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THE FALL OF CARBON

BY ANTHONY CAFIERO

AUTHOR: ANTHONY CAFIERO



BUSINESS SPOTLIGHT: CARDONA'S SIGNATURE GROUP OF COMPASS FLORIDA



HAPPY EATERS LAKE NONA: USING DISTRACTIONS TO FEED A PICKY TODDLER



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## EDITOR'S NOTE: GOODBYE JANUARY, HELLO FEBRUARY

BY DEMI TAVERAS, EDITOR-IN-CHIEF



**W**as anyone else left feeling very drained after the last month? Our whirlwind of a political climate added an increased feeling of exhaustion as it overtook the media, and very little escape was offered, thanks to the usual ... COVID-19. January always feels like the longest month of the year, and looking back to the beginning of 2020, I was convinced that we experienced one of the most dismal Januarys ever. The first impeachment trials began, basketball legend Kobe Bryant and his daughter, Gigi, passed in a tragically unforeseen helicopter accident, and the evil coronavirus' plot to take over the world was put into action. I had just turned 21. Now, I'm 36. How quickly a pandemic ages you.

During this more recent January, the coronavirus death toll inched closer to half a million, the Capitol was stormed, and the Biden administration was inaugurated. I know you could call it another dispiriting January, BUT! I'm starting to think, maybe Januarys are just naturally meant to be this way? We feel every single one of its days longer than we normally would because we're filled with expectation and all the New Year energy. We get our feet wet at the beginning of every year and undergo trial and error – those who attempt resolutions know that better than anyone. Then, the next month isn't nearly as odd, probably helped by the fact that we get to look forward to Valentine's Day and Black History Month and that February passes in the blink of an eye.

Yes, 2021 has already thrown out the unexpected. Who's really surprised? At this point, we're becoming desensitized to these historical everyday events, and we're just waiting for our outside circumstances to simmer down a bit. Thankfully, memes are thrown out right and left – we cannot lose the ability to find humor in these situations – and our mindsets have evolved more than we think they have. After going through 2020, we can handle 2021. So stop calling them sisters. We'll just come to the conclusion that some Januarys suck and not throw out the entire year based on the first month. It's like reading the introductory chapter of a book and giving up.

But I do have to offer fair warning to keep your head up: Mercury will be in retrograde for three weeks out of this month, so more surprises might be hurtled our way. (Google's predictive text finishes the phrase "in retrograde" for you, and if that doesn't epitomize our society, I don't know what does.) Godspeed, everyone!



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SUNTEK LAWN CARE:
TIPS TO ENSURE
YOUR YARD IS
LOOKING ITS BEST

LAWN FROST,
CRABGRASS, THATCH
REMOVAL, AERATION,
AND FERTILIZATION

ARTICLE BY NICOLE LABOSCO AND
CHRISTOPHER REGIS
PHOTOS COURTESY OF SUNTEK LAWN CARE

Homeowners have always had to deal with
noisy lawn care services invading their
homes and disrupting their lives. Suntek
Zero Emission Lawn Care believes that no
one should sacrifice having a peaceful home
to have a beautiful yard. That is why Suntek
uses all-electric lawn equipment powered by
solar energy. Suntek is here to provide tips
to ensure your yard is looking its best. During
a typical Florida winter, several areas expe-
rience cold and possibly even freezing tem-
peratures. Suntek CEO Christopher Regis is
sure many people will receive frost on their
St. Augustine lawns.

“Cold weather and wind together can cause
stress on St. Augustine grass, so February
is the perfect month to start preparing for
a healthy and vigorous lawn for spring and
summer.”

So how can you identify frost or cold weather
stress on your St. Augustine lawn? You’ll
notice that the blades turn purple, then
black, and will most likely eventually turn
brown. Regis clarified that this doesn’t mean
the roots are dead – and you won’t lose
your lawn.

“Your lawn should bounce back when warm
weather returns. New green growth will re-
place any discolored blades of grass.”

Regis explained that areas with crabgrass
will turn brown, but the crabgrass will not die
off. When summer returns, crabgrass will be
back healthy as can be. If those lawn areas
are mostly crabgrass, Regis advised to con-
sider replacing it with new sod or grass plugs
in the spring but to treat the areas first to kill
the crabgrass.

“If these areas are large, it can be
expensive if you have to replace
half your lawn. If the areas are
small and in spots, this is a good
time to get rid of unwanted grass,”
Regis described. “Also, the thicker
your lawn is, the better chance it
has to choke out crabgrass if it
starts to invade your lawn again.
Another great suggestion is to
rake out the leaves because they
can suffocate a lawn and keep
sunlight from reaching the grass,
which can also turn it yellow. Be
very careful to only water every
two weeks during the winter, un-
less there is rain, in which case
stop watering until it completely
dries out. Too much watering also
turns St. Augustine grass yellow.”



Thatch Removal

The month of February is the time to do
thatch removal. Using a vertical mower is
recommended for verticutting, the best meth-
od for removing the thatch in St. Augustine
lawns. A vertical mower has evenly-spaced,
knife-like blades that revolve perpendicu-
larly to the turfgrass. The blades slice into the
thatch and lift it up.

“I recommend hiring a professional company
to do thatch removal [for it] to be done cor-
rectly. Plus, it is strenuous, and the machine
is very heavy for transporting it from the
rental place. You will have a truckload of
thatch to be hauled away,” described Regis.

process creates small holes in the soil to give
your lawn a better chance to receive water,
fertilizer, and air to help the root system. The
ground can become hard and compact over
a period of time, hence the need for aeration.

“Once again, I would have a professional do
this,” said Regis. “The machine is extremely
heavy and not easy to work with. A company
that has experience doing aeration will do the
best job. Aeration will give a good foundation
for a lawn in the spring and summer.”

Fertilization

The end of February is a great time to begin
fertilizing your lawn. Regis recommended us-
ing a slow-release granular fertilizer to begin
growing a healthy green turf with a good
foundation for the upcoming seasons.



Aeration

Now is the time to
have aeration
done as well. This

“You can apply weed
and feed at this time to get a
jump start on those ugly
weeds, but there is a win-
dow on when to stop using
it. DO NOT wait until it is too
late when the temperature is
above 80 degrees,” stated
Regis. “Applying weed and
feed when it is too hot for
it to be done is not recom-
mended. The chemicals
can burn or kill your lawn.
Always follow directions on
the label as with any type of
fertilizer you use.”

With spring right around the
corner, begin now to have
the healthy, lush green lawn
of your dreams.

“If you are feeling unhappy
or even slightly embarrassed by the way your
yard looks, feel free to reach out to me directly –
(754) 265-6608. I’ll be happy to give you
some free guidance and recommendations
to help you get a yard you can feel proud of!”

So, if you are in the market for a new lawn
care service company that cares about the
environment and lets you live your busy
day with one fewer distraction, consider
Suntek Lawn Care. Suntek offers 50% off
the first mow for Lake Nona residents
when they sign up. For more information,
visit [www.sunteklawncare.com](http://www.sunteklawncare.com) or call
(321) 396-2425 for a free quote.



BUSINESS
SPOTLIGHT:
CARDONA'S
SIGNATURE GROUP
OF COMPASS
FLORIDA

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF CARDONA'S
SIGNATURE GROUP

It’s no secret –
the real estate
market in Lake
Nona is boom-
ing and has
been for years
without slow-
ing down. Lake
Nona is among
the fastest-
growing com-
munities in the
nation as it is the
top best-selling,
master-planned
community in
Central Flor-
ida and 18th
among the nation for 2020, according to
RCLCO.com.



Founder and team leader of Cardona’s Sig-
nature Group of Compass Florida is Roberto
Cardona, a Lake Nona resident since 2013.
He lives here with his wife, four children, and
his French Bulldog.

“I started as a solo agent about four years
ago. A year later, my wife joined me as an
agent, and together we started what is today
Cardona’s Signature Group. We cover all
of Florida but mainly focus in the Central
Florida area, making Lake Nona our home
and neighborhood of expertise,” Cardona
explained. “I am a broker owner of Rich Port
International in Puerto Rico, and I cover/
service the whole island, helping many local
families as well as investors coming to take
advantage of Puerto Rico’s tax haven acts.”

Buying and selling a new home can be an



exciting milestone in one’s life, and Cardona
realizes it can be a stressful time as well,
which is why he works to make it as comfort-
able and seamless as possible for his clients.

“As an innovative real estate firm, our main
purpose and mission is to help everyone find
their place in the world. We use top technol-
ogy to make the search and sell experience
intelligent and seamless. Through our prop-
rietary platform, Cardona’s Signature Group is
changing how [we] and clients navigate the
process of finding or selling a home.”

Cardona’s Signature Group is bilingual in
both English and Spanish and believes that
diversity is a major part of the community and
in selecting a realty team.

“Being bilingual helps us in many ways. Be-
ing multicultural allows me to present
unique advice and uncommon solutions to
situations for our clients that can help them
reach their goals they normally wouldn’t
consider,” Cardona continued. “In addition,
having a background in different cultures
and languages gives me the opportunity to
connect and resonate with those who have
a similar upbringing and environment to my
own, so I can better understand them and
their needs. Using these tools opens up new
perspectives and points of view I can share
with my clients to give them an edge over the
competition. In real estate, communication
and understanding are essential in order to
successfully deliver and close.”

Looking to engage current and future Lake
Nona residents, the realty group is “passion-
ate about connecting their clients with places
that inspire” and focuses “on the technology
that empowers people to navigate the search
and sales process more seamlessly than
ever before.”

We get it. ... Choosing a realtor can be over-
whelming. Select a realty group who lives,



works, and plays in the community you’re
considering calling home – the ones who
know the ins-and -outs and can relate to your
needs and wants from a new home.

“Cardona’s real estate expertise, negotia-
tion skills, and multicultural influence allow him to
excel as one of the best brokers in Florida
and Puerto Rico,” according to his website
bio. “As a military veteran, Roberto Cardo-
na’s decisiveness, initiative, consistency, and
determination are just a few traits acquired in
his military career that translate and apply so
well to real estate and help him conquer any
challenge.”

Cardona’s Signature Group stands out from
their competitors through their concierge ser-
vices, innovative marketing and exposure,
modern real estate, and international reach.

“We strive to give our clients the best service
and make it an unforgettable experience,
rather than just buying and selling. We go
beyond, into understanding the WHY of our
clients. Each client is different, with different
needs and concerns, and we love to dedicate
ourselves completely and deliver a great
experience,” Cardona described. “[Through]
innovative marketing, we understand the
impact of social media and love to market
ourselves and our product in a different way.
Social media has been a major part in our
business – how we sell and attract buyers!
With the use of social media marketing and
Compass technology, we are able to reach
many more people.”

International reach plays a huge role in Car-
dona’s Signature Group’s success. Through
creating relationships with many top real
estate professionals, Cardona has built an
extensive network that helps him connect
with more people internationally.

So, if you’re considering a move to/from one
of the country’s most sought-out communi-
ties, consider using the services of Cardona’s

Signature Group to guide you home. Expect
value, experience, and expertise when you
choose Roberto Cardona and his team as
your go-to, local real estate resource. They
love their community and look forward to
watching it grow!

“We want everyone to know that we are their
local real estate resource, but also, people
can reach out to us for anything else beyond
real estate. We want to be the go-to friendly
neighbor,” Cardona proclaimed. “This is very
important to me because, again, I want to
be known as part of the community, not just
as a person who helps buy/sell real estate.
A relationship to us is more meaningful than
the rest! Relationships create opportunity!”

You can also take advantage of the exclusive
program for their clients – Compass Con-
cierge!

“Compass Concierge lets you easily prepare
your home for sale by fronting the cost of home
improvement services like staging, painting,
and more. Let us help you sell your home
faster and for a higher price. No hidden fees,
no interest charged ever,” Cardona detailed.

Whether you are buying, selling, or
investing (they also assist with wealth
advising), you can contact Cardona at
(407) 738-6395, [luxurycsg@gmail.com](mailto:luxurycsg@gmail.com), or
visit their website – [www.richportliving.com](http://www.richportliving.com). The realty group is also active on
their various social media platforms:
Facebook – @cardonasignature
Instagram – @luxurycsg
LinkedIn – Roberto Cardona

COMPASS





# HAPPY EATERS LAKE NONA: USING DISTRACTIONS TO FEED A PICKY TODDLER

BY KELLY KOMISARUK, M.ED., CCC-SLP

As a feeding therapist with over 15 years experience, I hear this concern so often: The only way parents can get their kids to eat, try foods, or finish a meal is with a distraction. Parents feel guilty, stressed, and pulled in multiple directions. They need their kids to get calories in, but they often feel they are doing them harm by allowing distractions. To make matters worse, other family members may comment, or parents will fight between themselves about what is “right.” Below, find some practical advice from a professional to alleviate stress and get you on a path to success!

### The Heart of the Issue – Whether to Distract or Not?

There are a few reasons for using distractions:

1. Using a distraction is ALWAYS better than force feeding, implementing punishment for NOT eating, or adding yelling to the mealtime situation. If a distraction allows your child to take more bites, try new foods, or eat more without added negativity, that is a win.
2. Distractions are not meant to be permanent and can be reduced or removed completely. Distractions should not be thought of as a permanent solution.
3. Distraction feeding should be used when it is the ONLY way to get food into your significantly underweight child and there is a concern of needing alternative means of nutrition or hydration.
4. A distraction can reduce/eliminate your child's anxiety or sensory issues to the point where he is able to take in a new type of food or different texture.

When NOT to rely on distractions:

1. Your child is receiving feeding therapy, and the therapists instruct

- you to use techniques that eliminate distractions.
2. You are using distractions for behaviors unrelated to feeding, and they are being carried over into mealtimes.
  3. You are busy (we all are!), and you need electronics to keep your child entertained while eating.
  4. They are so distracted by the device they are using that they are totally checked out. For example, they are pocketing food and will not follow a command to swallow.

### So, How Do We Remove These Distractions?

Like I stated before, distractions should not be permanent. Below, find some tips regarding how to remove distractions while optimizing success. Remember, often having your child work with a professional is helpful, but you can still try these on your own!

1. Attempt to use mealtime distractions. Allow them to have some “play food” AND food to eat or a spoon to eat with and a spoon to bang! Although not ideal, it's a nice step away from the tablet.
2. Turn the distraction into a reinforcement. Still use the tablet but not constantly. Have it on and give them food they love first. Push pause. Tell them to take a bite. Once taken, push play and give lots of praise! Let the show play for 30 seconds and continue this repeatedly with more bites required to push play. Once they grasp the concept, move on to a more challenging food or simply have them finish a portion of a meal or the whole meal before pushing play. Easy way to wean, taking it slowly.
3. Limit snacking to promote hunger during mealtimes, so kids come hungry, sit, eat, and are motivated enough to finish the meal. Short and sweet is the key with kid meals.
4. ALWAYS have preferred foods available. It is great to have non-preferred foods as

- well, but having anxiety-free foods to eat will encourage happy mealtimes without stress.
5. Place the tablet away and have a timer available. Tell your child the first one minute of the meal will be without a tablet. Set the timer. Simply start eating and talking as a family. Next meal, set the timer to two minutes. Gradually increase the time until the tablet comes out only after a day or two.
  6. Just quit. All electronics are off during every meal. Going cold turkey is extremely hard! I have not had great success with it, but it is worth a shot if you feel it is a good fit for your family.

Distraction feeding can play a role in many instances, and as a parent doing your best, you should not beat yourself up over it! There are many reasons why it may be a good fit for you, and these techniques can help you reduce or eliminate the need for it. Seeking professional help is often worth it.

*Kelly is a feeding specialist and founder of [pickyeatersonline.com](http://pickyeatersonline.com) treating children with feeding disorders in Lake Nona. If you would like to ask her any questions regarding feeding concerns, email her at [kelly@pickyeatersonline.com](mailto:kelly@pickyeatersonline.com) and she will answer your questions in upcoming articles!*



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■

# HOW TO COMMUNICATE WITH YOUR DOG

## PSST! IT DOESN'T NECESSARILY INVOLVE TALKING

BY TODD CAMPBELL, CPDT-KA, SDC-CERTIFIED TRAINER

There is no doubt that we, as humans, have developed the unique ability to use our voice for complex communication. Humans have a complete linguistic package. However, if you notice, we also use lots of nonverbal communication. If I go to a store and take the time to look at a clerk without speaking to him, I could probably get an instant read into what that person is thinking about or feeling at the moment. Are they bored, friendly, indifferent, sad, mad, etc.? Many times, you can tell just by studying that person, without having to utter a single word.

Now, picture a dog whose lineage has been shaped and molded over, some say, 15,000-20,000 years. They have learned to watch and study us all day long. Seemingly, they can read our minds. They seem to know the distinction of when it is time for the actual walk and not just when you're going out to check the mail. They seem to know when it is time for dinner or when they will take a ride in the car. But I assure you, they cannot read our minds; instead, they have been able to study us long enough that any micro movement we make cues to a predictable event.

Because of this, we humans tend to get confused. Since they have studied our micro-cues, it is easy to think that we can use spoken language and they completely understand. I was in the Lake Nona Ace Hardware one time, and I noticed a fellow perusing the store with a huge and friendly German Shepherd. We were waiting in the check-out aisle, where there was a display of canine impulse sale items. Humorously, I heard the gentleman ask his dog, "Cooper, would you like one of these?"

How about this one? What about this Kong?" I assure you that the only thing the dog heard was his tone of voice but not the meaning of his words. We, including me, all speak to our canine companions for various reasons. And I think that most people have the innate understanding that our words do not carry meaning other than the verbal cues that have been taught. However, I have come across more than a couple of clients who were sure their dogs were assimilating more spoken language acquired outside of training.

As a trainer who has visited puppy clients' homes many times per week, I often see the owner tell the dog to sit without any training whatsoever. The puppy invariably will look back at his human with confusion. The owner then says, "SIT!" even louder or "Sit, Rover, sit. Sit ... Rover, sit." Eventually, what happens is that the dog sits not because she understands the word but because she is merely waiting for something that makes sense. I am often told by the client, "Well, the dog knows to sit some of the time."

This is why I advocate that a person with a new dog or puppy trains them using nonverbal communication first. In a sense, we show them what to do and then add a verbal cue



Donning his new canine decoder, Professor Schwartzman becomes the first human being on Earth to hear what barking dogs are actually saying.



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later. It is a much more efficient and predictable way of training.

The danger of adding a cue before the behavior is taught is that the dog learns something other than the intended cue or the dog gets confused. This leads to inconsistent behavior prompting comments like, "Rover knows how to sit some of the time." We also want Rover to know that "sit" is the cue and not "Sit, Rover, sit. Sit ... Rover, sit."

Here are some examples of training using nonverbal communication. Note: These are simple explanations of how dogs learn in a communicatively silent way, but there is no substitute for having the guidance of a qualified, positive, force-free trainer to help you through training.

**Sit:** Take a treat. Lure over the head, and as the dog looks up at the treat, she will eventually sit. Do this about 25 times, and when the routine is quick and snappy, add the verbal cue.

**Down:** From a sit, lower a treat from the dog's nose along their breastbone to the floor. The dog will naturally want to look down at the treat and will lay down to get it. Likewise, do this about 25 times, and when the routine is quick and snappy, add the verbal cue.

**Leash walking:** Walk with your dog in a non-distracting environment and allow the dog to get rewarded for being right beside you. Hold a treat by your knee (or ankle, depending on the size of your dog) and make sure the dog only gets

the treat in that "zone," habituating the dog to always walk by your leg. Once the dog masters leash walking in a non-distracting environment, take it outside where there are more distractions. Not a word has to be uttered at all during training.

**Stay:** If your dog already knows sit, cue sit. Without saying a word, step backward by a foot or two. If the dog doesn't move, give him a treat. Add the verbal cue after about 25 successful nonverbal stays. This is a way of teaching a dog to sit and stay until released, which would be helpful if you have a dog that tends to dash out the door.

**Potty training:** Reward heavily for the dog going potty on the grass, but say nothing and do nothing if the puppy goes inside the house. Over time, the dog will realize that going outside is much more rewarding. Yelling, scolding, and screaming at the dog for accidents will only cause the dog to go in a hidden corner of your house.

In all these instances, treats are methodically phased out as behaviors are mastered.

These are just some examples of where nonverbal communication with a dog is optimal in getting behaviors to happen quickly, reliably, and permanently if you rehearse them long enough. Moreover, the dog never has to be punished, physically molded, or kept guessing as to what you want from her.

*Todd Campbell is a certified professional dog trainer (CPDT-KA) and an accredited service dog coach (SDC) working in Orlando. He owns South Orlando Dog Training, LLC, and has dedicated his career to positive, force-free dog training. No fear, no pain, and no intimidation.*



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ARTICLE BY NATALIA FOOTE  
PHOTO BY KELLY RODRIGUEZ

Our body adapts to that which we repeatedly do.

Let's assume you repeatedly run. Your body adapts and prepares to run each time. It makes it easier for you to run by strengthening the parts of the body you specifically use. You are calling for your body to move like a runner; thus, your body begins to help you move easier as a runner. When a runner cross-trains, it is new to their body. As a runner, your body will likely use muscles not primarily used for running and will likely feel a degree of delayed, onset muscle soreness.

Let's assume you primarily lift weights. Then, one day you decide to play two hours of volleyball. Your body will feel the difference in the change of movement.

I've discussed positive adaptations your body makes toward positive behavior. However, in the past year, I have increased the amount of sitting my body does. Our bodies also adapt to being seated, and the result is muscle soreness for simple tasks like walking and twisting to get out of the car.

Locust pose is for the sitters in the world. (And runners and weightlifters because the pose is fantastic!)


*Salabhasana*, or locust pose, is titled for its resemblance to a locust resting on the ground. It works the whole back of the body from the neck to the toes. In addition, it opens the chest and massages the abdominals and gastric area. It also aids in digestion and relieves flatulence.

1. Begin lying on your stomach with your forehead on the mat and your palms facing the mat.
2. Let your legs touch, and try and touch your toes while having your body fully on the mat.
3. Breathe in and notice where the air expands as your body weight presses your chest and belly into the mat.
4. As you breathe out, lift the legs, torso, head, and arms. Try and keep the legs long by allowing the toes to continue to touch.
5. Only the abdominal front portion of the body should rest on the mat and bear the weight of the body.
6. The arms may be outstretched (as pictured) or reaching forward or back. Keep the palms facing down, but play with the sensation of rotating the palms.
7. Stay in this posture as long as you can with normal breathing.

This posture may be difficult at first but becomes easier as the abdominals grow stronger.

While in the posture, notice your breath and the gentle resistance applied by lifting the legs and torso.

Namaste.



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FAMILY SHIFT: THREE  
QUESTIONS TO  
HELP FOCUS YOUR  
MARRIAGE AND  
FAMILY

BY RODNEY GAGE, LEAD PASTOR



What is the one thing for your marriage or family that, if you were to accomplish this year, would change everything?

Maybe it's a habit to break, a project to complete, a relationship to restore, a debt to pay off, a degree to complete, a skill to develop, a friendship to cultivate, a tradition to start, etc. You get the point.

Have you ever noticed the things we get distracted by are never as important as the things we get distracted from?

One of the things we enjoy about the community we live in is the endless walking paths. We love to take our little Shih Tzu named "Bougie" out for walks around our neighborhood. However, the biggest challenge in taking her out is how long it takes. She gets easily distracted. She will stop at anything and everything. If she sees other dogs, forget it! She's got to bark and sniff at every dog that walks by or that she sees from

a distance.

Many of us are like that. We get easily distracted from moving forward in the direction we want to go in life. We start every year with New Year's resolutions. However, studies show that over 80% of New Year's resolutions fail by the second week of February. Why? I have found that my failures of not doing well with resolutions were because I didn't have a plan and didn't have any accountability. You can probably relate.

To help you and your family stay focused this year on growing together in your marriage and familial relationships, let me encourage you to work through the following three questions I was recently challenged with by John C. Maxwell. He calls them the **Three R's of Decision Making**. The questions below must be asked in this order:

1. What is **required** of me? What is required of you as a husband, wife, mother, father, son, or daughter that only you can do or fulfill?
2. What gives me the greatest **return**? Of all your commitments that require the most *time*, *energy*, and *money*, what gives you your greatest return of investment (ROI)? Out of those commitments, what is giving you the greatest payoff to help you become who you want to become and accomplish what you want to achieve as a couple and family in the long-term?
3. What gives me the greatest **reward**? We can be excellent and effective at certain things – yet not feel completely fulfilled. What do you do that fills your emotional tank? What brings you the most joy and fulfillment? Life's too short not to do what you love.

As a parent, you can word or phrase these questions in an age-appropriate manner to make them the most relevant to your child's



age and the activities they're involved in. Encourage one another to write those things down or have one person record each member of the family's responses.

Now, let me encourage you to take those questions a step further. Let's say you had a list of 10 items that only you can do. Chances are, your top two things are where you'll see the most significant results from your efforts. It's called the Pareto Principle, which states that 20% of your activities generate 80% of your results. Another way to look at it is to embrace the idea that the less you do, the more effective you will be.

One of the reasons why so many marriages and families drift away from what *could* be and *should* be is because they have a hard time saying no to the good so they can say

yes to the best. Remember, a good thing can become a bad thing if it keeps you from the best thing.

There are some "good things" you need to say no to as a couple or family, not forever but for now (in this season), so you can stay focused on becoming WHO you want to become and fulfill WHAT is most important to you in your marriage and family this year. Remember, every family ends up somewhere, but few families end up somewhere on purpose.

RETHINK LIFE  
CHURCH

6 FEBRUARY 2021



THE ARTIST:  
IMAGINING  
SANDCASTLES  
IN THE SKY

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF ANTHONY CAFIERO



February artist, I read about the gift of writing in the way only a writer can express, perfectly encapsulating just how artistic the craft truly is. See in the interview below.

Nonahood News: What drove you to become a writer?

Anthony Cafiero: I truly believe that writing is in the blood. It's an innate ability. In my case, it probably started before I can even remember, perhaps as a baby scanning this new world

I was born into and imagining sandcastles in the sky. So, my take is that I never became a writer, I always was.

NHN: When did you realize writing was your passion?

AC: At the age of seven, when I passed up eating a Nestle's chocolate bar the size of a license plate because I was too busy scribbling a tall tale. I should have pursued writing in high school by joining the school paper, but being shy, I instead retreated into what I was good at: "book learnin'." I graduated college with a biology degree and surprisingly joined the university paper, where I covered sports and drew cartoons. Then, onto chiropractic college, where I also was a cartoonist for the school paper, graduating as a chiropractic physician in 1980. I practiced 33 years but would write on-and-off when I had the chance, heavily delving into *The Fall of Carbon* the last few years before I retired. Writing, the fulfillment of creative expression, was always present.



NHN: How often do you find yourself sitting down to write?

AC: It's constant and instantaneous, and it takes many incarnations. In addition to my second novel, which I am currently working on, it could be in the form of a Facebook post, an extensive email to a friend, or a professional letter. Everyone is a writer to a certain degree.



NHN: Tell us about your latest novel *The Fall of Carbon*.

AC: It's a dystopian/apocalyptic story set decades in the future. America is no longer a functioning democracy but instead a theocracy known as the United States of the Lord, church and state no longer separate. A scandalized reporter, Ronnie Salt, is sucked into a murder mystery with consequences so dire that they are as horrifying as they are unimaginable. Salt criss-crosses a toxic globe, unlocking clues to this mystery while also on a parallel journey of self-discovery. He soon learns that solving the puzzle exposes a larger and more deadly plot – the purposeful destruction of the planet by those in control of the levers of world power. Their rationale will be a *Da Vinci Code*-like revelation for the reader. And speaking of revelation, I reveal the true meaning of 666 in the Book of Revelation, according to me, in Chapter 88.

NHN: What inspired you to write *The Fall of Carbon*?

AC: I have a strong science background and an equally-balanced spiritual side. I'm also aware of the historic conflict between science and religion. It needn't be so. When I see an imbalance, it bothers me, so I figured I'd do some cathartic writing and hurl the two sides at each other in the context of an entertaining thriller. That was my goal, and I hope I met expectations.



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

AC: I began *The Fall of Carbon* in 2004, and it took many years to finish because I was working. So that would be number one. A poem I wrote entitled "Never Imagined" was published by the #1 online poetry site, [RavingDove.org](http://RavingDove.org). My submission was one of the last entries before the site closed in the spring of 2011. But the address is still up, and my poem continues to be listed under Current Edition on the website. I wrote that poem in 40 minutes, in what I can only describe as divine inspiration. It was a Sunday morning, and I was reading the guest columnist section of *The Orlando Sentinel* over breakfast. It was graduation season, and a high school senior was describing how her classmate was just taken in a car accident. The pathos in her writing was heart-wrenching and must have opened up in me some conduit to a special creative space. I was compelled to start writing right there at the table, next to my abandoned high-fiber English muffin. There was no pause in my writing; words came to me nonstop on a magic carpet. "Never Imagined" was the result. This was 2011, and Michael Vick's dog-fighting conviction and the Deepwater Horizon oil spill must have resounded strongly within me because they both made it into the poem. That was a unique,

exhilarating experience and one I'm sure resonates with many writers.

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

AC: I don't need much inspiration. I am thrilled by the act of writing, and it serves as a constant source of entertainment. This is why I think it is what I was meant to do. There are tons of things I don't do well, like speaking in public, but writing I believe I do well. Whether other people think so is the difference as to whether I'm successful or not. I understand that I can learn something from every single person I meet. And that opens up a world of writing opportunities.

NHN: Future goals/plans?

AC: My focus is to make *The Fall of Carbon* successful. It's available at Amazon, on Kindle or paperback. I can easily see it as a movie with Clive Owen as Ronnie Salt. I would be foolish to think that this is anything but a longshot; however, one thing is for certain. If I don't dream it, then it definitely has no chance.

Continue world travel after the pandemic. Another source of inspiration. The world is a big place and citizens outside the States think differently than us, and of course, this intrigues me.

Continue learning Italian. Learning a foreign language is yet another thing I don't do well. I find it astonishing that a person is able to speak three or four or more languages. Now, that's a gift, like singing, acting, or perhaps writing.

To order *The Fall of Carbon* by Anthony Cafiero, please visit [Amazon.com](http://Amazon.com).



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February 2nd  
5:30 - 7:30 p.m.

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Ribbon Cutting & Grand Opening  
Ceremony at Paradise Grills

February 4th  
4:00 - 5:30 p.m.

Register Here

FROM THE CEO

February is traditionally the month for lovers. According to legend in the late second century, St. Valentine sent the first Valentine wish when he signed a letter “from your Valentine” to his jailer’s daughter, whom he had befriended and healed from blindness. He was later martyred by the Roman emperor. Just goes to show that love is not always easy.

Our hope is that this month will bring you health and progress. Your chamber is your friend and here to help champion the just causes for the community. We are your friends.

This month let us work together and follow William Shakespeare’s example, “A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow”. Let us grow together.

Please stay safe and well.

Breakfast Connections with  
AdventHealth Expert Panel -  
"COVID-19 Vaccinations: What You  
Should Know"

February 11th  
8:00 - 9:30 a.m.

Register Here

Ribbon Cutting for Florida  
Cancer Specialists

February 23rd  
8:00 - 9:00 a.m.

Register Here

EVENT GALLERY



Dec. 18, GuideWell Innovation Center – Andres Gomez (left), regional director for Don Julio restaurants, and Lucia McGee (right), individual member, prepare masks for the LNRCC PPE Drive-Thru Distribution outside the LNRCC offices at GuideWell Innovation Center. LNRCC distributed over 6,000 masks to the community. LNRCC thanks our volunteers and the office of Orlando District 1 Commissioner Jim Gray for providing masks to help keep regional families and businesses safe during the holidays. Other volunteers for the distribution included: Robin Wright, Kyle Hamm, Rhys Lynn, Teresa Turner, and Joel Ferguson. (Photo by Madelyn Long)



Dec. 18, Bravo Supermarket – Franchise owner Cesar Ramirez (left center) and manager Michael Verdez (right center) cut the ribbon to open the new Lake Nona Bravo Supermarket. (Photo by Madelyn Long)



Jan. 5, 310 Nona – LNRCC CEO Don Long (far left) recognizes Board of Directors members (left to right) Paty Wright, vice-chair; Teresa Turner, secretary; Joel Ferguson, young professionals coordinator; Arbra Calvert, membership co-chair; and Hope Perez, education committee chair during LNRCC’s first First Tuesdays of 2021. The restaurant 310 Nona hosted the event on their back patio on the lake. (Photo by Madelyn Long)

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Regenomics, PLLC

Teresa Reilly-O'Doherty PA



Jan. 9, Lake Nona – Christopher and Vanessa McCann cut the ribbon to open the new location of Uptown Eyecare in the Pixon building in Lake Nona Town Center. Several colleagues and members of LNRCC attended the event that Saturday morning. (Photo by Madelyn Long)



Jan. 14, Eagle Creek Golf Club – LNRCC holds its first Breakfast Connections of 2021 at the Belfry Restaurant. Chris White of Traction Florida presented an inspiring talk about how to be a successful boss and leader. LNRCC presents Breakfast Connections the second Thursday of every month. (Photo by Madelyn Long)



# TOUGH THINGS TO TALK ABOUT: BLACK HISTORY MONTH IN LAKE NONA

BY NATALIA JARAMILLO

In the U.S. and Canada, we celebrate Black History Month in February and learn about the important Black figures and events that make up the world and areas we live in today. At the beginning of Lake Nona's history, the area wasn't home to too many people as it was still mainly grasslands before being developed by the Tavistock Group. Nowadays, we see entire communities filled with homes being built at rapid pace all over Lake Nona and an array of shopping and dining emerging to accommodate the ever-growing population. None of these developments would be possible without some of these influential Black idols who made Central Florida the place to develop.

Dr. William Monroe Wells was one of the first Black doctors in the Orlando area. In the 1920s, Wells constructed The Wells' Built Hotel in Orlando, which served as the first hotel for African-Americans during the segregation era. Wells also constructed a nearby casino to serve the segregated Black community. It is now a historic site located in Parramore. Bo Diddley, B.B. King, and Ella Fitzgerald are just some of the famous celebrities who stayed at his hotel. Dr. Wells can be credited with beginning the vacation theme that Orlando has by establishing a hospitality industry for the Black community, thus cementing Orlando as a major tourist attraction. Without Dr. Wells, the tourism of the '20s would not have included the Black community and would not have set the precedent for the enormous tourism potential that Orlando now has fully utilized.



Zora Neale Hurston

Zora Neale Hurston was a Black author famous for her 1937 book, *Their Eyes Were Watching God*, or her powerful autobiography *Dust Tracks on a Road*. Hurston grew up in Eatonville, here in Central Florida. Eatonville was the first incorporated African-American town in the U.S. at a time when segregation was common and Black communities were seen very negatively. Hurston's influence as a popular author expanded the culture of the Orlando area and put Central Florida on the map, with her books becoming well known internationally. Hurston is honored in festivals at Eatonville yearly and at the Zora Neale Hurston National Museum of Fine Arts.

Tiger Woods has owned a home in Windermere and now has a home in Jupiter. The legendary golfer's home in the Central Florida area has helped showcase the different kinds of lifestyles we have to offer here. When Woods chose to live in Windermere, the luxury real estate business began to accelerate. Since Woods was known to live in Central Florida, many other celebrities and professional athletes followed in his footsteps to take advantage of the style of living. Woods opened the door for the many athletes who now live in the Lake Nona area and often golf at the Lake Nona Country Club.

As we've seen voiced at a magnitude like never before in the past year, diversity and inclusion are crucial for the growth of an area, especially somewhere like Lake Nona. With the Lake Nona Regional Chamber of Commerce having one of the only diversity committees in Orlando, we are beginning to make steps in the right direction and hope others recognize the necessity, as we did, and aim to follow suit. Learning Black history should not begin and end in February.

# SCHOOL UPDATE: LAUREATE PARK ELEMENTARY SCHOOL

BY SUZANNE WORKUM, PRINCIPAL

Whether the Laureate Park Elementary Longhorns are at school or at home, they have all been very busy learning this year. In math, our first graders are learning to add three numbers in a word problem. They applied this new concept by working collaboratively, with each member of the group having a different and important job to help solve the problem. Our second-grade Longhorns are learning about arrays and created an entire city of arrays in a creative way to help them understand the math behind the concept.

In science, our fourth graders are working on their Earth in Space and Time unit. Using a science textbook as well as resources from NASA's website, they created Powerpoint presentations about the solar system. After their presentations are complete, they will create a 10-question Kahoot quiz using their research.

In art, students are learning about perspective and drawing and painting snowmen using the perspective of a worm's eye view and comparing that to a bird's eye view or aerial view.

In Ms. Williams' fifth grade class, the students are working on a "be the light" challenge in which they are doing things to spread kindness and joy amidst all the craziness in the world right now. Examples include: working with Tavistock to plant trees in the community, sidewalk chalk art, painting rocks with hopeful messages and spreading them around the neighborhood.



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# USTA: CREATE A GREAT DAY

ARTICLE BY DANIEL PYSER  
PHOTO COURTESY OF USTA

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Built a few miles down the road from the country's largest VA medical center in Lake Nona, the USTA National Campus has always had an inherent connection to the military.

One of the campus' most impactful programs is its free weekly military clinic for veterans and active duty military personnel, which, over the years, has formed an incredible bond between the USTA staff and local veterans.

One particular participant, Broderick "Brody" Singletery, fit into both categories as both a USTA National Campus staff member and U.S. Navy veteran. He was a regular participant in the program and a familiar face to all of those who worked at or patronized the campus.

A 10-year Navy veteran who was honorably discharged, Brody relished the opportunity to spend Monday nights with his fellow veterans, sharing the sport that he loved with those who were either rediscovering the game or picking up the sport for the first time.

Brody began his USTA career in New York, working various roles for the U.S. Open, including player security. He moved to Orlando in 2016, joining the USTA staff full-time as part of the team that opened the USTA National Campus.

In his role overseeing the front desk staff, Brody was often the first person campus guests saw and heard when they came through the door. From his knack for remembering everyone's name to getting to know something about each person that he met to his huge smile, Brody made visiting the USTA National Campus more than just arriving at a beautiful facility; he made each visitor and staff member feel like they were family.

On Dec. 8, the USTA lost a member of its family as Brody lost his hard-fought battle with leukemia, leaving behind a legacy of passion and enthusiasm. His personal motto was "Create a Great Day," which is something the campus staff will carry on in Brody's memory every day at USTA National Campus.

There are always "Great Days" at the campus as the military clinic is just one of the many examples of the USTA National Campus giving back to the local community. The campus often hosts groups from local elementary schools for free clinics during major events and has partnered with the Orlando Police Department to host its summer teen program each year. The campus and its staff have also helped grow the USTA Foundation's National Junior Tennis & Learning chapters in Orlando.

The campus truly has something for everyone as it also offers programming for players of all ages and abilities, including weekly wheelchair tennis clinics. The campus has also hosted clinics run by Buddy Up Tennis, a program designed for athletes with Down syndrome, as well as ACEing Autism, a program for athletes with autism. Additionally, the campus has hosted numerous Special Olympics Florida events and is scheduled to be the host of the tennis portion of the 2022 Special Olympics USA Games.



Broderick Singletery (left)



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# IN THE GARDEN: HOW TO PREPARE SOIL FOR SPRING PLANTING

BY AMBER HARMON



How is your garden soil structured? And what does soil structure really mean anyway? In Florida, we have sandy soil and soil with clay in many regions. These two soil types are not typically high in the nutrients needed to grow healthy vegetable plants. This means if we want to plant anything in the ground, we typically need to add nutrients. If planting in containers or elevated gardens, we are responsible for adding everything to the garden, so it's important to understand what each plant needs. It's not as simple as potting mix, fertilizer, and compost – but that's a good start. So what nutrients do we need to add? The answer is: It depends.

An easy place to start is with an at-home soil test. You can also contact your local Extension Office, and for a small fee, a master gardener can help you take a soil sample and send them off to the University of Florida for an analysis that takes a week or two. This will give you the basics as far as the amount of macronutrients – nitrogen, phosphorus, and potassium (NPK) – as well as the overall pH

of the soil. Then, you know the starting place for which nutrients need to be added to the garden soil. The results will also include the levels of different micronutrients in the soil; this is a more advanced result than what you get from an at-home test.

Different plants are going to have different requirements for nutrients. pH is how alkaline or acidic the soil is. The optimum pH for soil is between 5.8 and 6.3. The pH of the soil can vary for different plants to thrive. For example, tomatoes like soil that is slightly acidic. You can make soil more acidic in a particular area of the garden by adding coffee grounds once a month around the dripline of the tomato plant. Acidity in soil can also be reduced by adding dolomitic lime, which will also increase calcium and magnesium in the soil.



In general, fertilizers provide the nitrogen, phosphorus, and potassium needed in the soil. The requirements for the macronutrients vary in different plants. Some plants need more nitrogen than others. Nitrogen helps the plants to grow tall and leafy. Beans and peas don't need as much nitrogen because they are actually nitrogen-fixing plants. This means they're able to take nitrogen from the

atmosphere and convert it into nitrogen in the soil. They actually create their own nitrogen. Pretty amazing, huh?

Phosphorus helps the plant have strong, healthy roots, which is important for all plants but especially root vegetables. Organic bone meal can be applied to the soil to increase the amount of phosphorus present.

Finally, there's potassium that helps a plant develop flowers and fruit. It's especially important to ensure the plant has the appropriate amount of potassium before it's getting ready to start producing its first round of veggies. Then, of course, the garden needs a steady supply of nitrogen, phosphorus, and potassium continuously throughout the season.



The micronutrients needed for the garden are typically present in organic fertilizer, compost, and worm castings. Micronutrients include calcium, boron, magnesium, and zinc, to name a few. Small amounts of these minerals are necessary in the soil. Organic azomite is a good source of micronutrients.

Having all of the mineral elements present in the soil is very important. However, the plants also need good bacteria and mycorrhizal

fungi to be able to absorb the needed elements through their root systems. Compost and worm castings should be added to the garden soil in advance through weeks of planting to allow the soil ecosystem to begin to form and the good bacteria and fungi to grow and flourish. This combination of mineral elements with dirt, bacteria, and fungi work together to create a soil ecosystem that is referred to as the soil structure. All components are crucial to the success of vegetable plant growth and productivity.

If this all seems overwhelming, don't worry. Just call your local Extension Office and a master gardener can help you through the process. You can also call Sungold Gardens, and we'll teach you every step of the way. Happy spring gardening!

**Amber Harmon is the founder and president of Sungold Gardens, formerly My Nona's Garden, where they install and service low-maintenance, elevated, organic vegetable gardens. If you want a lush, self-sustaining food supply but don't have the time or know-how, we'll build your dream garden and grow you delicious, nutrient-dense organic produce, right in your own yard or business location.**

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# LAKE NONA HOUSING MARKET UPDATE

December 2020



407.717.2464  
LHernandez@theLizTeam.com  
www.theLizTeam.com

## Laureate Park



**20 HOMES**  
Active Inventory



**3 HOMES**  
New Listings

**SOLD LAST MONTH: 27**

Average sold price:

**\$572,917**



List to sold price ratio



**42 DAYS**

Avg. Days on the market

## Eagle Creek



**14 HOMES**  
Active Inventory



**5 HOMES**  
New Listings

**SOLD LAST MONTH: 11**

Average sold price:

**\$457,772**



List to sold price ratio



**57 DAYS**

Avg. Days on the market

## Village Walk



**15 HOMES**  
Active Inventory



**3 HOMES**  
New Listings

**SOLD LAST MONTH: 7**

Average sold price:

**\$535,227**



List to sold price ratio



**35 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

- **Elite Competitive Cheer**
  - Session starts Feb. 1.
  - Cheer, stunts, dance, tumbling, and so much fun!
  - Cheer and tumbling coaching opportunities available.
  - Email: [jrlionscheer@lakenonayouthsports.org](mailto:jrlionscheer@lakenonayouthsports.org).
- **Wrestling**
  - Starts Feb. 24.
  - Held at the Lake Nona High School wrestling room.
- **Combine Coming Saturday, Feb. 20**
  - Held at Heroes Community Park.
- **Conditioning Clinics**
  - Free Day Clinic: Girls' Lacrosse, Jan. 30.
  - Spring season starts in February.
  - Held at Heroes Community Park.
  - Email: [LakeNonaJRLions@LakeNonaYouthSports.org](mailto:LakeNonaJRLions@LakeNonaYouthSports.org).

For more information, visit [LakeNonaYouthSports.org](http://LakeNonaYouthSports.org).

Email [LakeNonaJRLions@LakeNonaYouthSports.Org](mailto:LakeNonaJRLions@LakeNonaYouthSports.Org) or, for more information, visit [LakeNonaYouthSports.Org](http://LakeNonaYouthSports.Org).

### Opportunities to Help:

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



# HEALTHIER TOMORROWS ARE HERE

## UCF LAKE NONA MEDICAL CENTER BRINGS COMPREHENSIVE HOSPITAL CARE TO MEDICAL CITY AT LAKE NONA.

BY SANDRA MCPHERSON



In late 2018, HCA Healthcare's North Florida Division and the University of Central Florida broke ground on UCF Lake Nona Medical Center, located adjacent to the UCF College of Medicine in Orlando's Medical City at Lake Nona. On March 1, the three-story, \$175 million hospital opens to the public, providing a full range of healthcare services to Southeast Orlando and surrounding communities in Orange and Osceola counties. A milestone that has been years in the making, the hospital's grand opening is the realization of a vision that will impact the Lake Nona community for generations.



Wendy H. Brandon

UCF Lake Nona Medical Center will offer 24/7 emergency care; inpatient medical, surgical, and intensive care; outpatient surgery and diagnostic services; a family birthing unit; and a comprehensive list of medical and surgical specialties. While providing convenient access to much-needed healthcare services in the region, according to Wendy H. Brandon, FACHE, chief executive officer, the warmth and compassion of the UCF Lake Nona Medical Center family is what really sets the hospital apart. She said hospital leaders have worked hard to build a team dedicated to the hospital's mission:

*Above all else, we are committed to the care and improvement of human life. We achieve this through the delivery of exceptional patient care, groundbreaking research, and outstanding education.*

"We have been intentional in selecting colleagues to join our team who share our commitment and who will contribute to our goal of elevating the standards of care in our community," Brandon said. "We want to be seen as the pillar of health and healing in the Lake Nona community. We want our friends and neighbors to know they can trust us to care for them like family."

Brandon shared that through UCF Lake Nona Medical Center, Lake Nona and surrounding communities now have convenient access to patient-centered care supported by some of the latest technology in the industry. The hospital has invested in innovative solutions that support its commitment to superior quality care and patient safety. A few examples include:

- A "smart" nurse call system that allows caregivers to proactively respond to patient needs.
- A digital footprint identification safety system for all babies born at the family birthing unit at UCF Lake Nona Medical Center, providing enhanced safety and security for newborns.

- HCA Healthcare's SPOT monitoring system to provide early detection of sepsis, saving lives through earlier diagnosis and treatment of deadly infections.
- The latest electronic tools for caregivers to document patient care as well as to provide patients online access to test results, patient registration, and scheduling.

Also at the core of UCF Lake Nona Medical Center's mission is a commitment to the future of healthcare in Central Florida by supporting research and training for tomorrow's physicians. As a joint venture partnership between HCA Healthcare's North Florida Division and UCF, the hospital supports the learning experience for medical students at the University of Central Florida College of Medicine. In addition, HCA Healthcare and UCF have partnered to create 28 accredited residency and fellowship programs across Florida. Patients and physicians-in-training alike will benefit from the healthcare system's clinical knowledge and innovative operating strategies as well as the cutting-edge research initiatives at UCF Lake Nona Cancer Center and Sarah Cannon Research Institute. The cancer center, located next to the hospital, also opens on March 1. Sarah Cannon, the national cancer research arm of HCA, is the largest provider of cancer care in the nation, serving more than 2.5 million patients a year.



Dean Deborah German

"Our partnership with HCA Healthcare allows us to provide care to all in Lake Nona. It is the missing piece in our medical city," said Deborah C. German, M.D., UCF's vice president for health affairs and dean, College of Medicine. "Our faculty, students and residents will have a hospital in Lake Nona dedicated to care, learning and the creation of new knowledge. This hospital of the future enables UCF to create an Academic Health Sciences Center that will serve many of the university's clinical programs – including nursing, physical therapy, and social work."

With the rapid growth in Central Florida, the HCA Healthcare-UCF Academic Health partnership is helping to address the physician shortage here and beyond. And, with the rapid growth in Lake Nona, UCF Lake Nona Medical Center fulfills the region's need for safe, high-quality, compassionate care close to home. UCF Lake Nona Medical Center is well-equipped to grow with the Lake Nona community and engage in the region's innovative wellbeing initiatives. Whether you need treatment for an acute injury or illness, or if you are seeking specialty care, the team at UCF Lake Nona Medical Center is ready to become your choice for innovative, convenient, and comprehensive healthcare services delivered with the care and dedication to excellence our community deserves.

### UCF LAKE NONA MEDICAL CENTER

Medical and Surgical Specialties

- Cardiology | Colorectal Surgery
- Gastroenterology | General Surgery
- Gynecology | Gynecologic Oncology
- Infectious Disease | Nephrology
- Neurohealth Sciences | Pulmonology
- Orthopedics | Spine
- Urology



**Lake Nona  
Medical Center**  
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SUNNY SIDE  
UP: WEEDS

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.

It's weed season, people! I've been looking forward to writing about this all year. Wait, my wife says weed season doesn't exist. Well then, honey, why do I have a trillion seeds cleaving to my socks?! She tells me that means we're in the dry season and dead weeds have gone to seed.

Good. Seeds are the reason I've been looking forward to weed season. I want to have a word about them. And in a word, I want them to suffer. In a few words, I want them to hitch a ride on a snake and witness horrible things before they are dragged by their own devices into a dark, dank hole.

Sticky weeds wouldn't attach themselves to a snake because of the snake's skin, you say? Who's writing here, you or me?

Let me address writing for a second. Some say history is written by the winners, but it's not. History is orated to peon writers by rich, powerful, often evil people, who bear titles like The Wise and Winsome One. They demand writers make them look good. A writer, staring at this impossibility, may wish he could use his writing powers to hitch Oh Sacred Song of Strength to the back of a snake. Then, Goodly King of Kindest Blessings would witness horrible things before the snake drags him down a dark, dank hole. Of course, the writer will think, Caring, Kindly Chris, Overlord of All, couldn't possibly see anything that's more horrible than what he hasn't already done. And in the pages of history, if a writer tries to express his thoughts on this sort of stuff, he'll usually – drumroll – be-heading to the chopping block. Yes, I'm a dad.

So history is written by poor, downtrodden writers who, like most people, want to live. Since they are forced to bottle their rage when they find themselves besieged by seeds, they go berserker. They know they should pick on someone their own size, but whenever they do this, they lose. There it is, history written by losers.

To get back to the topic of weeds, I did a little research on weeds just now, and since I didn't feel like reading, I only read the names of some of these little buggers: Creeping In-

digo, Skunk Vine, garden spurge, spiderwort. Okay, so I did skim a little and found that the two main culprits sprouting impossibly attachable seeds are Creeping Beggarweed and HeartLeaf Drymary. Now, I imagine that HeartLeaf Mary was a tender and compassionate plant loved by all for her, well, her heart-shaped leaf. However, she spawned sticky seeds, making her cursed by all. She took up drinking to ease her pain, joined a recovery group and has been dry ever since. Hence, HeartLeaf Drymary. As for Creeping Beggarweed, he's obviously the town beggar of plants, cursing everyone who can't spare some change with miniature, hedgehog-shaped, spiky seeds of insufferable pain.

But what really irks these two weeds (and I'm not doing any research on this since I trust my impeccable deductive skills) is the NASA scientist who so obviously ripped them off when he invented Velcro. Invented?! He simply wandered off a walking path and found these things all over his pants and proceeded to patent God's creation. No wonder Mary and the Beggar are out to get us.

Now, I'm trying to think of a way to wrap all this up in a nice, neat bow. Sadly, some things in life are too difficult to put a bow around. Bows don't fit on tyrants killing writers by slowly orating them to death with their lies, or plants that are easy to hate but should be loved. Yet, if I did come up with one, our sticky little friends would undoubtedly sneak into every nook and cranny of the bow, and we all know where that leads ...



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](mailto: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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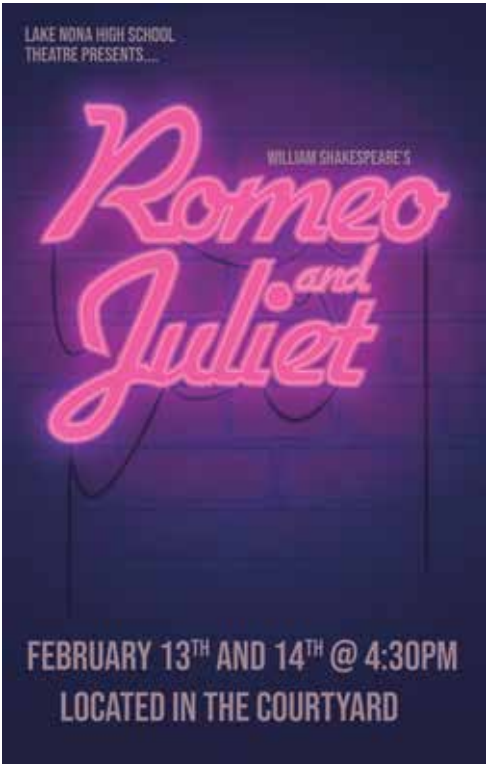
# SCHOOL UPDATE: LAKE NONA HIGH SCHOOL

BY GAIL CHASE

This spring, there will be many opportunities to see the students of Lake Nona High School's theatre department create art in a safe and socially-distanced way. On Valentine's Day weekend, Troupe 7434 will be producing the classic love story, *Romeo and Juliet*. You will be able to see this fun twist on one of Shakespeare's classics online after the performance. We will be posting more details on our Youtube and Facebook pages.

A showcase of 29 incredible student performances from a diverse range of plays, musicals, and even student-written material is also available now on Youtube at <https://www.youtube.com/user/Troupe7434>.

Finally, in April, we will be performing Kate Hamill's adaptation of *Little Women*. More information about this beautiful, coming-of-age story of the March sisters growing up in the middle of the Civil War will be available soon. Thank you for continuing to support the arts in these strange times!



# TOLL BROTHERS ANNOUNCES NEW NEIGHBORHOOD: LAUREL POINTE LAKE NONA

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTO COURTESY OF TOLL BROTHERS

Recognized as a smart city of technology, innovation, and wellness, Lake Nona is one of the country's fastest-growing, master-planned communities, encompassing 17 square miles and home to a collaborative network of businesses across a diverse range of industries. It is Central Florida's best-selling community and home to one of the richest events and programming calendars in the nation. Additionally, Lake Nona residents have access to premium amenities, miles of trails, community parks, a robust public art program, autonomous shuttle service, and more. But soon, Lake Nona will have a new neighborhood with the construction of Laurel Pointe Lake Nona, an intimate, gated community of single-family homes built exclusively by Toll Brothers.

For six years in a row, Toll Brothers has been ranked the #1 Home Builder Worldwide on *Fortune's* World's Most Admired Companies list – and was twice named National Builder of the Year by *Professional Builder* magazine. Now, the nation's leading builder of luxury homes has announced plans to build Laurel Pointe Lake Nona within Tavistock's renowned, master-planned Orlando development. Located at Narcoossee Road and Luminary Boulevard (under construction), Laurel Pointe Lake Nona will include 124 one- and two-story, single-family estate homes, each built with the outstanding quality, craftsmanship, and value for which Toll Brothers is known. Construction of Laurel Pointe Lake Nona's sales center and two model

homes is set to begin in fall of 2021, with sales beginning in early 2022.

"We're thrilled to be a part of Tavistock's prestigious Lake Nona community and continue to be impressed by its growth," said Brock Fanning, president of Toll Brothers' Central and Southwest Florida divisions. "There's a true sense of connection and wellbeing here. We know buyers will be proud to call this community home and look forward to welcoming them to Laurel Pointe Lake Nona."

Conveniently located near A-rated Orange County schools and a short drive from Orlando International Airport, Laurel Pointe Lake Nona will be situated near top shopping, dining, arts, and recreation destinations, including the Lake Nona Town Center. Major highways are easily accessible, offering homeowners convenient access to Orlando's theme parks, sporting arenas, stadiums, and more. Robust educational and healthcare offerings are within a five-mile radius of the neighborhood, including three university campuses and a world-class health and life sciences district featuring a children's hospital, veterans' hospital, and adult teaching hospital.

Tavistock Development Company's vice president of residential development, Rob Adams, stated, "Long recognized as a national leader in luxury homebuilding, Toll Brothers will be a wonderful addition to our growing and vibrant Lake Nona community."

Toll Brothers' Central Florida communities also include Lakeshore in Southwest Orange County's Horizon West, Royal Cypress Preserve in Southwest Orlando, Parkview Place in Sanford, The Oaks at Kelly Park in Apopka, and Riverside Oaks in Sanford.

For more information, please visit  
[TollBrothers.com/FLC](http://TollBrothers.com/FLC).



The Santa Bella model home at Lakeshore (a separate Toll Brothers community). Representative of the homes that will be built at Laurel Pointe Lake Nona.

We're taking extra precautions to keep you safe. View our complete Safety Protocols at [NonaEyeMD.com](http://NonaEyeMD.com).

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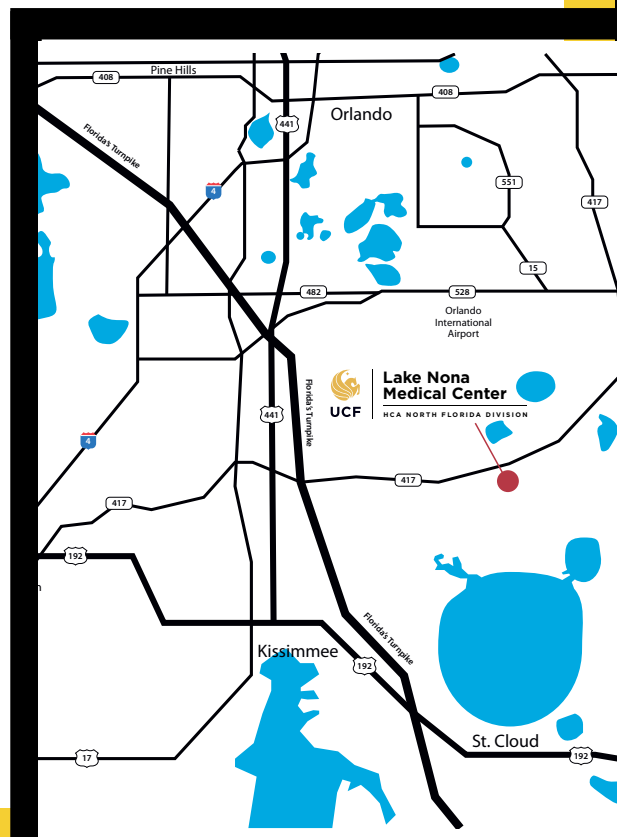
**UCF Lake Nona Medical Center** opens March 1, bringing high-quality, patient-centered care to Lake Nona and surrounding communities. Located adjacent to the University of Central Florida College of Medicine in Orlando's Medical City at Lake Nona, the hospital will provide a full range of healthcare services to southeast Orlando and surrounding communities in Orange and Osceola Counties.

## Get to know your hospital.

Tours of UCF Lake Nona Medical Center will be available by appointment February 20-24. Tour reservations are required and space is limited. Schedule a tour by calling 407-871-5635 or online at [UCFLakeNonaMedicalCenter.com](http://UCFLakeNonaMedicalCenter.com). To ensure safe physical distancing, tour groups will be limited to 4 guests and masks are required.

UCF Lake Nona Medical Center is located at 6700 Lake Nona Blvd., Orlando, FL 32827

[UCFLakeNonaMedicalCenter.com](http://UCFLakeNonaMedicalCenter.com)  
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