

nonahood news[®]

CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA

DECEMBER 2020
Volume 5 | Issue 12

THE ARTIST: BREAKING INTO THE POP INDUSTRY

PAGE 5



Artist: Luke Gage

LET'S TALK LAKE NONA:
THINGS ARE LOOKING UP 6



AUGMENTED REALITY IN THE OR 11



WHY WE NEED A LIBRARY
IN LAKE NONA 13



BUSINESS SPOTLIGHT:
ILINGO ACADEMY 14



WE OFFER 3D VIRTUAL TOURS ON ALL LISTINGS



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



13337 KIRBY SMITH RD, ORLANDO, FL 32832
3D Tour: bit.ly/13337KirbySmithRd3D



9467 MERRIFIELD ST, ORLANDO, FL 32827
3D Tour: bit.ly/9467MerrifieldSt3D

PERMIT NO. 4
CALLAHAN, FL
PAID
U.S. POSTAGE
PRST STD

Nonahood News LLC
6555 Sanger Rd
Orlando, FL 32827



321.917.7864

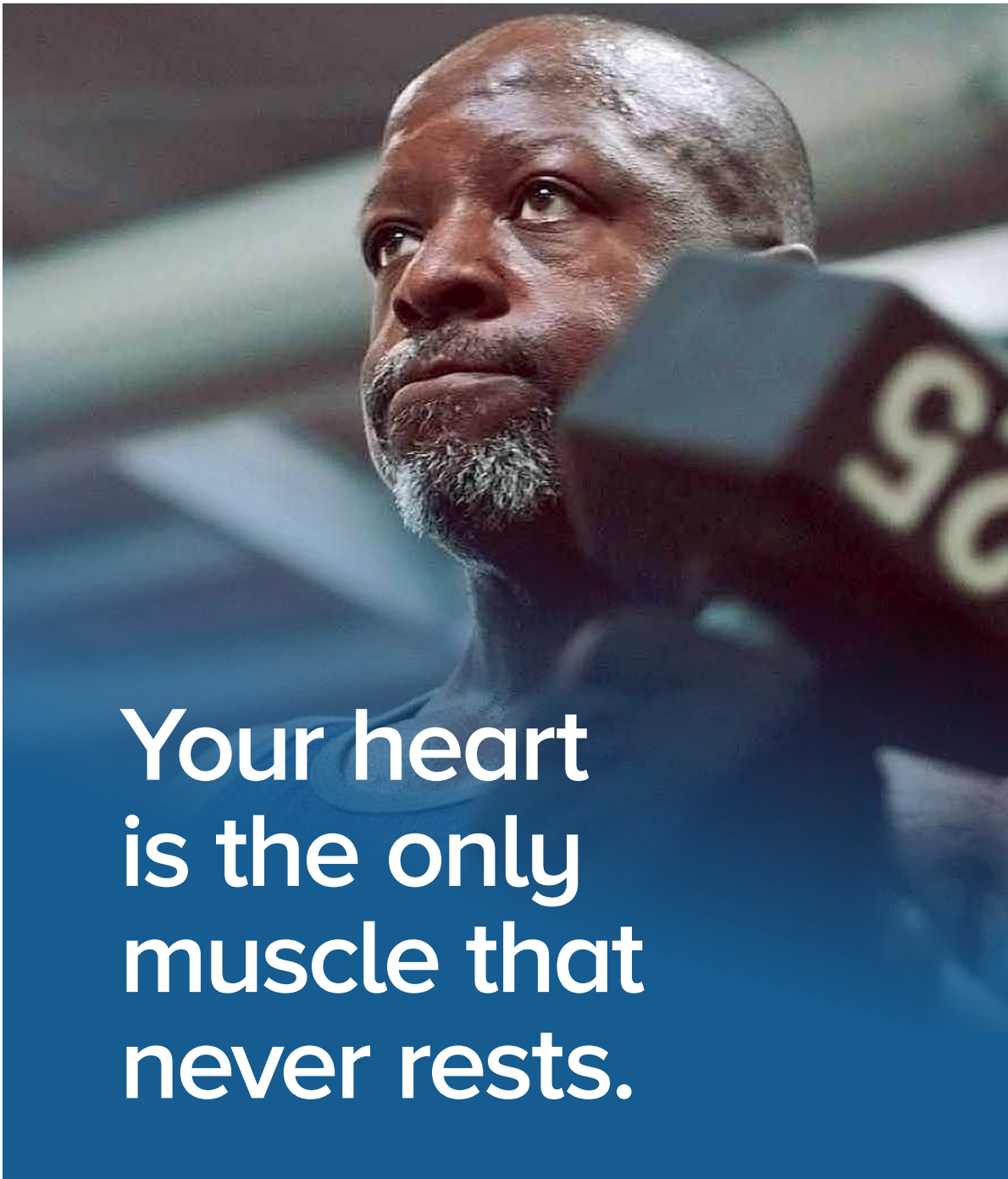
PeterLuu.com



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



www.NONAHOODNEWS.com | 2 | DECEMBER 2020



Your heart
is the only
muscle that
never rests.




And neither do we.

In an average lifetime, your heart can beat three billion times without ever pausing to rest. AdventHealth's expert cardiologists are inspired by this incredible powerhouse to strive forward, steadily innovate and stay in rhythm with treatments and technologies to help you feel whole. Because when your heart has the right care, it can do incredible things.

Find the care your heart needs.
HeartsAreIncredible.com.






CHOOSE SAFE AND EXPERT EMERGENCY CARE YOU CAN TRUST.

Emergencies are never convenient. But your emergency care can be. With 24/7 care that's right in your community, Orlando Health Orlando Regional Medical Center provides safe and expert care for any emergency situation. And when you visit our facilities, you can feel confident in our continued focus on your safety.

- Board-certified emergency medicine physicians
- Central Florida's only Level 1 Trauma Center
- Comprehensive Stroke Center
- Nurses certified in Advanced Cardiac Life Support, Pediatric Advanced Life Support and neonatal resuscitation

Online scheduling for minor emergencies* at

OrlandoHealth.com/ER 

*Not for life- or limb-threatening emergencies.

ORLANDO HEALTH | Orlando Regional Medical Center



Visit the new dalecfl.com for more information

The Dale Carnegie Courses and:

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

For courses starting in August, Please contact:

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

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



The Social Network for Lake Nona

The Artist: Breaking Into the Pop Industry

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
LUKE GAGE



Lake Nona's very own Luke Gage has emerged into the music industry as an up-and-coming pop artist. His latest single "Saint Laurent" was released in October, and as he embarks on a new chapter of his career in Nashville, he is yet another example of the budding talent that can be cultivated from Lake Nona. Get to know Gage in the interview below.

Nonahood News: What drove you to the music industry?

Luke Gage: I have had the dream of being an artist since I was seven, and it's the only thing that I could see myself doing for the rest of my life.

NHN: When did you realize making music was your passion?

LG: I always knew that music was my passion, but it wasn't until my junior year of high school when I discovered my passion for songwriting and producing music!

NHN: How often do you find yourself making music?

LG: It is my goal to write music every day. Songwriting is just like any other skill. If you want to be good, you have to be willing to put in work.

NHN: How long did it take you to discover your sound?

LG: It has taken a long time to discover my own sound. My "sound" has been influenced by the strong musical culture I was raised and influenced by and the music that I listen to. I believe your sound is something that evolves over time.

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

LG: My first two singles mean a lot to me because they both come from a past relationship that I had that did not end how I wanted. My song "Beautiful Days" was written and produced in a closet while on summer vacation with my family at the beach. It took me approximately three hours from start to finish. However, my

next projects coming out are my favorite because they talk specifically about dealing with friendships and other meaningful relationships in your life.

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

LG: All of my songs have pretty much been written in a few hours or less. However, what takes the most amount of time is the production and mixing of the song. That process can take months, and it did for my song "Saint Laurent."

NHN: What are some of your dream projects and artists to work with?

LG: My dream project has always been to release an album that speaks to people and helps them find hope and purpose in life! If I ever got the opportunity to write a song with the band LANY, that would be one of the best days of my life. They have been my biggest inspiration!

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

LG: I find my inspiration from everyday life. A simple act of someone doing something that affects you emotionally can be enough inspiration to write 100 songs! When life gives you curveballs, it also gives you songs! There are days when I don't feel inspired, but I still try to write a song. Often, I don't get a song out of it, but because I took the chance to write a song without feeling inspired, it can often lead to the best song you've ever written!

NHN: Future goals/plans?

LG: Lake Nona has been such an inspiring place to live as an artist, but I have decided to move to Nashville so that I can pursue my dreams and opportunities in the music industry that are located there. My goal is to be writing music and going on tour full-time for as long as people want to listen to me!



Wishing you a blessed Christmas!



HOLY REDEEMER CATHOLIC SCHOOL

1800 W. Columbia Ave.,
Kissimmee, FL 34741
www.holyredeemerkissimmee.org | (407) 870-9055



ST. THOMAS AQUINAS CATHOLIC SCHOOL

800 Brown Chapel Road,
St. Cloud, FL 34769
www.staschool.com | (407) 957-1772



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

BAXTER WINDOWS LLC

407-930-1599

Family Owned & Operated

www.BaxterWindowsAndDoors.com



Previous Awards
2017 - 2014

SCC11152146



**CHIROPRACTIC
HOUSE CALLS
OF ORLANDO**

LAKE NONA & SURROUNDING AREAS

www.chiropractichousecallsorl.com



SCHEDULE A FREE CONSULTATION TODAY!

407-487-2207

**CHIROPRACTIC SERVICES
IN THE COMFORT OF YOUR
HOME**

You can find Luke Gage's music on all major streaming platforms. To keep up with Gage, please visit his website at www.lukegage.com.

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

Let’s Talk Lake Nona: Things Are Looking Up

From the ground to the sky, Lake Nona is pioneering the future of transportation.

PHOTOS COURTESY OF LAKE NONA AND LILIUM

Connectivity is at our core here in Lake Nona, ranging from gigabit infrastructure and a growing 5G network powered by Verizon that connect us digitally to the country’s longest-running autonomous shuttle program and miles of trails that connect us physically.

Recently, Lake Nona’s connectivity network got a lot bigger, thanks to an announcement for plans to build the country’s first regional hub for high-speed, electric vertical takeoff and landing (eVTOL) aircraft. Known as the Lake Nona Vertiport, the first-of-its-kind aviation facility will serve as the central location for a regional mobility network in Florida, designed to usher in a new era of city-to-city transportation.

Scheduled to be operational by 2025, the Lake Nona Vertiport will be built in partnership with the City of Orlando and Lilium, a Munich-based aviation company that manufactures a one-of-a-kind, five-passenger eVTOL aircraft.

“We are delighted to partner with Lilium to create the first U.S. network of vertiports and to launch within Lake Nona’s living lab, allowing unrivalled connectivity unlike anything developed in the country to date,” said Ben Weaver, managing director at Tavistock. “This new air mobility network highlights our passion and commitment to groundbreaking partnerships and new technologies that sets us apart as

a city of the future.”

The all-electric Lilium Jets can currently travel up to 186 miles on a one-hour charge, allowing passengers departing from Lake Nona to reach Florida’s major metros faster than ever before. For example, a trip from Lake Nona to Tampa on the Lilium Jet could take less than 30 minutes! The on-demand air travel can be facilitated through an app on your phone, similar to services like Uber and Lyft. The piloted jets can accommodate up to four passengers. Initially, costs are expected to be similar to a business-class plane ticket and, like all emerging technologies, will ultimately decrease as regional air mobility becomes more mainstream.

The Lake Nona Vertiport design is both functional and unique to resemble Lake Nona’s iconic art and distinct architectural style. Located in Lake Nona’s commercial airport district just south of Medical City and east of Boggy Creek Road, the seven-acre vertiport will include two takeoff and landing areas, eight gates for jets, and a passenger terminal.

“We are thrilled to partner with Tavistock and build the first stretch of Florida’s high-speed, electric transportation network with Central Florida at its core,” said Dr. Remo Gerber, Lilium’s chief operating officer.

Safety is Lilium’s top priority. The company’s jets deliver the same safety standards as today’s commercial aircraft with substantially less noise, faster speeds, and zero emissions. The Lilium Jets feature customized electric motors and innovative technology that make them inaudible from the ground and only as loud as a passing truck during takeoff and landing.

Once the eVTOL aircrafts arrive in Lake Nona, they will be regulated by the Federal Aviation Administration (FAA). The Lake Nona Vertiport, like any new airport, is currently seeking the required approval from the FAA and Florida Department of Transportation.

So how did this innovative, new transportation technology find its home in Lake Nona? It started with direction from the City of Orlando when leaders identified advanced air mobility as the next frontier of transportation for cities. The city’s vision is not just to be one of the first with

eVTOL flights but to be the first city to properly engage the community and set up operations in a way that optimizes a network for residents and visitors. The city has a long history of public-private partnerships that laid the groundwork for Lilium and Lake Nona to bring regional air mobility to Florida.

“For this new technology to truly reshape the transportation ecosystem and benefit Orlando residents long-term, it is going to take a true partnership between cities, developers, and transportation operators,” said Orlando Mayor Buddy Dyer. “We have been focused on finding the right partners to be a global leader in the advanced air mobility space. I’m thrilled that our progressive and collaborative environment has created an opportunity for this unique partnership between the City of Orlando, Lilium, and Lake Nona to invest in the expansion of safe, efficient, and environmentally-friendly transportation options throughout one of the fastest-growing regions in the country.”

Orange County Mayor Jerry L. Demings added, “Our region strives for collaboration and innovation and to become the Experimental Prototype Community of Tomorrow. Thank you to Lilium and Tavistock for helping us embrace the future of rethinking transportation and helping transform travel with Florida’s first flying taxi. This is truly *The Jetsons* coming to reality in Central Florida’s backyard.”

This groundbreaking regional mobility hub is the latest addition to Orlando’s aerotropolis in Lake Nona’s growing aviation, aerospace, and defense cluster that is already home to the BBA Aviation/Signature Flight Support headquarters and the recently-announced global training facility for SIMCOM Aviation Training. Like its new neighbors, the Lake Nona Vertiport will create new job opportunities in the Orlando area, with hundreds more to follow throughout Florida.



To learn more about the Lake Nona Vertiport, visit LakeNona.com.



COMPASSION IS CONTAGIOUS

There’s something going around. Only this time it’s not a cause for concern, but celebration. At Nemours Children’s Health, an infection of courage, compassion and never giving up has been spreading unchecked since the day we opened our doors. Compelling us to do whatever is necessary for the health of children everywhere. Whether that means new and innovative medical breakthroughs or better, more convenient ways of bringing them to our patients. Because at Nemours Children’s Health, we’ll never stop spreading the best of what the human spirit has to offer. [Learn more at Nemours.org/WorthCatching](https://Nemours.org/WorthCatching)

Nemours
Children’s Health System

The Social Network for Lake Nona

Business Spotlight: AFM Healthcare

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF AFM HEALTHCARE

The healthcare open enrollment season is upon us, with a deadline of Dec. 15, and if we walk away from 2020 with any lesson learned, it's that our health is important. With locations in Lake Nona, Winter Park, and Oviedo, AFM Healthcare offers primary care and preventative care services, ranging from school and sports physicals to vaccinations, minor biopsies, and more. The company can also treat ongoing conditions such as high blood pressure, diabetes, and breathing difficulties.

According to the company's website, "AFM Healthcare strives to create a healthier and happier community without barriers to primary and preventive healthcare. To that end, the practice offers affordable, high-quality medical care to people of all ages and walks of life."

More than 35 years ago in Winter Park, AFM Healthcare was born. As a family business, the practice was led by Dr. Alilin Sr. and is now run by his two sons, Ben and Jay.

You probably already know the answer, but why is healthcare important?

"Primary care is important in prevention of chronic management of disease. We focus on early treatment and prevention, to improve quality of life, and increase longevity," stated Dr. Ben Alilin.

AFM Healthcare accepts several insurance providers such as Blue Cross Blue Shield, Cigna, Humana, Medicare, and more. So why did AFM Healthcare establish Lake Nona as the company's new home? Dr. Ben Alilin explained the importance of the location.

"There is a lack of primary care in the area and only a few who take managed care. We chose Lake Nona because it is an area that we can grow."



Ben D. Alilin, M.D.



Eleuterio Roger Alilin, Jr., M.D.

AFM Healthcare stands out from the competition through its highly-organized and structured practice with a team-based approach. The company and employees truly care about their patients ... and honestly, we'd expect nothing less.

"We treat our patients like family. We stay true to our mission's vision, giving you a lifetime of care. Most of our patients stay with us for a long time," detailed Dr. Ben Alilin. "Even if they move, they always come back to us because of the quality service that we provide. We don't see our patients as a number. We take our time knowing them by not rushing our visits and by planning events."

As a way to be involved with their community, AFM Healthcare hosts several events and giveaways. Although the company did not hold its 10th Annual Bingo, they did give away five turkey dinners to patients by raffle. AFM Healthcare also has an ongoing raffle – 25 Gifts of Christmas, where all AFM Healthcare patients have a chance to win a gift basket. The company has also launched a GoFundMe page for AFM CONNECT, its first international initiative to help the Northern region of the Philippines.

"We do these events and raffles regularly for our patients. With COVID-19, we communicate with them by social media, their Healow accounts, and Google."

Worried about going into a business during the pandemic? AFM Healthcare knows that in-office visits aren't always convenient

or feasible, so they also offer telemedicine video visits.

"We are very blessed that our staff are very proactive. We immediately opened telehealth appointments and placed strict COVID-19 protocols inside and outside the office. Our team-based approach proved best," expressed Dr. Ben Alilin.

AFM Healthcare Lake Nona is only open on Tuesdays. Appointments in the morning are for in-office consultations, and all afternoon appointments are for telehealth consults. An on-call doctor is available 24 hours a day, seven days a week.

You can find the Lake Nona AFM Healthcare office at 12617 Narcoossee Road, Suite 112, Orlando, FL 32832. For more information about AFM Healthcare, call (407) 657-2111, visit their website at www.afmhealthcare.com, or find them by searching "AFM Healthcare" on Google to see the company's 113 Google reviews for a total rating of 4.8 stars! You can also visit the business on Facebook: @afmhealthcare.



Put your health first and choose AFM Healthcare today.



kw | **THE LIZ TEAM**

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



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

CALL US WITH ANY REAL ESTATE QUESTIONS

LIZ HERNANDEZ

 **407-717-2464**

 **lhernandez@thelizteam.com**

www.TheLizTeam.com



FROM THE CEO

Whichever way you celebrate the holidays, I wish you the joy the season brings and hope for your wellness and safety. During this season, we encourage all to remember our blessings while we, here at the chamber, seek to continue one of our missions of being a convener for the community. Please notify us if you can offer help to the community or if we can assist you.

HAPPY HOLIDAYS!
Please stay safe and well.

Don Long, President/CEO

EVENT GALLERY



Oct. 23, Business Luncheon With Dr. Hank Fishkind – “Economic Outlook for Central Florida” (Photo by Felicity Gomer)



Nov. 6, “The Chamber Swing” Golf Tournament Third-Place Winners – The All Flooring USA Team. (Photo by Joel Ferguson)



Nov. 6, “The Chamber Swing” Golf Tournament Second-Place Winners – The Tom Tomkins Team. (Photo by Felicity Gomer)



Nov. 6, “The Chamber Swing” Golf Tournament First-Place Winners – The Worth Real Estate Company Team. (Photo by Felicity Gomer)



Nov. 6, “The Chamber Swing” Golf Tournament “Worst Golfers” Prize – The McConnie Fence Company Team. Sponsor American Balloon Décor crafted the inflatable prizes. (Photo by Felicity Gomer)



Nov. 12, Ribbon Cutting and Open House at Technisch Creative and Launch of Be Well TV. (Photo by Technisch Creative)



The Social Network for Lake Nona

One Date at a Time: Meshing Together

BY SHARON FUENTES

Hubby and I really do not have that much in common. I mean, we share the same values, which is HUGE, but as far as hobbies and interests ... not so much. He is a health nut and can spend hours at the gym or read up on supplements and healthy food alternatives, while I can spend hours reading the back of the Ben & Jerry's containers (only after I have eaten what is inside first, of course). He enjoys watching wrestling and sci-fi movies; I enjoy watching romcoms and the occasional Hallmark Christmas movie in July.

The list of how we differ is longer than Santa's naughty or nice list, yet we have been together happily for 25 years now, married for 21 of those. What we have learned along the way is that sharing common interests isn't important, but being interested in your partner is. For this exact reason, Hubby and I recently spent a date night making deco mesh wreaths.

If you follow my other column, Mama's Turn, you already know that I took up the hobby of making wreaths recently. In a time of uncertainty, sitting down and creating something out of basically nothing was very calming to me. Perhaps too calming because I made so many wreaths that Hubby said we either needed to move to a bigger home with more doors to hang them on or I needed to open an Etsy store. Since I love living here in Lake Nona, I opened the shop. What started as just a creative outlet to pass the days of quarantine has turned into a profitable small business for me.

But as with any small business, it takes a lot of extra time to get things going – which is why when Hubby excitedly announced that he had a midweek day off from work and wanted to spend it with me, I half-jokingly suggested that instead of going out, we stay in, and I teach him how to make wreaths so he could help me with

my backorders. To which, my hubby gladly agreed to do. (Have I mentioned what a good hubby I have?)

I currently have been making my wreaths at a table in our living room. While Hubby has often been in the same room as me, he really has not taken much interest in it, which is fine because it's my hobby/business ... not his. I mean, he has been totally supportive and hasn't even complained about the glitter that now covers every inch of our home. ... Okay, he did once gripe when he found it in a pair of his underwear, but I don't blame him on that one. The point I am trying to make is that while he has never stopped me from pursuing my new passion, he wasn't really taking an interest in it, either.

But he truly embraced the activity, and seeing him do something that I know really wasn't his thing was endearing and made me feel loved. From the outside, it may have just looked like we were rolling mesh and wrapping pipe cleaners, but it was much more than that. Sure, I have told him all about the process and how I do it, but until that moment, he never was able to experience it. He shared that before he sat down to try it, he really didn't think it was that hard to make a wreath. But his sore hands the next day proved just how wrong he was. Even more than that, he got to see me in my element and was therefore able to gain greater insight into who I really am as a person.

Relationships are about sacrifices and compromises; therefore, so are date nights. Sure, it can be hard if you genuinely have no interest in your spouse's hobbies, and I am certainly not suggesting that you need to do everything together! GOD, NO! But finding a happy medium that allows you to recognize your partner's passions really is worth trying. Or you can even try combining your two hobbies together! Maybe next we will try watching *AEW Dynamite* while making a wrestling-themed wreath!



The center of your financial life is all in the family



Let us help you take care of what matters most

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

Dunnivant, Baird & Associates

C.R. Dunnivant, CFP®

Wealth Management Advisor

321 559 5005

c.r.dunnivant@ml.com

Merrill Lynch Wealth Management

700 CELEBRATION AVE

Third Floor

CELEBRATION, FL 34747-4602

321 559 5005

http://fa.ml.com/Dunnivant_Baird



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

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

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

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

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

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

Only
Premier | **Sotheby's**
INTERNATIONAL REALTY

Central Florida's Luxury Leader*



ORLANDO

13337 Kirby Smith Road
\$5,900,000
Peter Luu | 321.917.7864



ORLANDO

9684 Blandford Road
\$1,850,000
Jeanne Green & Shane Carson | 317.439.2555



DAVENPORT

7000 Oakwood Street
\$859,900
Tatiane Aponte & Jennifer Harned | 305.804.4366



ORLANDO

10827 Savona Way
\$720,000
Jeanne Green & Shane Carson | 317.439.2555



ORLANDO

13674 Behring Avenue
\$685,000
Peter Luu | 321.917.7864



COCOA

15 North Indian River Drive #805
\$625,000
Tatiane Aponte & Karri Belich | 305.804.4366



ORLANDO

1403 Rolling Fairway Drive
\$499,999
Alexandre Goldflust & Fran Goldflust | 561.715.3345



ORLANDO

2971 Cayman Way
\$355,000
Louis Roman & Jayssa Roman | 407.497.4410

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

SOUTHEAST ORLANDO | 407.480.5014

Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. Each office is independently owned and operated. Equal Housing Opportunity. Property information herein is derived from various sources including, but not limited to, county records and multiple listing services, and may include approximations. All information is deemed accurate. *Premier Sotheby's International Realty is the volume market leader in homes sold above \$500,000 in Orange, Seminole, Osceola, Lake County and Volusia County. Source: Broker Metrics

GET STARTED WITH A
FREE
INTRO TO
TENNIS SESSION



The USTA National Campus in Lake Nona is open and ready to welcome players of all ages and abilities.



BENEFITS OF TENNIS

- Many physical and mental health benefits
- Allows you to maintain social distancing while playing
- Meet new people and become part of a community

ustanationalcampus.com/freethirty

USTA
NATIONAL
CAMPUS

© 2020 USTA. All rights reserved.

USTA: The Gift of Playing Tennis

ARTICLE BY DANIEL PYSER
PHOTO COURTESY OF USTA

If you are looking for the perfect holiday gift this season, look no further than tennis – you would not be alone.

Interest in recreational tennis has skyrocketed during the pandemic as tennis is an ideal social-distancing sport and is widely considered one of the safest activities. Participation among both new players and former players that have reentered the game has increased across the country.

With increased participation comes increased equipment sales and the Tennis Industry Association, which tracks industry-wide trends, has reported dramatic increases of sales of introductory tennis racquets.

In the third quarter alone, total introductory racquet shipments increased by more than 43%, contributing to a more than 22% increase on the year. Shipments of youth racquets were up more than 40% in the third quarter and more than 27% this year.

You can find reasonably-priced introductory equipment for adults or youth that can get you and your loved ones into the game online at most sporting goods retailers.

If you're looking for a local option or talk to an expert about your next tennis equipment purchase, look no further than the USTA National Campus Pro Shop. The Pro Shop, located in the welcome center at the campus, features the newest prod-

uct 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.

Once you have your racquet and are ready to hit the court, new players can take advantage of a new promotion called "Free 30," which includes a free, 30-minute hitting session with one of the campus' teaching pros. The promotion is available for any player who has never participated in USTA National Campus programming.

Players of all ages and ability levels 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 the pro will recommend classes and programs based upon the player's skill and interest at the conclusion of the session. 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 the 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](https://ustanationalcampus.com/freethirty) for more details.

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



DMI Insurance

Contact us for all of your
Insurance Needs!

Hablamos Español

(407) 573-6100

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

www.dmiinsuranceorlando.com



The Social Network for Lake Nona

Augmented Reality in the OR

Breakthroughs in Spine Surgery at AdventHealth

Thousands of patients have benefitted from newly-available, minimally-invasive surgical approaches made possible by advanced computer technology. In spine surgery and other fields, such procedures allow for enhanced precision and visualization by the surgeon and improve upon safety, lower blood loss as well as time in the operating room, enabling faster healing for the patient.

Innovating for Success

As a nationally-recognized authority on minimally-invasive surgical techniques, AdventHealth spine surgeon Dr. Chetan K. Patel is constantly on the lookout for ways to improve the current technology for the benefit of his patients. Realizing that “one of the greatest challenges of computer-assisted surgery is the need for surgeons to look away from the patient during a procedure to access information on a screen” – a situation he calls an “attention shift” – Dr. Patel set about addressing this challenge in his own operating room. And he’s doing it with augmented reality (AR). “AR could provide a solution that will improve both surgical efficiency and patient outcomes by superimposing contextually-relevant patient information



in the surgeon’s visual field so that it is readily available without ever looking away from the patient to a screen,” said Dr. Patel.

The Invention of iSight™

Dr. Patel’s extensive research into current AR systems and their capabilities led him to take a new approach that is specifically attuned to the complexities of spine surgery. He is the inventor of a new, cost-efficient AR system called iSight™ that he has been using for select procedures since May. “From the spine surgeon’s perspective, this system surpasses other AR technologies due to its ease of use, including excellent ergonomics, exceptional responsiveness,

and ability to be implemented with existing imaging, navigation, and robotics systems,” said Dr. Patel. And by mitigating the challenge of an “attention shift” during surgery, he believes he has found a way to improve both safety and efficiency in the operating room. So far, this technology has shown some encouraging findings. “For our team to date, the system has resulted in a 25-55% improvement in the time required to place pedicle screws,” the surgeon noted. “This equates to less time the patient must spend in the operating room and, potentially, less blood loss and improved patient outcomes.”

Future Possibilities
In time, Dr. Patel hopes to be able to offer this new technology to other surgeons across the country. For now, he is happy to be able to bring it to his own patients as he gathers even more evidence of its efficacy, adaptability, and benefits. “My goal for incorporating AR into spine surgery is to enhance the accuracy, safety, and efficiency that ultimately culminate in improved patient outcomes,” explained Dr. Patel. “At AdventHealth, we believe that it is our obligation not just to deliver the best possible care today but to create innovative solutions that elevate tomorrow’s standard of care. If we can envision a better future, it is our responsibility to help create it.”

About Dr. Chetan K. Patel

Chetan K. Patel, M.D., is an appointed industry leader with a philosophy of patient care that emphasizes minimally-invasive, evidence-based approaches for obtaining effective, long-term relief of back and neck pain. As executive medical director for spine at the AdventHealth Neuroscience Institute and section chair of robotics & navigation for the North American Spine Society, he helps pave the way for the most promising new technologies in spine surgery.

For more information or to request an appointment, call (407) 303-5452 or visit AHMGSpineHealth.com.



TOTAL SPRINKLER & LIGHTING 321-418-5583



*proud to be a
5-star company*

- Landscape Lighting
Irrigation Systems
- Design
 - Installation
 - Maintenance & Repairs



Call today for your complimentary consultation.
321-418-5583 | totalsprinklerandlighting.com | @totalsprinklerandlighting @f

Commercial & Residential
Licensed & Insured
LIC #SCC131152268

LAKE NONA HOUSING MARKET UPDATE

October 2020



407.717.2464
LHernandez@theLizTeam.com
www.theLizTeam.com

Laureate Park



46 HOMES
Active Inventory



10 HOMES
New Listings

SOLD LAST MONTH: 26

Average sold price:

\$562,238

98%

List to sold price ratio



62 DAYS

Avg. Days on the market

Eagle Creek



29 HOMES
Active Inventory



10 HOMES
New Listings

SOLD LAST MONTH: 29

Average sold price:

\$510,694

99%

List to sold price ratio



34 DAYS

Avg. Days on the market

Village Walk



15 HOMES
Active Inventory



3 HOMES
New Listings

SOLD LAST MONTH: 9

Average sold price:

\$407,378

97%

List to sold price ratio



85 DAYS

Avg. Days on the market

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

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

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



LAKE NONA YOUTH SPORTS

“HOME OF THE JR. LIONS”



“WE ARE MAKING A DIFFERENCE FOR THE YOUTH IN OUR COMMUNITY, COME JOIN US.”

CURRENT EVENTS

• **Flag Football – Winter Registration Closes Dec. 11 and “Under the Lights powered by Under Armour”**

- K-10th grade.
- Games and practice Friday nights!

• **ELITE Competitive Cheer**

- Cheer, stunts, dance, tumbling, and so much fun!
- Cheer and tumbling coaching opportunities available.
- Email: Jrlionscheer@lakenonayouthsports.org

• **Combine Coming Saturday, Feb. 20**

- Held at Heroes Community Park

• **Conditioning Clinics – COMING SOON!**

Email LakeNonaJRLions@LakeNonaYouthSports.Org or, for more information, visit LakeNonaYouthSports.Org.

Nonprofit 501(c)(3)

Opportunities to Help

- **Sponsor a Child Program**
 - *Make a difference by helping a family in need!*
- **Volunteers Wanted**
 - *No experience necessary.*
- **Corporate Sponsorships Available**
- **Trainers Wanted**
- **Find us on Facebook at**
www.facebook.com/LakeNonaJuniorLions/
or email JRLionsFundraising@lakenonayouthsports.org.

COVID-19 RESOURCE PORTAL: nona.link/covid

Why We Need a Library In Lake Nona

BY ASHLEY CISNEROS MEJIA

The traffic congestion, the ever-present road work, the numerous construction projects all point to the same truth – the Nonahood is growing by leaps and bounds.

Many Lake Nona area residents are excited about all of the recently-announced, high-tech developments, yet there is a key component of a vibrant society that's still missing – a local library.

Currently, the closest Orange County Library System (OCLS) branches to Lake Nona area residents all take about 20 minutes to get to by car, and that's not accounting for extra time due to traffic congestion and construction. None of the branches is easily accessible by bike, walking, or public transportation, and many require toll roads.

"The Lake Nona area is considered, and was developed, as a community of the future, with a focus on health and wellness. A pillar of wellness is mental health and an active mind. Libraries have been community centers for people of all ages and backgrounds to socially interact and have access to services and materials to enrich. What, then, would this progressive community be without a library for its residents?" stated resident Paula Roman.

The Lake Nona area is home to thousands of students – from early learners to schoolchildren to college students to medical and pharmacy students and everything in between. There are veterans, professionals, people looking to make career changes, entrepreneurs, makers, and artists of every type.

"Libraries aren't just there as a holding place for books. It's an amazing place that one – brings a diverse community together to socialize about the books they read, two – it helps to increase literacy in children as well as adults, and three – it encourages a lifetime love of reading for children and adults of all reading levels and types because they will find books that are just right for them," said resident Vin-deira Resaul-Maraj.

When it comes to libraries, books are just the beginning. Libraries can not only boost literacy and offer access to information, computers, printers, and software, they can also serve as hubs for voter registration and education, continuing and adult education, English as a Second Language classes, and more. Students, professionals, and entrepreneurs alike use libraries as a place to get work done and benefit from their affordable, hourly study and conference rooms.

Even in pre-pandemic times, libraries have provided access to people who need health and wellness information. In fact, one Institute of Museum and Library Services (IMLS) study showed that an estimated 37% of library computer users (28 million people) use the computers and seek assistance from librarians for health and wellness issues, including learning about medical conditions.

Now more than ever, stressed-out parents need access to the library's wealth of books, materials, and programming to help educate and entertain kids affected by this pandemic. Many parents use the MAYL system to order

materials delivered to their homes and find the virtual programming wonderful. At the November library trustees board meeting, it was announced that a library dropbox will be added near Valencia College Lake Nona in the next 6-7 months. Still, nothing beats having a brick-and-mortar library to serve as a hub of reading, learning, and growing.

"As a parent, I would love a library! Sometimes as parents, we go out of our way to make sure our kids have all the things that they need that we forget about ourselves. Book clubs or just a walk down the 'wrong' section and finding a new adventure on a shelf, that's the magic of the library," Daloisio said.

After a destructive pandemic with a Metro Orlando unemployment level of 130,220 for the month of September, many local residents are looking for help. Libraries serve as a critical career-development resource for people of all ages and backgrounds to find information related to jobs, have access to computers, Wi-Fi, and printing, interview prep resources, and more.

Here in the Lake Nona area, different groups and individuals have been a part of several efforts and conversations advocating for a local library for many years, including the Lake Nona Regional Chamber of Commerce and recently re-elected Rep. Rene "Coach P" Plasencia, to name a few.

"Lake Nona is one of the best places to live in the area and is experiencing exciting growth. Residents have been very vocal about a need for a library," Rep. Plasencia said.

The local community has demonstrated support through an online petition that, as of mid-November, has garnered nearly 2,000 signatures. Several people attended and spoke at the library trustee board meetings in October and November and have plans to attend in December as well. Residents in the Lake Nona region look forward to having a thriving library branch close to home sooner than later.

To express your support for a library in the Lake Nona area, sign the petition at www.change.org/nonalibrary.

Ashley Cisneros Mejia is a former journalist, entrepreneur, and lifelong bookworm. She lives in Laureate Park with her husband, three young children, and rescue puppy.



Eden, 6, and Cristian Mejia, 3, delight in the discovery of a MAYL book delivery from the Orange County Library System at their Lake Nona home.



STEAM IS ESSENTIAL
FOR A 21ST CENTURY
EDUCATION

(407) 495-2325 | aexplorers.com



Chirag J. Patel, MD, FACS

Krishma Patel, PA-C

Astrid Irizarry,
Medical Aesthetician

Facial Aesthetics & Boutique Medical Spa

Cosmetic Eyelid Surgery

HydraFacial

Botox

Juvederm

Restylane

ZO Skin Health

Morpheus8

Microneedling

Lasers and Tattoo Removal

Compassion. Community.
Cutting-Edge Care.

#EYEpromise

Lake Nona
OPHTHALMOLOGY
Med Spa

NonaEyeMD.com

407-974-3297

We're taking extra precautions
to keep you safe. View our
complete Safety Protocols at
NonaEyeMD.com.

9685 Lake Nona Village Place Suite 204
Orlando, FL 32827

Business Spotlight: iLingo Academy

ARTICLE BY FELICITY
MAE GOMER
PHOTOS COURTESY OF
ILINGO ACADEMY



We all want the best for our kids – and if there's one thing we know about Lake Nona, it's that there are a lot of kids here. Give your children the best education they can get in the form of a gem in the heart of our own region: iLingo Academy.

iLingo Academy's creators are a wonderful couple from New Jersey with Italian roots. Gaetano and Catiana Celentano moved to Florida out of passion for the area, and their business model led them to our innovative and advanced region. Their sons, Luco and Leo, came along with them for the ride.

Catiana, whose first language is Italian, was fascinated with the intrigue of language and its effect on a child's development. She owned and taught at Let's Play in Italian, an immersive preschool designed to further develop skills children already have. The academy's director, Brandi Crawford-Lavoie, hails from a 25-year-long career in

early childhood education.

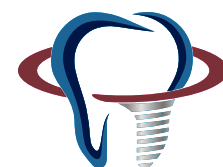
iLingo Academy upholds values of immersive and well-rounded education for children through a STEAM (Science, Technology, Engineering, Art, and Mathematics) curriculum while also exposing them to multiple languages.

"We are all different, and each of us has a superpower – something we are good at but need help developing further. Our goal at iLingo Academy is to encourage children to advance their superpower while learning to develop new ones," co-owner Catiana said. "We never underestimate a child's ability because of their age; we are a skill-based program that meets the needs of each individual. Some children meet their educational standards sooner, and our goal is to challenge them to progress further."

The statistics behind teaching young children foreign languages speak for themselves. Multilingual kids exhibit proficiency in communication, empathy, critical thinking and flexibility, and general cognitive ability. They are able to respond better to logical problems and social circumstances with a mind typically more capable than that of a monolingual child.

"iLingo Academy is more than just a preschool! You can expect the academy to bring after-school enrichments and evening adult classes as well. Coming soon to the academy are our popular classes like canvas art and pottery, sewing and fashion design, cooking, baking, organic gardening, and Zumba," continued Catiana.

iLingo Academy's extensive schedule is full of events catered to those of all ages. Their website lists activities that are perfect for the adults or the children of any family, hoping to further their education with a well-rounded, incredible curriculum. You may register yourself or your child at the following link: <https://nona.link/ilingo>.



LAKE NONA
Dental Implants —
— & Periodontics



Carlos Pires
D.M.D., M.S.D.

407-535-9802

9145 Narcoossee Rd. • Ste. A-100 • Orlando, FL 32827
• www.lakenonadentalimplants.com •

OUC

THANK YOU FOR MAKING THE RELIABLE ONE NUMBER ONE

For nearly a century, you've counted on us to provide safe, sustainable, and reliable water and energy. You've depended on us to keep life running during countless storms. You've turned to us when you need a helping hand. You've relied on us. You've powered us. And now, thanks to you, we are the **Most Trusted Electric Utility in the Nation** according to the 2020 Cogent Syndicated residential Utility Trusted Brand and Customer Engagement study.

TheReliableOne.com



In the Garden:
The Invasion of the Furry
Caterpillar

BY AMBER HARMON

So who are these pesky, little furry caterpillars that have invaded our yards, cars, and hair? They are called fall webworms, and they turn into moths. If you haven't seen them yet, I bet you will. Typically, they are around in the fall months, and that is how you can differentiate them from their cousins, the tent worm. The tent worms look similar but are typically found in the springtime.



Fall webworms are also not to be confused with their poisonous counterparts, the puss caterpillar, or the ones we heard about a few years ago that are larger and covered in brown fur. The puss caterpillar turns into the Southern flannel moth when it becomes an adult and can be found mostly on oak and citrus trees.

Another differentiating characteristic of the fall webworm is its green color with black spots and white hairs. As adults, these caterpillars, not worms, turn into white moths with little spots on them. They can be found all over North America.

The fall webworm forms a little tent for protection, creating an ecosystem where it is protected and can eat leaves and grow. The leaves will typically be completely devoured wherever you find these tents. Since the webworm usually



inhabits deciduous trees that would lose their leaves in the fall anyway, their existence does not typically cause any real harm to the tree. There are a wide variety of host trees for these caterpillars as they do not have a specific leaf diet.

Due to its devouring nature, the fall webworm can be destructive in the vegetable garden. They eat the leaves off leafy vegetables, which can directly reduce the yield of greens. By eating the leaves on other vegetable plants, they can also reduce the overall yield of vegetables by reducing the amount of photosynthesis that occurs.



An organic treatment for the fall webworm in the vegetable garden is to spray the garden with an organic pesticide or neem oil. Treat plants as directed on the instructions, but be aware that it may be an uphill battle since the host plant nearby still has hundreds or thousands of them in their webs. Once it starts getting cold, the fall webworm will begin to overwinter in crevasses and leaves on the trees. During this time, you can treat the tree with an organic pesticide as well. This will help to reduce the number of fall webworms next season.

Caring for Citrus in the Fall

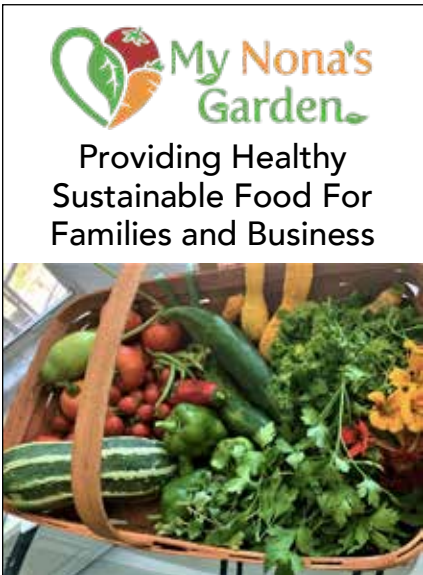
There is not a lot that we need to do for our citrus trees in the fall, but that does not mean we should forget about them. Citrus prefers a continuous, light fertilizing routine. Always use fertilizer as directed. Just remember the fall and winter are not the time to prune back your citrus tree. If things have gotten out of control, just let it be and wait until the spring. February through April are the best times to prune citrus. This is typically a time when the weather is quite mild. It will allow for pruned branches to heal before the canopy is exposed to the intense summer heat, which is why we typically should not prune our citrus in May or later months.

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.

"We make organic vegetable gardening easy!"



We're taking extra precautions to keep you safe. View our complete Safety Protocols at NonaEyeMD.com.

The Future
is Here.

See the
Difference
in 20/20



Laser Cataract
Surgery

Advanced
Lens Implants



NonaEyeMD.com
407-863-3230

9685 Lake Nona Village Place Suite 204
Orlando, FL 32827



ENROLL NOW!
FOR JANUARY 2021

PRESCHOOL & VPK

FOREIGN LANGUAGES

S.T.E.A.M.

**AFTERSCHOOL
ENRICHMENTS**

WHAT'S YOUR
SUPERPOWER?



ITALIAN, SPANISH, ENGLISH, FRENCH, AND PORTUGUESE

[HTTPS://NONA.LINK/ILINGO](https://nona.link/ilingo) • 407-249-1500