

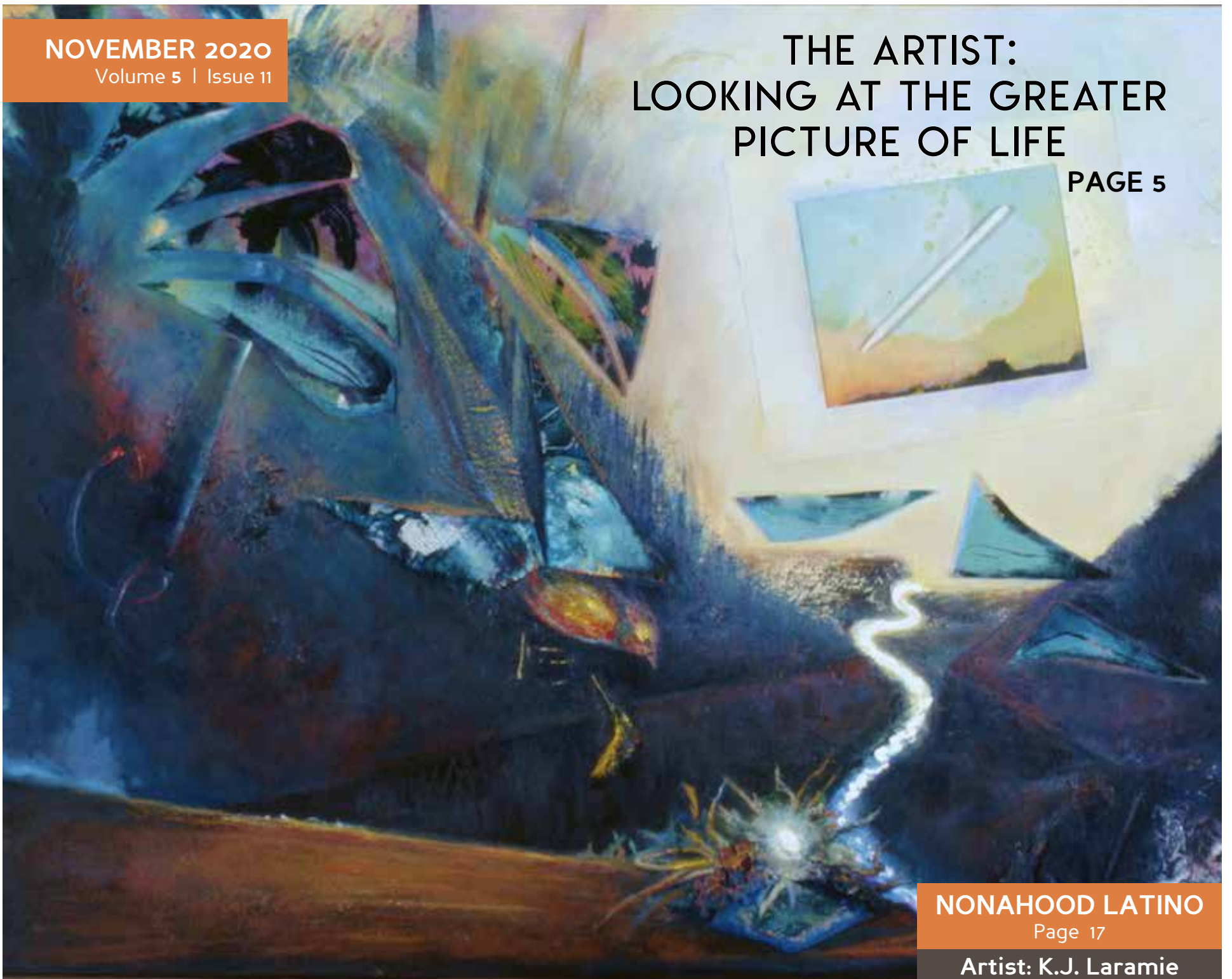
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NOVEMBER 2020
Volume 5 | Issue 11

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NONA MEDIA

EDITOR'S NOTE

Editor's Note: Morning Pages

BY DEMI TAVERAS, EDITOR-IN-CHIEF

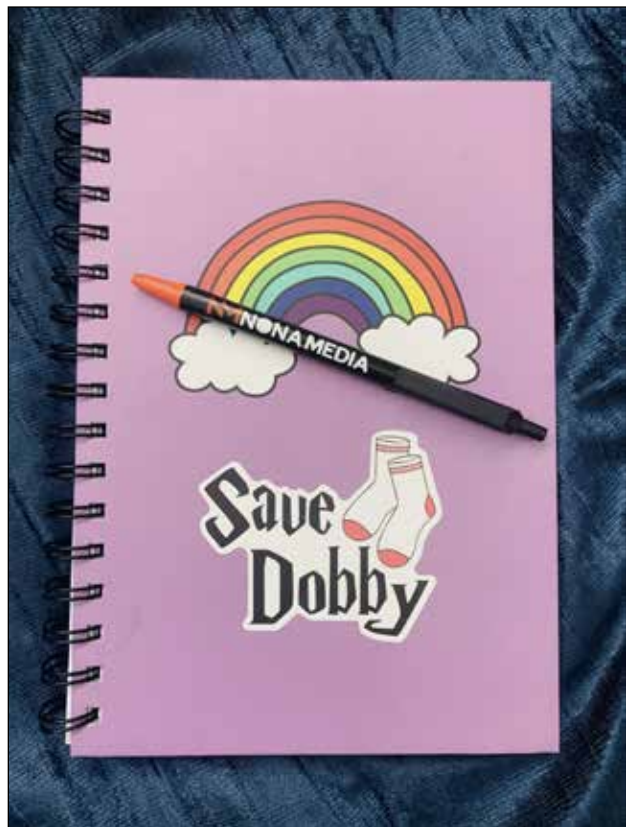


that, in the end, I'll create something extraordinary when I push myself out of the long trudge. Sometimes, it works, and I do create something greater than I predicted. But others ... well, let's just forget about those times. The point is, writer's block is the worst, and to be completely honest with you, I've had it since the beginning of quarantine. There are some sporadic moments where a light bulb goes off in my head, and I write it down but never get around to carrying it out, in part because I'll just put it off to the point where I don't even care to write about it anymore. Motivation = gone. Now, I can only look back at this year and sulk because I'm a writer who hasn't written as much as I nearly should have during all the free time I had in this pandemic.

So, I recently read an article that I think, if not every person, every writer needs to read. Titled "How I Stopped Sitting Around All Day Seething With Jealousy of My Peers," Mandy Stadtmiller graciously takes readers through her life journey, mostly in professional and creative aspects, and how the main thing holding her back was herself. But in this article, she also highlights the practice of "doing morning pages." It's a practice many people have taken up (there's even a website dedicated to it called 750words.com), and it basically consists of spending 20 minutes, preferably when you first wake up, and writing three pages filled with your stream of consciousness. Don't pause to think if the words will come out perfectly or if they even make sense; just write everything on your mind. Put pen to paper or finger to keyboard and *let it all out*. The good, the bad, and the ugly. Stadtmiller states, "Stop saying 'if only.' Write it instead. Honestly, write anything you like in your morning pages, just don't censor it or hold back. **That's yourself that you are reading.**"

I started writing morning pages in the beginning of October. In these few weeks, I've already seen a positive influ-

I've had my fair share of writer's block over the years. It happens, even to those who aren't even "writers." How many of us have inched closer to a deadline for an essay and still sat in front of a computer with a blank document and an even more blank expression on our face? I've had many days where I just look at the ceiling and pray that the combination of coffee and luck will propel me through the process, hoping



ence, firstly because I've written more in the last month than I have all of 2020. But secondly and most importantly, after reading my morning pages over, I see myself in an outside perspective – my goals, my frustrations, my small joys, my big joys, my sadness, my anger. I see myself and all the thoughts I'm used to bottling up; they're all written down, thus giving me the strength to tackle them head-on. I've manifested how my days turn out by simply writing it down and feeling the emotions deeply in that moment. Then, later that week, I'll reread the pages and say, "It's funny that I said I wanted to do this. And I actually accomplished it. It's done and over with. Wow, is it really that easy?" Funny how that works, isn't it? It's as if, suddenly, I'm in charge of my own fate, when I really always have been.

I encourage everyone to read the article to gain more insight and see if the feeling of waiting and waiting and waiting for something to happen that Stadtmiller describes are harbored within you. They only exist to make you feel stuck and halt your progress. And if that's the case, morning pages might be for you, too.

Also, just for the record, this is my longest editor's note and the easiest one I've written yet.



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Heart of Florida United Way Receives Grant To Help Veterans During the Pandemic

ARTICLE BY NATALIA JARAMILLO
PHOTOS COURTESY OF HEART OF
FLORIDA UNITED WAY

Heart of Florida United Way received a grant to help veterans who have lost their job due to COVID-19.

Heart of Florida United Way was chosen out of 19 organizations across the country to receive the NFL Bob Woodruff Foundation Salute to Service partnership grant that will provide assistance to more than 25 post-9/11 veterans who have lost income due to the pandemic. United Way dedicated the grant money to Mission United, a collective-impact initiative that helps veterans.

“There are a lot of veterans in our area that either come here when they separate from the military or retire here,” said Norris Henderson, Mission United manager. “What we found out through my staff and myself was that there were a lot of veterans who lost their employment or their hours were severely cut, and it caused them to not be able to make their rental payments.”

Florida has the third-highest number of veterans in the country with 1.44 million in 2019, according to an article in *USA Today*. With such a high number of veterans living in the state, many reside in the Central Florida area and have taken jobs within the struggling travel industry.

The Orlando area is one of 15 communities that is facing a significant economic impact due to COVID-19, especially since the area has over 281,000 jobs in the hospitality and travel sector, according to a research paper written by the Bob Woodruff Foundation titled, “Veterans and COVID-19: Projecting the Economic, Social, and Mental Health Needs of American’s Veterans.”

Veterans in Orange, Osceola, or Seminole counties can apply online for assistance if they have lost their job or lost significant hours due to the pandemic at www.hfuw.org/bob-woodruff-grant. Veterans are required to show proof of military service, letter from employer about employment status, photo ID, and lease/rental agreement to be eligible for funds up to \$2,500.

“We determine what is the amount the veteran gets on a case-by-case basis,” Henderson said. “The biggest factor is in the need.” The funds given to each veteran to help them stay afloat is given on a first-come, first-serve basis, so eligible veterans are encouraged to apply earlier rather than later.

“Let’s say money runs out. Then, we can refer those veterans to other resources in the area, like the COVID-19 funds from the county,” Henderson said.

The cause is near and dear to Henderson, who is a veteran himself, and has him working on other resources Mission United offers veterans.

“It means a lot to me to help a veteran in need,” Henderson said. “We have had a couple donations here and there so people can reach out, or they can volunteer or they can donate to Mission United.”

OUC, City of Orlando, and the Electrification Coalition Launch New Electrified Dealer Program

BY NATALIA JARAMILLO

The Orlando Utility Commission (OUC) has partnered with the City of Orlando and the Electrification Coalition to launch an electrified dealers program that expands electric vehicle usage throughout Central Florida.

The partnership will allow for expanded sales and overall usage of electric vehicles through offering rebates for OUC customers who purchase electric vehicles and incentives for car dealership sales staff.

“Electric vehicles are gaining traction and becoming more common on our roads, but for some buyers, there can be myths or misconceptions to overcome, and who better to help educate customers than car dealers!” said Linda Ferrone, chief customer and marketing officer for OUC. “We believe these vehicles will be a major part of Central Florida’s transportation future.”

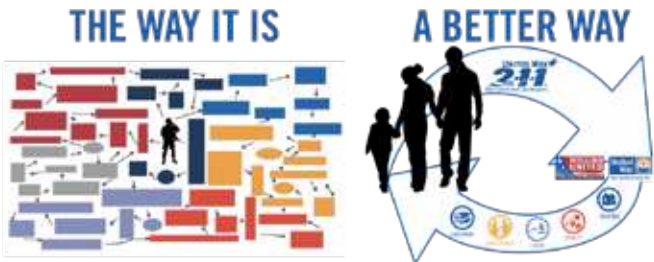
The electrified dealer program began in October and required participating dealerships to meet certain conditions, including availability for on-site charging, participation in EV-customer-engagement training by OUC EV specialists, and involvement in active media promotion of EV options to customers.

OUC plans to have nearly 300 electric vehicle chargers in its service territory in early 2021, which will include a new, 22-port-charging hub on Robinson Street in downtown Orlando.

This partnership was recently awarded \$500,000 to build the downtown charging hub, which will be one of Florida’s largest electric vehicle charging hubs, after a project by the Florida Department of Environmental Protection funded 26 smaller charging stations across the state with \$13.5 million, according to a September WFTV article.

The League of Women Voters of Florida named Orange County as a “top tier” performer in their summer electric vehicle report card. This partnership with OUC and the utility’s commitment to reaching net zero carbon emissions by 2050, along with the electric vehicle charging hub expansion coming soon, are likely to ensure more electric vehicle model innovation.

In Lake Nona, it has been about a year since autonomous electric shuttle Beep came to the area and is now increasing its routes and coverage across the state. The shuttle will likely also continue to expand the Florida Department of Environmental Protection project as will OUC’s partnership to launch the electrified dealer program.





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The Social Network for Lake Nona

The Artist: Looking at the Greater Picture Of Life

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
K.J. LARAMIE



K.J. Laramie

K.J. Laramie’s portfolio is nothing short of a genuinely creative experience. Doubling as both artist and poet, she blends together these different crafts to get across her distinctive and uniquely individual perspective of life. Laramie and her husband, Steve Johnson, are happy, new residents in the Nonahood, and we’re quite glad to be able to welcome them home!

Nonahood News: What drove you to become an artist?

K.J. Laramie: It wasn’t a choice! It was so obvious.

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

KJL: As a small child, I would bring bags of Quahog shells home from the beach on Long Island and paint them for hours to my heart’s delight! My watercolor set was nothing elaborate, but it gave me a sense of triumphant joy! The endless variations of color and design displayed on those thick and sturdy shells lasted a long time, which endured as my collection grew, and were not easily broken. The poetry came years later after I started meditating. It was transformative. My art and poetry are connected. Influences grew from meeting early abstract expressionist women painters, like Elaine de Kooning, who was an awe-inspiring eye-opener; she gave me a green light to become more bold at a time when women artists were barely recognized in the early ’80s. Painter Grace Hartigan of the original New York School liked my work in Maryland. I was encouraged and flattered. Lyrical abstraction! Color! That’s what I was drawn to, with textural, imagistic references. Revering colorist Wolf Kahn (a student of Hans Hoffman) sealed my fate. To look at the pioneers who influenced all of them made my path clear and my passion more resolute.

NHN: How often do you find yourself creating art?

KJL: It’s an all-consuming business, a 24/7 watchful practice. I paint every day. Poetry comes to me effortlessly in the middle of the night. Together, with the canvases, it is almost like creating a symphony; fortissimo, bright parts, and pianissimo, quiet parts, all blend and balance, giving the words a colorful and limitless language in paint. Listening to Renee Fleming while I paint is pure bliss and certain moving classical music as well. Some Beatles tunes with profound verses have the same effect.

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

KJL: As I described, not long! But, I never thought painting the compassionate aspect of myself would ever be part of my career. It was a discovery brought forth from my heart in 1988 in a visionary moment on the environment, after Brazilian environmentalist Chico Mendes was assassinated (see “Funerals Won’t Save Amazonia”). The “oneness” in plants, trees, animals, oceans, and all of humanity, down to the smallest bee and butterfly on Mother Earth, beckoned. The reality of painting “meaning,” painting non-verbal affirmations amidst all the chatter of the world, was uplifting work. Not long after that, traveling up the Nile brought more intense, intuitive inspirations as well; personally



Amazon Flight



Caught Prince William Sound

touching 5,000-year-old paint still visible on ancient Egyptian monuments and columns and making hand-rubbings was an artist’s dream.

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

KJL: All of them! Who can name a favorite child? The most pre-planned project was stopping off at the National Cathedral in Washington, D.C., for hand-rubbing supplies (archival paper and special wax crayons) before flying to Cairo. I captured hieroglyphics from many temple and tomb walls there, including Mereruka’s Mastaba (an artist priest). I also gathered pebbles from quarries for mixed-media collage and multi-canvas constructions (see “Saqqara Intensity: Above and Below”).

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



Funerals Won't Save Amazonia



Desert Release Thoughtforms of Peace

KJL: Travel and research of real-life places of historic and artistic significance – a kind of pilgrimage – would top that list, all of which informs my work, whether it’s the café in Arle from Van Gogh’s paintings; the churches in Italy and France where Michelangelo and DaVinci are entombed; where Monet spent much of his life painting; where pharaohs walked or were buried; or museums and cathedrals housing reliquaries of bones, statuary, and ancient paintings of saints, kings, queens, artists, scientists, and philosophers. My multi-canvas constructions (many with irregular outer dimensions) emerged from seeing the enormous blocks and columns of ancient Egypt [in] January 1990. The current multi-canvas work in my latest *Peace Series* utilizes the same metaphor, bringing fragments together and coalescing them into a harmonious whole. It’s exciting but challenging, only because it’s physically demanding.

NHN: What are some of your dream projects?

KJL: Our new “pay it forward” business of creating a venue for fledgling thinkers to access the deeds and wondrous projects of other successful and valuable endeavors, addressing important topics, covering a myriad of categories – with the ideal to leave this planet secure, undamaged, and healthy for the next generation: Creative Consultant Consortium, LLC.

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

KJL: Meditation ... prayer ... scriptures! One teacher said after somebody stole from him, “I am that man.” When I quizzically looked at him, he elaborated, “He had to feed his family.” Now, there’s compassion. I believe the biggest tool is my fontanel (yes, everyone has one!). It’s simple. Close your eyes. Look up. Feel the energy at the top of your head. Stay there. Go within.

NHN: Future goals/plans?

KJL: Through my work, I strive to emphasize goodness and strength, encourage all people to create (not just artists) and to follow through on their dreams, to persevere. Cultivating kindness and service to others continues to be my goal. I enjoy making one person smile a day, at least. And, to remember that keeping your light under a bushel serves no one. Looking at the greater picture of life, what’s really important, propels me forward in every breath.



Multi-Canvas Construction
Metamorphosis in Progress



Blue Rain



Saqqara Intensity Above and Below



Piscean Pull

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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Surviving The Holidays: Thanksgiving Edition

BY SARAH LOGAN

Thanksgiving, a classic American holiday, is typically associated with loosening your belt and eating too much of something ending in “casserole.” However, for someone trying to lead a healthier lifestyle, it can be a holiday filled with anxiety and regret. Not only are you dealing with splitting family time with your in-laws or hosting a dinner yourself and having to cook the temperamental turkey, you are also trying not to feel like you will fall away from your health goals because of a decadent Thanksgiving meal. Don’t throw caution to the wind and wait until January to get healthy. Whether you are entering the holiday season with goals to lose weight or just not wanting to feel completely wiped out after a marathon of eating, you can come out of the other side of November and December with some momentum for the new year. Here is how you can thrive leading up to, during, and after your Thanksgiving meal.

1. **Don’t skip breakfast (or lunch) leading up to mealtime.**
Unless you are accustomed to intermittent fasting, skipping breakfast or any meal of the day is going to set you up

- for overeating. You will not only physically feel starved but mentally feel like you need to make up for the calories you missed out on earlier in the day. A Thanksgiving meal with reasonable portions is around 1,700 calories, and that number can easily double or triple if you’re not using some restraint.
2. **Eat protein throughout the day and at Thanksgiving dinner.**
Protein takes more time and energy from the body to digest in the stomach. It will help you to stay satiated or “feeling full” for longer, according to the *Annual Review of Nutrition*. Getting some turkey on the plate will help you to feel full faster on Thanksgiving and may keep you from overeating. Protein will help retain your muscle mass when you are dieting down, so the days surrounding the Thanksgiving meal are just as important when getting protein in.
3. **Prioritize your favorite dish, and say no to the dishes you really don’t care for.**
It’s okay to say no to the one lackluster dish that always makes an appearance every year. This is so that you can say yes to a piece of your favorite pie or an extra helping of your favorite side dish. The calories you eat on Thanksgiving should be enjoyed. Every last one!
4. **Keep grazing to a minimum.**
Remember that calories from nibbles and tastes do count! While the charcuterie board may look enticing, those calories are high in fat and will most likely add up quickly. My suggestion is to have one small plate of appetizers and position yourself so you are not



- standing right next to the finger foods.
5. **Weigh yourself daily throughout the holiday season.**
A 2019 study by The Obesity Society showed that participants who weighed themselves daily for 52 days during the holiday season did not see any significant weight gain. Even though weighing yourself during the holidays seems like the last thing you may want to do, it can really give you the full picture of how your body fluctuates normally. Thanksgiving dinner weight gain alone is probably due to water retention and slow digestion, not from gaining fat!

Weighing yourself holds you accountable to stay on track with your nutrition goals in between Thanksgiving and Christmas.

Ultimately, this holiday is to be enjoyed through food, so don’t stress too much about one day! As long as you plan ahead and wake up on Black Friday ready to go right back to your healthy routine, then you should be on track to finish out the holiday season with momentum built up for the new year.

Don’t Split Split Oak

ARTICLE BY JORDAN BURNETTE
PHOTOS COURTESY OF FRIENDS
OF SPLIT OAK

Split Oak Forest is one of Lake Nona’s hidden treasures. From its beautiful nature trails to serving as a home to wildlife and

numerous plant species, this is the perfect spot for nature lovers in Lake Nona. The wildlife conservation area is located right off of Clapp Simms Duda Road, and it connects to the back of Moss Park. For the past couple of years, Valerie Anderson, president of Friends of Split Oak, as well as Eric Rollings, chair of the Committee to Save Split Oak, and both of their teams have worked extremely hard to stop the Central Florida Expressway from being built through the forest. They have made it a priority to attend every single meeting discussing this topic. While the toll road being

built is still under discussion, the Committee to Save Split Oak has already delayed it by 3½ years.

As we all know, there is construction constantly being done all over our town. Being a member of the Lake Nona community, I know how exciting it can be to finally get that store or restaurant I have been waiting for since I moved here. This road is not intended to add on to the number of stores we have. This toll road is simply being built for the development of homes and would make for a quicker way to get across town. While this construction may add to our convenience, it is absolutely destroying our nature and wildlife. On [SaveSplitOak.org](#), they mention that the potential Central Florida Expressway road is a “Toll Road to Nowhere.”

If they build this highway through the forest, they will be tearing down the home to nearly 30 endangered and threatened species, such as Florida scrub jays, gopher tortoises, bald eagles, snakes, grasses, sandhill cranes, and more. Animals such as the Florida scrub jays are only located in our state, and if we destroy their home at Split Oak, we will be a part of the reason that these birds go extinct. If the road is built right through their habitats, they will be facing even greater risk. On top of that, they will be taking away a safe space for nature lovers in Orange and Osceola counties.

When Split Oak was founded in 1994, it was meant to be set aside for Orange County

residents in perpetuity. The CFX proposal is completely disregarding this. The Orange County Commission voted to protect the forest but has since voted to destroy it. The Committee to Save Split Oak’s slogan is “Promises are meant to be kept,” since this preserve was meant to be set aside for good. Anderson stated, “Appreciate our green space. Learn what you can do to protect it.”

After speaking with Anderson and Rollings, I have learned how passionate they are about protecting this sacred land. Split Oak is their home away from home, and it would be a shame to watch it disappear. If we do not protect this forest, similar scenarios will happen to forests all over Florida. The Committee to Save Split Oak and the Friends of Split Oak encourage us as a community to Vote Yes to Amendment 2 in the Orange County election on Nov. 3. They also encourage hiking the Split Oak Trails so we can learn to appreciate the beauty it has to offer as well as donating to either committee.

For more information about the conservation of the forest, feel free to visit [FriendsOfSplitOak.org](#) and [SaveSplitOak.org](#). As Lake Nona Residents, we should show our support to these organizations and the conservation area. If you are looking for a way to clear your mind, get the kids out of the house, or spend some time in nature, head on over to Split Oak. You won’t regret it!



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Nona Heroes: Don Long

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF DON LONG



In honor of the upcoming 245th Marine Corps birthday, November's Nona Hero is a decorated officer seasoned by 27 years in the U.S. Marine Corps. He is a jack-of-all-trades professional and boat guru who incorporates the spirit of Lake Nona in his work each and every day, and I have the pleasure of calling him my boss. This month, we meet Donald "Don" Long.

In 1971, Long, who was a young Alabama boy through-and-through, was almost drafted into the military. He took the bull by the horns by marching into his local recruitment office in hopes of meeting with a Navy recruiter so that he could tie his love for boats with his obligation to his country. As luck would have it, the Navy recruiter was not there – but the Marine

recruiter was. "With true Marine drive, he was not going to let an able-bodied boy from Alabama who knew how to shoot get away. I took the physical that afternoon," he told me.

Long spent much of his youth traveling and re-locating as a result of his progression in the Marine Corps. His many assignments include the following: detachment commander of Marine Security Guard Detachments in Mauritania, Spain, Yugoslavia, and Austria. After six years away from home, he was deployed again nearly immediately when he returned, this time to Somalia for Operation Restore Hope, which secured areas in Somalia in order to deliver food and resources safely.

"At one time, we moved eight times in 10 years," Long stated.

Long's specialty within the Marine Corps lies with broadcasting and journalism. He was a combat correspondent in addition to his

tours of duty and worked his way up the ranks, eventually earning the rank that only one in 100,000 Marines reaches. Reaching the rank of master gunnery sergeant is one of Don's largest honors.

"It was an honor to serve at that level to be able to influence the young Marines serving as combat correspondents

worldwide from the Pentagon," he said.

1999 saw the prestigious officer leave the service after serving as the public affairs chief of the Marine Corps at the Pentagon. Since then, Long has focused on family, his passion for boats, and a profession in chambers of commerce.

As the current CEO of the Lake Nona Regional Chamber of Commerce, Long projects his values of integrity, community, advocacy, and support amongst the region. The progressive and friendly atmosphere of Lake Nona drew him to the area; then, the opportunity to champion a chamber couldn't be passed up. He uses his experience as a leader in the Marine Corps to



tactically guide his staff into protecting and promoting our local businesses. He keeps the interests of our community close to his heart. Additionally, Long serves on the board of directors for Friends of Fisher House Orlando and is a member of the VFW and American Legion.

In addition to running our local chamber, Long owns a yacht brokerage business and stays in touch with his amphibious side. He and his wife, Madelyn, make time to water ski, cruise, and fish among their busy schedules. Their pet turtle, Fred, keeps them company.

Long is known to make a mean old fashioned as well. "Many will also say that I am an excellent amateur bartender," he remarked.

The master gunnery sergeant has the U.S. military to thank for meeting Madelyn in Japan. She herself has a resume dedicated to U.S. organizations. And if you know them, you know that no couple is better suited than they are. Their daughter, Jayna, has also experienced the value and honor of serving the country through the Navy. Long and his family embody the concept of valor.



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The Social Network for Lake Nona

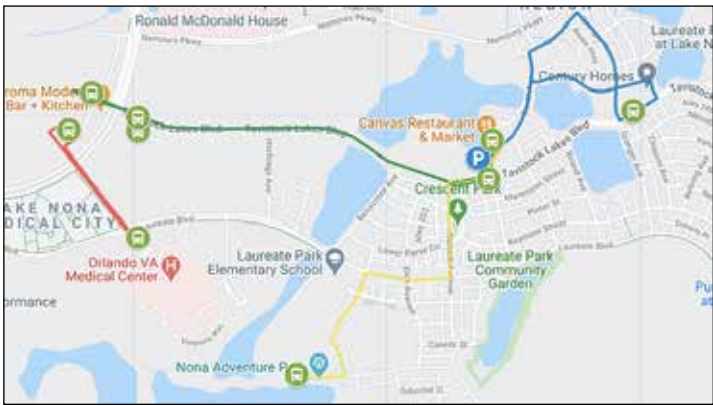
Beep Is on The Move: Autonomous Shuttles Celebrate One Year on the Road

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF BEEP

A little over a year ago, the Lake Nona community was introduced to Beep, the self-driving shuttles that are part of a large-scale mobility initiative called Move Nona. What was initially a one-mile route with two shuttles from the Laureate Park Village Center near Canvas to the Lake Nona Town Center has since expanded to include four different routes and eight shuttles.

The growth of the company was a direct result of the demands of the community and passengers. Beep is currently operating the longest and largest running autonomous shuttle mobility network in the country! This mobility network is in partnership with Tavistock Development Company. With the addition of the alternate routes and extra shuttles, Beep and Tavistock have now created “a micro-transit network providing residents with a safer, more efficient, and eco-friendly transportation alternative with access to the Town Center, Boxi Park, Pixon Apartments, Laureate Park Village Center, area model homes, the recreational area of the community including a City of Orlando public park, and Orlando VA Medical Center.”

Since the shuttles’ launch, Beep has had 16,000 passengers experience an autonomous ride with 4,000 rider hours and 9,000 miles traveled. The environmental impact Beep’s shuttles have had is exponential so far! A total of 9,400 vehicle trips have been removed from the road and has



saved over 8,100 pounds of CO2 emissions, which typically requires around 170 trees to reverse the damage.

In addition to the growth in Lake Nona, Beep has experienced substantial company growth. Partnerships with the National Highway Traffic Safety Administration, Hillsborough Area Regional Transit Authority, the Jacksonville Transportation Authority, and so much more have been created. Beep has received several notable achievements throughout the year of being on the road, including:

- Autonomous delivery of COVID-19 tests without an attendant onboard
- Delivering the first Olli 2.0 in the U.S.
- Selection as the only service provider for the Federal AV TEST Initiative
- Autonomous shuttle service with a transit agency in an urban environment

With so much success in just the first year of transit, Beep has some very exciting plans for the company’s future. Its expansion will continue throughout the year with a new 10,000-square-foot headquarters opening before the end of 2020. The headquarters will become the Beep Command Center and “will provide constant monitoring of the fleet in all deployment areas to ensure safe operation and vehicle performance across the fleets.” A 3,000-square-foot innovation lab “will serve as a collaborative space for strategic players in the autonomous vehicle eco-system to advance research and development.”

Even more growth for the company includes the launch of the Ride Beep App, which is currently available for free on iOS and Android platforms. “The app is the first step to providing passengers the ability to reserve seating on the shuttle in advance for [the] same day of service and ultimately

schedule and hail rides, thus making mobility even more convenient for all.”

The month of November includes two additional launches in new cities – St. Petersburg and Port St. Lucie. Local growth here in Lake Nona will continue with planning already underway for implementation of an autonomous shuttle network consisting of more than 25 shuttles. This growth is possible with the aid of a \$20 million USDOT BUILD grant for a mobility network. The network will consist of 22 miles of multi-modal pathways.

Beep is also hiring for several positions, including autonomous shuttle specialists, finance and project managers, and a recruiter. If you’re interested in keeping up with Beep’s growth, to apply for one of the open positions, or to get more information, visit www.go-beep.com.



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www.NONAHOODNEWS.com | 9 | NOVEMBER 2020

LAKE NONA

REGIONAL CHAMBER OF COMMERCE UPDATES



FROM THE CEO

The holidays will be here soon. We hope you will be able to enjoy them with family and friends. We also ask that you consider supporting your local businesses by shopping and buying locally. Together, we can continue to provide a stable economy to secure our future.

Here at the chamber, we will continue our efforts to keep you informed while we all try to adjust to what will be a unique way to celebrate the holidays. We will also continue to bring programs, including advocacy with government, education, information, networking, and diversity. In return, we hope that you and the community can support us.

Please stay safe and well.

Don Long, President/CEO



Sept. 30, Ribbon Cutting for Bozanich Photography – Kristina Bozanich (center left), owner of Bozanich Photography, partnered with Hunt's Handmade, Nona Adventure Park, and Helping Paws of Orlando to make a fun and interactive celebration of her new chamber membership and ribbon cutting. (Photo by Felicity Gomer)



Oct. 5, Ribbon Cutting at Don Julio Mexican Kitchen & Tequila Bar, Eagle Creek – Don Julio Mexican Kitchen & Tequila Bar, Eagle Creek owner Florencio Rodriguez (center right) welcomed members and guests into his new establishment in Eagle Creek with an hour of free margaritas, a live mariachi band, and more. (Photo by Felicity Gomer)



Sept. 18, Ribbon Cutting at BurgerFi Orlando, Lake Nona – BurgerFi's president Charlie Guzzetta (center left) and owner Marcos Szmukler (center right) welcomed chamber members and visitors with free food and good times to celebrate their grand opening. (Photo by Felicity Gomer)



Sept. 25, Business Luncheon With Carolyn Fennell of Greater Orlando Aviation Authority, "Orlando International Airport: Things You Need to Know When Traveling" – Carolyn Fennell (upper left) shared essential information about traveling during COVID-19 with our chamber members and visitors while also informing us on the steps and precautions the Orlando International Airport is taking to keep Orlando safe. (Photo by Felicity Gomer)



Oct. 8, Breakfast Connections With UCF Lake Nona Medical Center CEO Wendy Brandon, "Building the Hospital of the Future" – UCF Lake Nona Medical Center CEO Wendy Brandon (standing) shared with breakfast guests plans for "Building the Hospital of the Future." Eagle Creek Golf Club provided a prepackaged breakfast and a spacious venue to allow social distancing. The event is the first in-person Breakfast Connections since June. (Photo by Felicity Gomer)

UPCOMING EVENTS

NOVEMBER 5

Legal Seminar Series:
"Immigration I-9" Explained



NOVEMBER 6

"The Chamber Swing"
Golf Tournament



NOVEMBER 10

Ribbon Cutting & Grand
Opening Ceremony at Synovus
Bank by Invitation Only



NEW MEMBERS

Don Julio Mexican Kitchen & Tequila

Bar Eagle Creek

Empire Power Washing

First Nature Ranch Foundation

Keen, Tom

Lake Nona Performance Club

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Quantum Power Skills (QPS)

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The Social Network for Lake Nona

Living Well: I Can!

BY CINDY COFFMAN

Can you remember what you wanted to be when you were a kid? Was it a fireman, a ballerina, an astronaut? How many of us became the person we thought we would be? In my last year before turning half a decade old, I still think I can do anything. I know it sounds naive, but I believe it.

I grew up in the north side of Pittsburgh in a typical, low-income row home that included rats the size of guinea pigs. My mom worked two jobs, so we usually stayed with my very Italian grandparents. In their home, food was the principal priority. We had at least three meals a day, and it was always a smorgasbord. I was a bit ... well-fed. I still remember having to shop in the husky section at Hills Department Store. I am sure I remember there was a blinking sign over the size 14 irregular jeans that said, "This section is for hefty kids who eat Twinkies for breakfast." We weren't really encouraged to go out and play, but it didn't help that we lived on a steep hill by the main highway. I think our street was Pittsburgh's version of the Hunger Games. It turned out that, most days, we just ate junk food and watched old-people TV.

On one particular afternoon, I thumbed through the TV Guide. And there it was on page 62 – a "Draw Cubby" advertisement. This was a monthly contest where the winner could receive a \$995 art scholarship (yes, you read that right) or a top prize of \$5,000. The idea was for participants to draw the cartoon character and send it in. And every month, this prestigious company would pick a winner. This was incredible and more money than I could imagine! I ran to my Pap (granddad) and showed him my sketch. It was his words that very day that sparked my desire to be more. He said, "Cinders. (That was my nickname from him.) You aren't like the rest of us. You have something special. You can win this contest. And you know what else? You can do anything that you want because you're smart and you have heart." It is amazing what small words of encouragement can do for one's soul.

What I didn't realize at that age is life can hit you pretty hard. My family suffered many tragedies from suicide, depression, incarceration, drunkenness – all issues

that sounded like the rejected dwarfs of Snow White. But even in those dark times, those words were stuck in my head. I am still a "glass is half-full" kind of gal. I want to solve the homeless problem in Central Florida, open a few of my own businesses, help my parents pay off their house, and, of course, world peace. But, I am also realistic. So, for many years, my set goals have only been what I foresaw to be truly attainable, which isn't a bad thing; it just doesn't leave room for dreaming.

I've read (and heard) statistics about goal achievement, and one reason many people fail in achieving their goals is that they don't write their goals down. I totally get that. Because then, there is accountability once it's in print. We actually have to work at making it happen. And then, there is the bigger issue; what if we fail at achieving these goals? Aye, and that's the rub.

So if truth be told, some of my own goal setting seems to be related to ego. Ick, I just said that out loud. As much as I care about failure myself, I seem to be concerned about what others might think about me if I fail. You'd think after 49 years of life, I'd feel a little more comfortable with being human.

The truth is failure is always an option. Steve Jobs said, "Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything – all external expectations, all pride, all fear of embarrassment or failure – these things just fall away in the face of death, leaving only what is truly important."

Ask yourself: What in your life is truly important? Because that is what it's all about. We will find a way to do the things that are important to us ... and usually at any cost. Life is short, my friends. Make the most of every day.



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Sunny Side Up: The Real Florida Man, Part Two

BY PHILIP LONG

On the lighter side of the Nonahood, this is a column about the humorous realities of life in Central Florida. We must choose to laugh and sweat rather than cry and sweat.

I think Florida Man gets a bad rap. Mostly from weirdos. If a "Florida man eats racoon raw" or a "Florida man marries alligator," isn't he simply a creep? What about the rest of us normal Florida men? I've explored this idea before, but I feel that there's more ant-riddled ground to cover. So, here are some headlines that real news should be relaying:

Florida Man greets the first day of fall by throwing open the front door and drowning in a wave of heat. A few hours later, wife finds Florida Man curled up beside said door sobbing and sputtering, "I just wanted to check and see if the leaves had changed."

Florida man dons gloves, goggles, and boots, ready to tackle the lawn. Upon opening the garage door, Florida Man faces immaculate lawns as far as his eyes can squint. Looking at his own thigh-high weeds, Florida Man goes back in the garage for a chainsaw with a curious grin on his face.

Florida Man wakes up in the middle of the night and goes to the fridge for a snack. In the fridge's light, he sees a small, dog-sized roach scurry behind a cabinet. Florida Man loses his appetite.

Florida Man visits relatives in cooler climates. Florida Man relates handsomely about Florida winters. When asked about other times of the year, Florida Man curses vehemently and alienates relatives.

Florida Man decides to take children trick-or-treating. Dressed as an oversized teddy bear, Florida Man rubs paws together as flying-squirrel daughter and Kylo-Ren son join him for a night of glucose gluttony. Florida man loses 20 pounds of water weight whilst stuffing his face with Butterfingers. Halloween becomes Florida Man's new diet.

Florida Man pulls muscle in throat while sneezing at seasonal allergies. True story. I'm still recovering.

Florida Man watches a nature documentary on Florida's wetlands. Florida Man locks all doors and windows and changes his computer's passwords. Florida Man is caught moving a piano-barricade in front of the door by wife.

While on hike, Florida Man takes frond to the eye for the last time. He vows to hike backwards for the rest of his life. Wife and children complain about having to take turns holding his harness.

Florida Man mentions to friends that he's an undecided voter in the upcoming presidential election. Florida Man now vows off friendship forever.

Florida Man whines and complains about being sent to Aldi with a list an arm's length long. Stepping out of the minivan



onto sole melting tarmac, Florida Man stumbles to Aldi's sliding doors and is embraced by a full-body hug of air-conditioned bliss. Florida Man rejoices in life's small blessings. Florida Man has forgotten a quarter for a grocery cart. Florida Man mourns life's small curses.

Florida Man swallows three gnats, two mosquitoes, and a fly while riding his bike – a new record. He pats himself on the back only to cough up the fly and ruin record.

Florida Man decides to become a writer so that he can vent about being a man in Florida. Plus, venting reminds him of air conditioning and makes Florida Man happy.

For me, these are the real headlines and are way less creepy. I hope you stay safe, and keep being real Florida men and Florida

women. Just don't go breaking my record.

Philip is a father and husband, who coaches soccer with Coerver Coaching, and freelances as a writer, illustrator and carver. He's constantly sniggering to himself whilst whittling spoons and toys in the kitchen (hey, it's way too hot outside). To his wife's chagrin, the kids track wood chips around the house. He would love to hear from you at plong3510@gmail.com, either to giggle with him about something silly he wrote, or for any carving, illustration or writing needs. Oh and please remind him to sweep up.



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USTA: The Free 30 Initiative

ARTICLE BY DANIEL PYSER
PHOTO BY USTA

The USTA National Campus has introduced a new promotion intended to attract and engage new players in the local area. The “Free 30” initiative includes a free, 30-minute hitting session with one of the campus’ teaching pros for any player who has never participated in USTA National Campus programming.

Players of all ages and abilities can take advantage of this new offer as it is designed to create a more personalized introductory experience for those participating in campus programming for the first time.

The 30-minute session will include tips and evaluation, and, at the conclusion of the session, the pro will recommend classes and programs based upon the players’ skill and interest. They can also make recommendations about equipment purchases at the Pro Shop and guide the player through registration.

For children, the pro can also discuss with parents different programming options based upon the player’s desired pathway.

There is no commitment to sign up for programming, and all guests will receive a welcome bag. Please visit www.ustanationalcampus.com/freethirty for more details.

For both new and returning players, the campus fall programming is in full swing with options for everyone. The campus continues to adhere to specific health and safety protocols in order to ensure the safety of all guests and staff.

Continuing this fall for all youth programming is added Friday play opportunities, which were a new addition earlier this year. For Nemours Family Zone programs, these Friday Fun Days will give players an op-

portunity to put their weekly instructional practice into action, developing their match skills with the support of the USTA National Campus coaching staff.

For Youth Development players, 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 and 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.

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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COVID-19 RESOURCE PORTAL:

nona.link/covid

Managing Diabetes During COVID-19

All of us are trying to stay healthy and safe as COVID-19 continues to be a factor in our daily lives. You may have heard that people with certain conditions are more likely to become seriously ill if infected with the highly contagious virus. This includes members of our community with diabetes.

“Diabetes increases the risk for pneumonia and viral illness in general,” said Dr. Richard Pratley, a nationally-recognized diabetes expert and medical director at the AdventHealth Diabetes Institute. The disease is associated with a higher risk of illness and even death from COVID-19 because it negatively impacts the immune system’s ability to fight any illness.

“Those with diabetes can have decreased innate and adaptive immunity, decreased cell-mediated immunity, ineffective viral clearance, and impaired T-cell function due to hyperglycemia,” said Pratley.

Talk to Your Doctor

Having any illness, including COVID-19, can affect your blood sugar level. As a result, your physician may advise that you check your blood sugar more often. Keeping your blood sugar level under control is one of the best ways to stay healthy even when you aren’t at risk for a serious illness. Your doctor can also advise you of other ways to help protect yourself. This includes sticking to your diabetes care plan.

Your diabetes care plan should include:

- Keeping your blood sugar level under control
- Checking your feet every day
- Eating healthy foods and eating out less
- Having an effective balance of food and exercise
- Taking your medicine as prescribed
- Managing stress
- Getting your annual flu shot

Dr. Pratley also advises joining a virtual diabetes education class, like those being offered through the AdventHealth Diabetes Institute, and considering a virtual doctor’s visit if you need to see your provider but don’t feel comfortable going to their office.

“There are telemedicine opportunities for individuals with both Type 1 and Type 2 diabetes,” he said, adding that AdventHealth offers support for patients with Type 1 diabetes who have lost their jobs and are at greater risk for complications. Through interactive education including group classes and individual counseling, you can learn more about the disease and gain confidence in your ability to manage your blood sugar on a daily basis. And of course, don’t hesitate to contact your care team if you have questions about your diabetes.



Reduce Your Risk

Obviously, your best defense against getting sick is avoiding the virus altogether. If you have diabetes or another condition that raises your risk for a serious illness, follow recommended safety protocols and keep a good supply of medicines and supplies on hand. And if you start to feel ill, reach out to your physician without delay, especially if you experience fever, dry cough, or shortness of breath, which are all symptoms of COVID-19.

Learn about diabetes education courses offered at AdventHealth by visiting AdventHealthDiabetesInstitute.com.



About Dr. Pratley

Richard Pratley, M.D., serves as medical director at the AdventHealth Diabetes Institute and senior investigator at the AdventHealth Translational Research Institute. He and the specialists at AdventHealth Medical Group Diabetes & Endocrinology at Orlando provide compassionate care with a focus on healthy lifestyles and the prevention of complications related to diabetes.



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Family Shift: Five Lessons to Teach Our Kids by Example

BY RODNEY GAGE, LEAD PASTOR



RG RODNEYGAGE
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Author and speaker John Maxwell once said, “A leader is one who knows the way, goes the way, and shows the way.”

As a parent, one of the most sobering lessons we learn is that our children may not

always believe what we say, but they will believe what we do.

A friend of mine recently told me that while he and his eight-year-old son were out riding their bikes, his son hit a bump in the pavement. Instantly, his son blurted out, “Damn it!” His dad was surprised and asked his son, “Where did you hear that word?” His son’s reply was immediate: “From you!”

Two of the most poignant questions for us as parents to ask ourselves are: “What do our children hear *in our talk*?” and “What do they see *in our walk*?”

Today, more than ever, our children hear so many voices and see so much through television, video games, and apps like Tik Tok, Snapchat, Yubo, Monkey, YouNow, Whisper, Houseparty, etc. If you are not familiar with those apps, you owe it to yourself to look further into them to see what your kids are seeing.

Even though many voices are competing for our kid’s time and attention, parents are still the single most important and powerful influence that will ultimately

shape their lives. I am convinced that very little escapes the notice of children. They may not understand how to interpret every event, but they’re watching every moment.

Below are five lessons kids are most interested in learning from their parents:

- 1. How We Respond to Failure:** Do we become the victim, blame someone else, deny the event even happened, minimize it by saying, “It’s no big deal,” or say, “I couldn’t help it,” in order to excuse ourselves? Or do we model what it looks like to take responsibility, admit our part in the failure, and find the ways to grow from the failure toward a better future?
- 2. What Matters to Us:** Freya Stark once said, “There can be no happiness if the things we believe in are different from the things we do.” We can say our marriages and families are our top priority, but is that what our kids see by the choices we make? Is there a gap between what we say is important and what our commitments otherwise say?
- 3. How We Relate to Our Spouses:** Research shows that the best gift parents can give their kids is the security where their children see their mother and father treat each other with love and respect and demonstrate those virtues often and well.
- 4. How We Spend Our Money:** Few choices have as much impact on our kids regarding how we use money and the burden of financial stress. Does the desire for more control us, or are we content with what we have? There is nothing wrong with money or success; however, our kids also need to see us finding contentment in the small things, spending quality time together, and teaching good financial lessons to



help them for their futures.

- 5. How We Invest Our Time:** Time is a precious commodity that can be invested or wasted. Studies show the average person checks their mobile device 58 times per day and spends over six hours per day on their screens. With all the distractions competing for our time and attention, we must never forget the best way to spell love is TIME. As parents, it’s hard to make the necessary changes to help us live with greater intention for the people who matter the most in our lives.

After 30 years of marriage and three children, I can testify that the five areas mentioned above are much easier to write about than to live. But it can be done. Remember, we can’t become who we need to be by remaining who we are. Let’s commit to leaving our kids and grandkids more

than just memories; let’s leave them a legacy.

Rodney Gage is a family coach, author, speaker and the founding pastor of ReThink Life Church that meets at Lake Nona High School. His passion is to help families stop drifting and start living with greater intention. To learn more, check out familyshift.com and rethinklife.com.



LAKE NONA HOUSING MARKET UPDATE

September 2020



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www.theLizTeam.com

Laureate Park


53 HOMES
Active Inventory


9 HOMES
New Listings

SOLD LAST MONTH: 23

Average sold price:

\$548,302


List to sold price ratio


58 DAYS
Avg. Days on the market

Eagle Creek


26 HOMES
Active Inventory


3 HOMES
New Listings

SOLD LAST MONTH: 21

Average sold price:

\$450,991


List to sold price ratio


36 DAYS
Avg. Days on the market

Village Walk


18 HOMES
Active Inventory


4 HOMES
New Listings

SOLD LAST MONTH: 9

Average sold price:

\$510,111


List to sold price ratio


123 DAYS
Avg. Days on the market

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COVID-19 RESOURCE PORTAL: nona.link/covid

In the Garden: Succession Planting For the Best Yield Out Of Your Fall Vegetable Garden

BY AMBER HARMON

There are so many vegetable plants that are thriving out in the garden right now. If you planted your fall garden in September or the beginning of October, your garden should now be in full bloom!

The tomatoes are flowering, and buds are blooming. We are just about to get our first harvest of fresh, organic vegetables. The greens and herbs have already been producing for weeks, but it can be hard to keep the continuous supply going in the garden. So, how do you make sure you have enough continuous yield of lettuce, kale, and other greens all season long?

The key is to do succession planting. With succession planting, you are planning for the full season and planting your starter plants and seeds accordingly. For example, let's take heads of romaine and buttercrunch lettuce. There are four heads of lettuce per square foot. First, we ask ourselves: How many heads of lettuce do I want to have each week? If the answer is four, you must plant four starter plants of lettuce and four seeds in the first week. Then, in the following weeks, plant four more heads each week until you have completed four square feet of planting.

Once you get your harvest from those first starter plants, each week you will be able to continuously harvest four more heads of lettuce. Every week you harvest, plant four more seeds. This process of succession planting will provide a continuous harvest of four heads of lettuce every four weeks. Succession planting works for carrots, turnips, radishes, and anything else that you'll continuously harvest from the garden throughout the season.

You should also think about round two for some of your one-and-done vegetables, like cauliflower, broccoli, and broccolini. It usually takes 8-12 weeks to get the harvest from these veggies. In a warm Florida winter, we can grow from September through February during some years. When the season is that long, the second round of veggies can be planted in the beginning of December, so be prepared with more plants and seeds.

It is also important to fertilize regularly. As the plants grow and mature, track the levels of nitrogen, phosphorus, and potassium as well as your micronutrients, like calcium and magnesium, to make sure the plants in your garden are getting exactly what they need.

Don't forget to fertilize as directed on the package, and keep



in mind that, as all of the plants are growing tall for the season, they utilize a lot of nitrogen from the garden in the first two months. Sometimes, you don't even need to use a complete fertilizing treatment if the garden is just low in nitrogen. If everything growing in the garden has stalled and plants are looking less green, it's a clue that the garden is low in nitrogen. Adding organic blood meal or ground alfalfa can give the garden a good nitrogen boost.

New seasonal growth never ceases to amaze me, especially when I walk out into the garden three weeks after planting and it has gone from small, starter plants to a lush and thriving garden.



Bok choy is a dynamic fall vegetable that is used in many Asian recipes; it grows in abundance. Bok choy has a sturdy stalk, like celery, and a leafy green that's a mix between spinach and kale. Bok choy is special because even when it is sautéed, the stalk retains its crunch and holds onto the flavor of anything it's cooked or marinated with.

Right now, my favorite recipe for bok choy is to sauté some olive oil, garlic, ginger, and sesame seeds just until light brown; then, add the chopped stalks of the bok choy and let it cook for several minutes with 4-6 tablespoons of teriyaki. Finally, let that simmer until the desired tenderness and add the chopped greens at the end for just a minute or two. Add some quinoa or orzo and make it a meal.

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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CrossFit: Fuerza y Determinación

POR MARIAGABRIELA GARCÍA HERRERA

Sin poses, espejos, o falsos prototipos. Saque su auto del garaje, compre un par de mancuernas, fabrique una caja de madera, y use el cronómetro del celular ... ah, y por supuesto, invite a un amigo a entrenar, a retarse, y juntos habrán hecho algo para ser y sentirse “el mejor.” En el CrossFit, la rutina no existe. Es hábito, uso de su propia fuerza y competencia personal. Ellos le dan la técnica, y usted crea sus tácticas. El CrossFit tampoco es moda; es una comunidad.

Es cierto que bajar de peso es el objetivo que perseguimos, o en otros casos, nos persigue. Son esas situaciones donde la salud es la protagonista, y la actividad física ya no puede posponerse. Usted hace lo usual: Cumple la receta del doctor. Se inscribe en un gimnasio, com-

pra ropa deportiva y accesorios, y se anima con los colores del par de zapatos. Invierte un poco más en una aplicación que le muestre las calorías y rendimiento. Se lo cuenta a sus amigos, visualiza, y llega el lunes – el mejor día para medir su voluntad en lo que sea que se haya propuesto. ¡Que comience la competencia (la más difícil) contra usted mismo!

Lamentablemente, pocas personas ven el entrenamiento como una distracción, sino como un deber. Aun y cuando reconocen sus aportes, es necesario convocar a todas las emociones del cuerpo para convencerse de que es necesario, útil, y saludable ... que no resolverá todos sus problemas al terminar una jornada sudorosa y dolorosa, pero sí tendrá una actitud muy distinta para manejarlo y concentrarse en mejores estrategias.

Entre tantas disciplinas deportivas, el CrossFit goza de popularidad. La adrenalina que genera esta práctica es un punto a favor que justifica el éxito del programa. Toda esa admiración que profesan los “CrossFitters” es gracias a la idea de Greg Glassman, quien, en 1974, creó en el sur de California este novedoso sistema de entrenamiento, mezclando ejercicios funcionales e intensos.

Glassman era un estudiante en ese entonces, y sin proponérselo, creó una comuni-

dad de personas que hablaran “el idioma CrossFit.” Es decir, usted trabaja su cuerpo y aprende metodologías de trabajo para ser más flexible, coordinado, y fuerte, dejando atrás las falsas creencias de que eso solo es posible en cuerpos delgados o de gran estatura.

En el CrossFit, usted no trabaja solo.

Algo muy usual en esta disciplina es que su rival, en medio de una reñida competencia, puede representar en otro escenario al mismo que le aplaude mientras culmina un workout. La equivalencia se basa en que el CrossFit se ha establecido como una comunidad de amigos que entrenan, cumplen las reglas, se divierten, y se retan. Allí, no hay espejos que alimenten su ego. Solo hay metas y un compromiso personal.

Pero, ¿qué se hace allí dentro?

El box es un término utilizado para referirse al espacio donde se practica esta disciplina, recurriendo muchas veces a suelos al aire libre o locales de moderada decoración en el que usted solo verá un cronómetro, una jaula, barras, pesas, cauchos, pelotas medicinales, bicicletas estáticas, remos, y algunos asientos.

Familiarícese con su vocabulario:

1RM (Repetition Maximum): El máximo peso que se puede levantar una vez en un ejercicio determinado.

AMRAP (As Many Rounds/Reps As Possible): La mayor cantidad de rondas posibles.

WOD (Workout of the Day): Entrenamiento del día.

EMOM (Every Minute On a Minute): En este tipo de WOD, se busca realizar cierto número de repeticiones de un ejercicio (o varios) dentro de un minuto durante el mayor número de minutos posible. El tiempo sobrante en el minuto se dedica a descansar.

Air Squat: Sentadilla aérea o sentadilla común.

PR: Es la mayor cantidad de peso que el deportista puede levantar en un ejercicio específico.

RX: Quiere decir que el deportista ha hecho el WOD según el peso y modalidad in-

dicada.

El aspecto rudimentario es parte del atractivo. Es parte del enganche que tienen sus miembros, quienes se enfrentan a un mismo *workout* diariamente, el cual incluye desde levantamiento de pesas, hasta gimnasia como saltar la cuerda, sentadillas, y más – muchas de ellas que seguro formaron parte de su infancia.

Los que no sabías del CrossFit:

- Glassman logró abrir su primer box en 1995, y en cinco años, logró multiplicar el número de miembros de 18 a 1,700 inscritos, atrayendo a golosos del deporte como la marca Reebok, que patrocinaron la idea sin dudar.
- El CrossFit es exigente. Es un ejercicio de alto rendimiento. Se estima que en una hora se queman más calorías que las invertidas en un trote.
- Quien imparte la clase responde a un nivel de formación: Certificado CF-L1, el curso más básico a modo de introducción al CrossFit y a los primeros movimientos de esta disciplina; Certificado CF-L2; Certificado CF-L3; y Certificado CF-L4, es la más alta credencial de CrossFit.

Cumpla su meta.

Muy cerca de Lake Nona, hay dos alternativas que le permitirán vivir la experiencia. La mayoría de estos lugares ofrecen clases de prueba gratuitas para derribar esos mitos de que “el CrossFit no es para todo el mundo,” y claro que lo es, si usted lo adapta a su velocidad y capacidad. Se ha popularizado la experiencia de que, quien entra a un box, luego no quiere salir. Compruébelo y disfrútelo.



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Lake Nona Resident and Company Recognized in Hispanic Heritage Celebration

ARTICLE AND PHOTOS
BY NICOLE LABOSCO



Commissioner Cordero with Liz

On Oct. 7, influential members of our Hispanic community were invited to celebrate at a local restaurant for an award ceremony with District 4 Commissioner Maribel Gomez Cordero. The event titled “Tus Raíces Hispanic Heritage Celebration” was held to celebrate Hispanic Heritage Month, which takes place from Sept. 15 through Oct. 15. This was the second one hosted by Commissioner Cordero, and the



Group of award recipients

event celebrated seven influencers within the area, including Nonahood Latino’s very own Limarys “Liz” Hernandez!

The award Hernandez received was for Best Media Communicator and Leader in Lake Nona as one of best influencers in the Hispanic community. When she received the invitation from Commissioner Cordero, she was over the moon!

“As an entrepreneur and business owner of The Liz Team Real Estate, it was an honor to be able to help the small business owners in [the] Nonahood by sharing the platform of Nonahood Latino! It’s an honor to help the community succeed!”

The invitation from Commissioner Cordero stated, “It is my goal to continually seek out the best in our culture who make strides for excellence as you have made as



Liz’s award

a leader in media.”

Hernandez is an award-winning realtor in the Central Florida area and an Eagle Creek resident. She is devoted to not only assisting sellers in getting the best price and finding dream homes for buyers but has also set her heart on helping her community by being an active member of Nonahood Latino, the Latino news/media brand under nona.media, parent company of *Nonahood News*. She has helped host El Carnaval in Lake Nona and is the weekly host for “Conoce a tu Vecino,” a Nonahood Latino livestream interview where she highlights local Hispanic businesses. Being a business owner herself, she understood the struggles many faced during the pandemic, and, as a result, she wanted to help the Latino community by providing free interviews in Lake Nona.



Limarys Hernandez, Carlos Garcia, and Jenny Lynn



Event brochure



Liz with her award

In addition to all of her roles in the community, Hernandez also provides monthly real estate market updates in *Nonahood News* and is an active member of the Lake Nona Regional Chamber of Commerce. A huge congratulations to Limarys Hernandez for not only representing Nonahood Latino and the Latino community but also the Lake Nona area!

Among the other winners was Luis M. Martinez, who received Community Leader (Líder Comunitario). Martinez currently serves the City of Orlando as deputy manager of Multicultural Affairs & International Relations.

More information on Hispanic Heritage Month from the City of Orlando can be found here: www.orlando.gov/Our-Government/Departments-Offices/Executive-Offices/Multicultural-Affairs/Hispanic-Heritage-Month.



Mujeres: Estar Segura De Ti Mismo Es Tu Mejor Prenda De Ropa

POR MARIAGABRIELA GARCÍA HERRERA

Mujer, deja de cuestionarte, de batallar, y de traducirte en otros patrones que no sea el de “ser tu misma.” Las mejores cosas suceden cuando mudas la piel y te enfocas en lo que te satisface y te hace libre. Es allí donde serás más productiva, donde te harás más sabia, donde el éxito llegará de forma natural y automática.

¿A qué edad debo ser madre? ¿Cómo prepararme para ese cambio? ¿Qué quiero estudiar? Si no lo hago, ¿no formaré una familia o tendré dinero? ¿Cuándo me debo casar? ¿Me arriesgo a hacer lo que me gusta?

Es común ver en las redes sociales los prototipos de la felicidad. Para unos, puede estar sujeto a objetos materiales, logros académicos, adquisición de una vivienda, viajes, placeres, y un sinnúmero de esquemas, justificados por el contexto en que vive cada persona. Y es ese mismo contexto el que varía los objetivos planteados en las etapas de la vida.

En el ámbito netamente femenino, las jerarquías varían. Hay mujeres que desean ser atletas, doctoras, astrologas, poetas, o, basado en términos de igualdad, elegir profesiones etiquetadas socialmente para el sexo masculino – lo que supone un reto maravilloso.

Sin embargo, lo paradójico de este argumento es que las críticas o razonamientos sobre el trabajo que puede o debe hacer una mujer ya no representa un tema de debate. La igualdad social entre los sexos ha demostrado que la fertilidad, por ejemplo, no es la única carrera que una mujer debe cursar, o lo único a lo que está destinada ser.

Como ejemplo de ello, tenemos a la canciller alemana Ángela Merkel, quien también ostenta estudios de física y ha desarrollado una carrera política, asumiendo otros roles familiares. Y si le echamos un vistazo a la historia, es fascinante el abanico de mujeres que han izado la bandera de la libertad en diferentes latitudes: María Leóntievna Bochkariova, más conocida por el apodo de ‘Yashka,’ fue una soldada rusa que combatió en la Primera Guerra Mundial; Elizabeth “Bessie” Coleman, aviadora y primera mujer afroamericana piloto; Frida Kahlo, pintora mexicana de imaginación y creatividad desbordante, quien nos enternece con pinturas de su propia biografía.

Lo cierto es que las interpretaciones del papel femenino en estos tiempos han cambiado para bien. El mundo es otro porque nuestras necesidades y comportamientos vislumbran que estamos preparadas para batallar en el ejército que corresponda, sin caer en comparaciones con el sexo masculino.

Pero sea cual fuere el ámbito, lo importante es el nivel de influencia que podemos ejercer dentro de nuestro círculo con la estrategia que siempre ha funcionado: ser tu misma. Útiles en lo que deseamos desempeñar, enamorándonos absolutamente del poder que tenemos como hembras deseosas de evolución, sin caer en extremismos.

El tema central es qué hacer, cómo pensar y comprender cuando no te sientes preparada para hacer lo que la sociedad enlista como prioridad. Y por supuesto, responder al bullying armado que marca el *checklist* de la sociedad: ¿Para cuándo

los hijos? ¿Para cuándo te gradúas? ¿Cuándo comprarás casa, etc.? Es como si una mezcla de generaciones, matriarcados y preceptos, pujaran la idea de que la vida lleva un orden dictado por ellos.

El enfoque radica en “sentirse seguras en su propia piel,” según Rachel Hollis, autora del libro *Amiga, Lávate esa Cara*, que ha vendido alrededor de 4.5 millones de copias en los últimos años.

Hollis destaca este enfoque dentro de sus 7 secretos para mujeres seguras. “No se trata de ser talla dos o tener un cabello digno de Blake Lively, se trata de amarte a ti mismo, con defectos y todo! Y es esta la base para tener una relación estable de pareja, amistades, y círculos sociales cercanos,” dijo Hollis.

- **No se disculpen a menos que haya una buena razón:** “Lo siento, pero ¿cuándo empezamos a decir que lo siento por todo? (...) Uno de los hábitos que he visto en todos mis años en el mundo empresarial es la tendencia de las mujeres a disculparse por cada pequeña cosa. ... ¡Incluso cuando no hicimos NADA MAL! ¿¡POR QUÉ!?” En nuestra cultura, hemos acuñado un término para ello – ‘síndrome de lo siento.’”
- **Sé tu propia animadora:** “Las mujeres exitosas saben cómo decirle a la gente con seguridad lo que hacen y lo que han logrado. No es alardear, es estar orgullosa de quien eres.”
- **Levanta a otras mujeres:** “Las mujeres más seguras del mundo saben que los celos no te llevarán a ninguna parte.”
- **Céntrate en las soluciones, nunca en los problemas:** “Los problemas siempre van a surgir en la vida, abord-



arlos con positividad y una actitud basada en soluciones te llevarán a todas partes.”

- **Está siempre preparada:** “¡Estilo Girl Scouts! Estar preparado no sólo te relajará, sino que te dará la confianza necesaria para afrontar una situación con aplomo.”
- **No tengas miedo a equivocarte:** “No permitas que el miedo a equivocarte te impida hablar y participar. ¡Quién sabe qué idea original puede surgir de expresarse!”

Hollis tiene otros libros destacados como *Amiga, deja de disculparte*, 238 páginas donde ofrece un plan sin pretexto para alcanzar tus metas. Para más información sobre Hollis, visita su sitio web: www.msRachelHollis.com.





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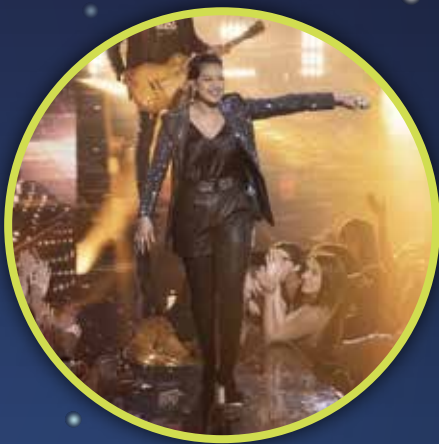
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