot.

It is possible to be sick with the flu and COVID-19 at the same time. As you can imagine, this would be incredibly challenging for you – and those caring for you. Although a flu shot cannot protect you from contracting COVID-19, it can reduce your risk of serious illness and hospitalization and help keep your body from having to fight both viruses.

It's more important than ever to prioritize your flu shot. To schedule a flu vaccination appointment with a primary care provider, visit CentralFloridaPrimaryCare.com or call (407) 599-6111. Flu vaccinations are also available at your nearest Centra Care and can be scheduled at CentraCare.org.



Dr. Hyrum Brodniak is an AdventHealth family medicine physician in Lake Nona with specialized training in osteopathic manipulation. He is also an active volunteer physician, sharing his medical expertise in underserved communities around the world.



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Lake Nona Residents Shine At the 2020 U.S. Open

ARTICLE BY ANA ECHENQUIE
PHOTOS BY USTA

This year's U.S. Open was like no other, with strict COVID-19 safety protocols in place and no fans on-site, but in true U.S. Open fashion, the stellar competition and players' hunger to win shined through. Several Lake Nona residents impressed tennis fans across the world with their remarkable performance in the tournament.

"We are incredibly proud of all of the American players who competed at this year's U.S. Open," said Martin Blackman, USTA general manager, player development. "We've seen consistent growth and success in both the men and women's side and are excited about the future of American tennis. Our Lake Nona community should be very proud of the performance of the players based here at our national campus."

Leading the group is Jennifer Brady, who made it to her first Grand Slam semifinal, defeating Anna Blinkova (Russia), CiCi Bellis (USA), Caroline Garcia (France), Angelique Kerber (Germany), and Yulia Putintseva (Kazakhstan) along the way, before losing to No. 4 seed and eventual 2020 U.S. Open champion Naomi Osaka in the semifinals.



Jennifer Brady

Through five rounds in New York, Brady did not lose a set. Brady has really come into her own and has shown the world what she is made of – playing confident tennis with a huge serve, power, and a great ability to mix things up with her shots.

Brady, who is originally from Harrisburg, Pennsylvania, now lives in Lake Nona and has trained extensively at the USTA National Campus.

The 21-year-old rising star CiCi Bellis also had a good run at her first U.S. Open after not playing for more than 18 months while undergoing four surgeries. The former world No. 35 received a wild card into the Western & Southern Open qualifying tournament, in addition to the U.S. Open main draw. Bellis won her first round match against Tamara

Korpatsch of Germany before losing in the second round against her friend Brady.

World No. 14 Madison Keys made it to the third round playing nearly flawless tennis, winning her first two matches in 55 minutes and 53 minutes, respectively. Unfortunately, the 27-year-old and runner-up at the 2017 U.S. Open was forced to retire in the second set of her third round match due to injury.

Another Lake Nona resident who turned heads at this year's U.S. Open was 20-year-old Ann Li. She is showing real potential this year, and that includes an impressive Round 3 showing in New York. Li won her first two rounds against Arantxa Rus (Netherlands) and upset No. 13 seed Alison Riske (USA).



Dana Mathewson

Dana Mathewson, world No. 11 in women wheelchair tennis singles and No. 8 in women's doubles, competed at the 2020 U.S. Open for the fourth time. Mathewson, originally from San Diego, moved to Orlando to train at the USTA National Campus, and she has thrived in the sport currently as the top American female wheelchair player. Mathewson lost in her first-round singles competition against Marjolein Buis (Netherlands) and in doubles against No. 2 seeded duo Yui Kamiji (Japan)/Jordanne Whitley (United Kingdom).

In the men's singles main draw, two young Lake Nona residents competed – Mackenzie McDonald and Ulises Blanch. McDonald missed last year's U.S. Open due to an injury, but he was back competing healthily this year. The 25-year-old had great success with doubles partner Christopher Eubanks, making it all the way to the quarterfinals of the doubles draw. They lost their quarterfinal match against the third-seeded pair Rajeev Ram (USA) and Joe Salisbury (United Kingdom). Blanch was one of 10 players who made their U.S. Open debut this year after he received a wild card into the main draw.

Since opening its doors in 2017, the USTA National Campus' Player Development has welcomed some of the best up-and-coming and current stars of American tennis. If this year's U.S. Open was any indicator of what's next for American tennis, the future looks brighter than ever.

For more information about the USTA National Campus and how you can also play tennis safely, you can visit ustanationalcampus.com.



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In the Garden: Time to Plant a Fall Vegetable Garden

BY AMBER HARMON

The months of September and October are a great time to start planting your garden. In September, things cool off just a bit. By cool off, of course I mean it goes from the high 90s to the low 90s. The natives notice the difference, but to everyone else, it is still just hot! Then, in October, we hope to see more days in the 80s, and that is when it really feels like the summer heat is behind us.



Cauliflower

The same goes for your fall vegetable plants. Those summer days are just too hot for cold-loving plants like cauliflower, broccoli, and cabbage. We are fortunate enough to be in Central Florida, which is one of the only places in the country that can actually grow vegetables 10-12 months out of the year. It just depends on how hot it is in August and how cool it is in February. When we have a mild winter, like last year, we can grow vegetables year-round and never

pack up our gardens like they must do up north.

The 2019 fall season was so wonderful that we were able to continue growing vegetables through February and straight into March, when we planted our new spring gardens.

When our winter is mild like last year, we can usually get away with growing certain heat-loving plants like tomatoes and peppers. Our weeks can vary in temperature from the 80s and 90s to the 60s and 70s, week by week. Typically, when we get a cold snap, meaning temperatures down in the 60s, it only lasts for a few days. That is not enough to really affect the production of these plants. They will slow a little; then, we bounce back up into the 80s, and the tomatoes and peppers just keep on producing.



Sungold Tomato

back up quickly, the plant will just bounce back within a week or so. When there is a hard freeze, these plants must be covered and protected to survive. Then, they will start producing and growing again about a week after temperatures come back up.

The cold-loving vegetable plants, like cauliflower, broc-



Cabbage

really do bounce back quite quickly.

Now, you can see how the temperature and harshness of the weather can have a significant impact on the production and yield from your fall garden. In the beginning of September, the La Niña weather pattern developed in the U.S. and is predicted to last through February 2021. This causes the northern states to be colder and rainier while the southern states get warmer and drier. All I can say is, don't pack up your tomatoes and pepper plants just yet. They may surprise you and keep producing clear through the spring.

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. Visit www.MyNonasGarden.com for more information.

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coli, cabbage, and carrots, all keep growing and producing during a frost. They do not even need to be covered. The carrots get sweeter when there is a cold snap. When there is a hard freeze, it is good practice to cover everything in the vegetable garden with a breathable garden fabric to create a protective barrier. Remember to water the soil first, too. Since we typically get a hard freeze just one night for a few hours, the cold-loving vegetable plants



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OCPS Encourages Application to Free Reduced Meal Program Amid USDA Extension

ARTICLE BY NATALIA JARAMILLO
PHOTOS COURTESY OF OCPS

Free meals will be given to children 18 and under in need through the end of the year, yet Orange County Public Schools (OCPS) is still encouraging anyone who needs support to apply for free and reduced meals by the Sept. 22 deadline.

“Every child in all of our schools will eat at no charge through Dec. 17,” said Lora Gilbert, the senior director of OCPS Food and Nutrition Services. “This is definitely one of the best things we can do for the families of Orange County.”

While the extension from the U.S. Department of Agriculture (USDA) does not require students in need to fill out a free and reduced meal program application in order to receive free meals, OCPS still wants families to apply for the program online to receive the other benefits as well as to ensure that their student can get free or reduced meals even after the USDA’s extension ends.

Program eligibility is based on the household income. Once a student is deemed eligible, along with the free meals that even virtual students are able to pick up, kids will be able to get vouchers for reduced or

free SAT or ACT tests and college application fees waived; more perks are also available that last for an entire year. Families who are eligible for the program can also receive discounts to internet services, utilities, or summer camps, according to an OCPS Food and Nutrition Services press release.

Children, or parents with their child’s name, can pick up these free meals curbside at OCPS elementary or K-8 schools at approximately 3:30-5 p.m., 4:30-6 p.m. at middle schools, and 2:50 -4:20 p.m. for high schools every Monday.

The meals include five frozen breakfasts and five frozen lunches for the week per child, and schools that are eligible to serve dinner – with over 50% of their population qualifying for free or reduced lunches – will also get five frozen dinners to reheat throughout the week, Gilbert said.

“Since we are funded by the USDA, we have to have the nutrition exactly right,” Gilbert said. “We work a lot on our menus to make sure that our meals are kid-friendly but also healthy.”

Orange County has 68% of the district population’s families that are eligible for the free or reduced meal program based on their income, according to the press release.

“The pandemic has impacted the ability for us to feed our students,” Gilbert said. “We were serving anywhere between 65,000 and 70,000 students each Monday during the summer, but right now, we aren’t serving as many as we usually do because there are only a certain number of kids going to school face-to-face, so we are really trying to promote our curbside meals.”

For each child who receives a free meal, the school receives reimbursement by the USDA. The higher the percentage of students who apply for the free and reduced meal program, the more grant money the

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district can apply for to get help to expand food availability, funding, and resources, Gilbert said.

“School meal programs face unprecedented challenges and need the assurance that these critical waivers will be available through the entire school year,” said Reggie Ross, the president of the School Nutrition Association (SNA), in this statement. “SNA will continue working with USDA and Congress to further extend these waivers to support school meal programs and the students we serve.”

The free and reduced meal program application must be filled out online at [www.MyschoolApps.com](https://www.myschoolapps.com) every year and takes between 15-30 minutes to complete.

Families with groups of children or community programs are asked to call the Food and Nutrition Service program at (407) 858-3110, ext. 3295180,

to see if they are eligible to get their free meals delivered.



Orange County
Public Schools

Free and Reduced Meal Benefit Department

Your children may qualify for meals at no charge or reduced-price for the 2020-2021 school year

LAKE NONA HOUSING MARKET UPDATE

August 2020



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<div> <div>63 HOMES</div> <div>Active Inventory</div> </div> <div> <div>17 HOMES</div> <div>New Listings</div> </div>	<div> <div>28 HOMES</div> <div>Active Inventory</div> </div> <div> <div>6 HOMES</div> <div>New Listings</div> </div>	<div> <div>22 HOMES</div> <div>Active Inventory</div> </div> <div> <div>8 HOMES</div> <div>New Listings</div> </div>
SOLD LAST MONTH: 22	SOLD LAST MONTH: 10	SOLD LAST MONTH: 9
Average sold price:	Average sold price:	Average sold price:
\$482,752	\$456,629	\$358,389
<div>99%</div> <div>List to sold price ratio</div>	<div>99%</div> <div>List to sold price ratio</div>	<div>97%</div> <div>List to sold price ratio</div>
<div>49 DAYS</div> <div>Avg. Days on the market</div>	<div>17 DAYS</div> <div>Avg. Days on the market</div>	<div>40 DAYS</div> <div>Avg. Days on the market</div>

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