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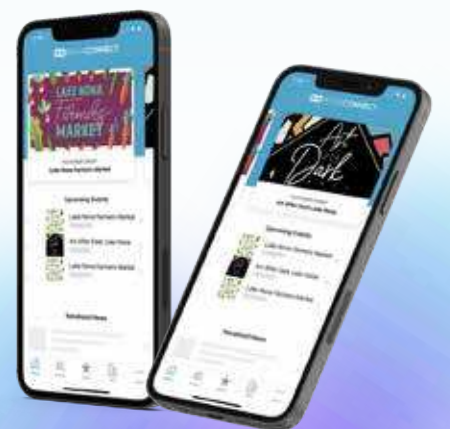


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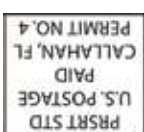
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EDITOR’S NOTE: CANCEL CULTURE

BY DEMI TAVERAS, EDITOR-IN-CHIEF



You might have noticed the phrase “cancel culture” cropping up on social media and in the news. Cancel culture can be described as the concept of someone, celebrity status or not, getting shamed on social media for behaving unethically, with past actions inevitably coming to the surface. These past actions, whether intentional or unintentional, miniscule or major, can sometimes act as the sole basis for a person’s “cancellation,” causing society to question this person’s entire character.

Cancel culture is a loaded phrase with many implications behind its use, not to mention another controversial topic that can easily flare up those who argue for or against it. One side believes that cancel culture is an all-too-real fear and doesn’t feel comfortable being open and honest with their thoughts. They deny the accountability of cancel culture, stating it instead creates victims who get undeservingly slandered or creates an environment where people feel censored. On the other hand, the opposing side tends to see cancel culture as an easy way to decipher the good nuts from the bad, kind of like Willy Wonka and his squirrels. But cancel culture isn’t that black-and-white.

First off, whatever the original intention of cancel culture was supposed to be, people do not actually get cancelled in real life. Have you ever seen an actor who was cancelled one year show up in a new movie the next? Or an internet personality’s makeup line continuing to sell, if not heightening their sales, after past racist comments were revealed? If a “cancelled victim” still maintains status and wealth quietly, they aren’t really cancelled and are in most cases trying to victimize themselves. Most of the time, considering some of the heinous actions committed, they were barely held accountable, only getting knocked down a notch and having to work a little harder to rebuild their brand and trust in the public eye again. But there are those instances where a punishment or cancellation isn’t merited.

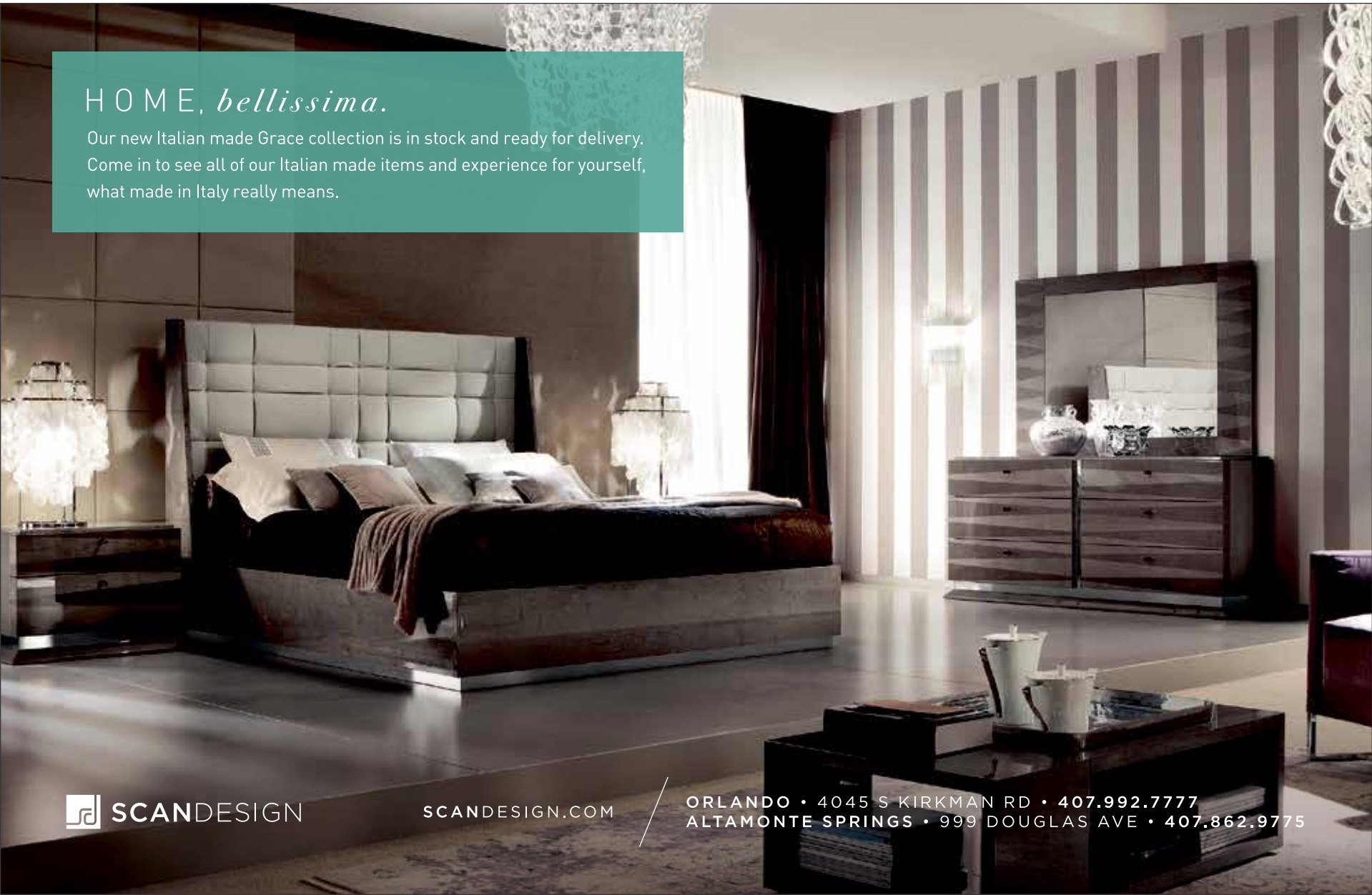
Jane Doe gets her first senior role at a company. The next day, she makes a very ludicrous comment on Facebook, and a mass of people swarm the office with emails and phone calls, demanding unemployment for someone they didn’t even know existed the day before. Jane issues an apology, but after a few days of dealing with a mob mentality from a bunch of randoms, the company decides to let Jane go. How can strangers have the authority to decide on someone else’s character? Why should a company backpedal on a hire without even knowing the integrity of those demanding Jane’s termination?


We can get extremely caught up in details and forget the bigger picture when we decide what constitutes a mistake and what doesn’t. That’s where the harm of cancel culture truly lies – in bringing down the hammer for all the wrong instances. By all means, let’s hold people accountable for their harmful actions, especially those in positions of power. But the groupthink of choosing to write someone off before their redemption story has even begun doesn’t help us progress, it makes us players in a game to assign blame. We all make mistakes, and that’s a tale as old as time. It’s why our human nature is to forgive and forget because we know people can still be worthy even after they screw up. So let’s give each other the chance and the space to do better.



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IN-PERSON GRADUATIONS RETURN FOR OCPS AT AMWAY CENTER

ARTICLE BY NATALIA JARAMILLO
PHOTO COURTESY OF OCPS

Orange County's public high schools will hold their socially distanced in-person graduations for seniors at the Amway Center, superintendent Barbara Jenkins said after an Orange County School Board meeting.

The graduation will require face masks, limit the number of tickets per graduate, require everyone to social distance, and have strict arrival and departure procedures, which are all being developed in partnership with the Florida Department of Health in Orange County and the Amway Center.

Lake Nona High School's graduation is set to take place at the Amway Center on Monday, May 24, at 2 p.m., according to OCPS.net.

OCPS has yet to finalize the details of the graduation but stated that the Amway Center location is subject to change if the arena's availability shifts, according to the OCPS website.

Prom in-person is canceled; however, OCPS is planning a prom alternative that may not be virtual and has a senior drive-thru ceremony in the works, according to the website.

Graduates are not forced to attend the in-person graduation ceremony if they feel unsafe to do so. The ceremony will also be live-streamed for other family members who cannot attend or the graduates who don't feel safe to go in-person.

As stated in the March 11 OCPS Community Update, 40% of OCPS students are still learning online while 60% now attend in-person. As of March 15, OCPS had a total of 5,105 confirmed positive cases of COVID-19 – 3,378 of which were students – according to the OCPS' COVID-19 Dashboard.

Many Florida counties are also offering in-person ceremonies. In Southwest Florida, Lee, Collier and Charlotte counties will be holding commencement ceremonies in June and May. Hillsborough County will also be holding in-person graduation ceremonies in May and early June. In South Florida, Palm Beach County announced they will also have in-person graduation ceremonies. Other counties across the state are still finalizing their plans for graduation.

Last year's in-person graduation ceremonies, which typically take place at the University of Central Florida, were canceled due to the pandemic. This year's in-person ceremonies mark the huge milestones that vaccines and a year of knowledge have made on the impact of COVID-19 on education.



LIBRARY BOOK RETURN BOX NOW AVAILABLE AT VALENCIA COLLEGE LAKE NONA

ARTICLE BY ASHLEY CISNEROS MEJIA
PHOTO COURTESY OF AMANDA MURPHY

The Lake Nona area has a new way to return library books!

The Orange County Library System (OCLS) recently installed a library return drop box on the Valencia College Lake Nona campus several months ahead of schedule. Local residents can easily return books and multimedia materials that were delivered to their homes through the library's free delivery service or checked out at area branches.

"The materials collected will be picked up by the library six days a week – Monday through Saturday," said Bethany Stone, OCLS chief branch officer. "We're excited for the Lake Nona residents to begin using this new book drop."

The campus can be found at 12350 Narcoossee Rd., and the drop box is located on Andric Lane behind the college, near the side of its parking lot closest to Lake Nona High School. Traveling north on Narcoossee, turn left on Nemours Parkway and then right on Andric Lane. The drop box will be on the right-hand side. Traveling south on Narcoossee, turn right on Vickrey Place and then left onto Andric Lane to access the drop box on the left-hand side.

The drop box was announced by the library leadership at the end of 2020 and was originally expected sometime this summer. The early arrival of the drop box was celebrated by many local residents on social media.

Fulya Morgan was among the first to use the drop box. "I was able to return my books at this location instead of driving all the way to Semoran," she said.

Mikaela Walker shared, "This is amazing! I no longer have to drive down to Waterford to return books."

Orange County residents can request books, DVDs, and CDs to be conveniently delivered to their homes free of charge with a library card. You can apply for a library card easily online at ocls.info/using-library/get-or-replace-your-card.

In addition to being able to order books for home delivery, you can use your library card to download audiobooks and ebooks, access online events, attend a variety of classes, and more through the library's Local Wanderer culture pass program. Your library card also gets you free admission to some of the best local museums and theaters.

The OCLS leadership is evaluating several potential locations for a possible future branch, including an opportunity to co-locate a library with the City of Orlando at a forthcoming government center on Dowden Road. Further review and discussions will continue among the library administration, trustees, and stakeholders. To express your support for a library in the Lake Nona area, sign the community petition at change.org/nonalibrary.



Save time by returning your library books and materials at this new drop box located near the parking lot on the Valencia College Lake Nona campus.

BUSINESS SPOTLIGHT: BIOGANIC LAWN SERVICES

HAVE A RADIANT LAWN AND REDUCE YOUR CHEMICAL FOOTPRINT UP TO 65%

*APRIL SPECIAL TREATMENT: \$20.21

BY JAY COMBS



It is now possible to have a green, weed-free lawn without all the synthetics. Bioganic was created as a healthier alternative to the traditional synthetic fertilization industry. We are Orlando-based as well as locally owned and operated. We deliver a healthy lawn and soil while helping to reduce the chemical impact around your home and family.

We reduce the chemical output in several ways.

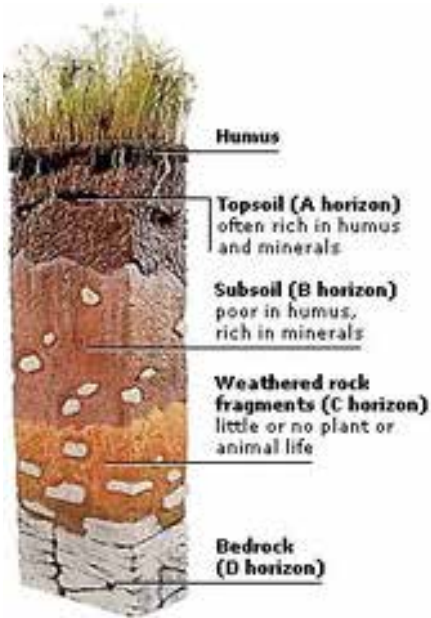
Every application has an **organic soil conditioner** that introduces an inoculation rate of good biology that is needed for nitrification (process of converting N to NO3). Nitrification is responsible for growth and greening in grass and plants. This soil conditioner also rapidly converts dead lawn and grass clippings into humus (topsoil). This added humus reduces leaching of fertilizers into the aquifer that are responsible for producing red tide and algae blooms. This buildup of the humus layer also reduces the amount of fertilizers needed on the property.

We never use Roundup ... ever.

Glyphosate, the active ingredient in Roundup, is never used in any of our applications. If your current company is using this on your property, we can provide an alternative solution for your mulch beds and keep them free of grasses and weeds.

Every application of weed control is spot sprayed.

The industry standard is to mix in herbicides with the liquid fertilizer and douse the entire lawn with herbicide. **At Bioganic, we take a different approach.** We've invested in dual



line injection technology that allows us to spray weed control on demand. Most of our clients only require 1-2 tablespoons of weed control each application.

We provide the following services:

- **Lawn Program** – Fertilization, weed control, insect and disease control.
- **Home Pest Control** – Keeps INSECTS AND INSECTICIDE out of your home. Also includes broom service – sweeping for cobwebs and wasps nests.
- **Bed Weed Control** – Eliminates weeds and grasses in mulch bed areas.
- **Tree Shrub Program** – Promotes growth and health of ornamental landscaping.

At Bioganic, the health of your lawn and your family is our primary concern. All of our services from our Home Pest Control to our Tree Shrub Program are designed to be of low chemical impact.

For more information, email info@bioganicservices.com, call (407) 866-3872, or visit bioganicservices.com for your free estimate.

When inquiring, please mention this ad to get your first service at \$20.21.

Note from the founder:

When I became a father to a beautiful baby girl with skin allergies – not to mention a pet owner also – I quickly became aware of the need in the community for a healthier alternative to lawn care and pest control. It seemed as though the only options out there were full of synthetics, with most still using harsh products such as Roundup.

Having an extensive background in agriculture and lawn care management, it almost felt wrong not to do something about it. That was when Bioganic was born. We use an organic fertilizer that improves the health of the soil while achieving a beautiful, thick, green lawn that most synthetic companies cannot provide. Bioganic's commitment to you and the community is not only a healthy lawn but a healthier environment for you and your family.



HOW TO CHOOSE YOUR HEALTH AND WELLNESS COACH

BY DR. MARTY NALDA



So, you have made the decision (again) to get healthy and do something about your weight and fitness! Or maybe, in spite of being lazy and eating junk food, you have managed to keep your weight under control but are determined to do better for the sake of your health ... and you need HELP. The internet is chock-full of “experts,” fads, diets, and trends, and they all claim to be the most beneficial for you. How do you choose?

The first step is to look for qualifications. In a world where anyone can claim to be an expert, you want to make sure you’re getting real advice. Have they been doing this for a certain length of time? Do they have a predictable program that has reproducible results? Look for reviews and testimonials wherever possible.

Now, let’s say you have found your person. This might be a life coach, health coach, doctor, or nutritionist. Regardless, you have taken a HUGE first step and scheduled an appointment. How do you now determine if you are in the right place?

When you meet with your health advocate, goal setting should be a joint and individualized process. If they are not taking into account your opinion to some extent, it will be difficult to follow through on someone else’s plan for you. While there are definitely standards that are required for health, the ultimate plan should be something that you know will look and feel good to you in the end. Otherwise, you should be given a reasonable explanation that will help you manage expectations. Remember, it’s likely that you are seeking help because you’re frustrated on your own; however, you ARE there for advice. Be open and listen.

Do they have a process for accountability? If they are just going to offer you medication or a diet book and never see you again, that’s not coaching. You need to make sure that they will be available for you to have questions and also for weekly check-ins at minimal to keep you accountable. It’s amazing how well we behave when we know someone else is checking our work!

Have they done their own program? It would be difficult for me to tell my patients to eat vegetables if I am unwilling to consume



them. In much the same way, your wellness or fitness coach should have some personal experience with their own journey. If they have never experienced a health crisis, had to diet, needed to make some sort of lifestyle change, it might be difficult for them to empathize with you. Much like a man trying to explain labor pains ... you just can’t possibly know!

Does the program you are choosing provide a long-term maintenance solution? If you are going to need to buy their products for the rest of your life to maintain the results, are you willing to do so? If not, be aware that you are putting a quick Band-Aid on your health and only seeking a temporary measure of relief. A good indication that you are seeking the right program is a reliable way to maintain your wins. If there is zero effort to make a permanent and sustainable lifestyle change during the process, there is zero chance that your results will last in the long-term.

Overall, the process of making a change is a daunting activity. Always remember that the first step is to take action toward your goal. You’ve thought about it long enough! The only way that you will not get to your goal is to remain exactly where you are. Step out in faith and know that health is a journey. Your body will respond in gratitude and healing for every step taken in the right direction.

Dr. Marty Nalda is the owner and operator of Inspire Weight Loss Lake Nona. With over 23 years of nutritional counseling experience, her passion is to inspire lifestyle choices that lead families to optimal health. Inspire offers weight loss and non-surgical body sculpting services, where patients routinely lose 20-40 pounds in just six weeks with no shakes, shots, hormones, or pre-packaged meals.



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EXPANDED COVID-19 VACCINE ELIGIBILITY ANNOUNCED

BY FELICITY MAE GOMER

OCPS Employees:

Restrictions for the COVID-19 vaccination have recently expanded to include all Orange County Public School personnel, regardless of age. Any K-12 OCPS employee is now able to get their inoculations at the following FEMA federal site:

- Valencia College’s West Campus at 1800 S. Kirkman Rd.
 - Approximately 2,000 vaccines available daily
 - Seven days a week from 7 a.m.-7 p.m.

OCPS employees must bring their OCPS ID to receive their vaccination. Additional vaccines are available at CVS Pharmacy and Walmart to school personnel of any age but must be verified with those respective providers.

Veterans of the VA:

Vaccinations for COVID-19 are now being distributed to veterans enrolled in VA benefits in the area. The VA healthcare team will contact you if you are eligible for the shot. Veterans of any age who already receive benefits can schedule an appointment to receive their inoculations for free. Appointments can be made from Monday through Friday from 7:30 a.m.-4 p.m. by calling (407) 631-0499.

For veterans’ vaccinations, the only restriction is that they are enrolled and receiving healthcare benefits by the VA.





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SUNTEK LAWN CARE: WATERING YOUR GRASS

IS WATERING YOUR GRASS NECESSARY IN LAKE NONA?

ARTICLE BY CHRISTOPHER REGIS &
NICOLE LABOSCO
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.

If you call Florida home, you know the rainy season is upon us – and with that comes the infamous saying, “April showers bring May flowers.” So, with all of the rain that Mother Nature brings this time of year, should you still water your grass? Christopher Regis, CEO of Suntek Lawn Care, is here to help!

“In Florida, there are many different types of soils – from sandy to clay. Here in Lake Nona, we have a unique soil that has high organic matter, so it is slower to drain.”

Regis explains below the few things to do to keep your grass happy and alleviate your muddy issues with the type of soil we find in our yards.

How Much Water Should You Use?

Regis states that you don’t need to worry about watering every day because your grass only needs about an inch to an inch-and-a-half of water each week, either from rainfall or irrigation: “Water the lawn until the top six or eight inches of soil is wet, which should give the grass the inch of water it needs.”

What Happens If You Don’t Water Your Grass?

Consequently, if your lawn doesn’t get two inches of water each week for four weeks consecutively, permanent damage can occur. Root systems can be damaged to the point where grass blades stay brown and will be thin or completely dead, according to Regis.

How Long Should Sprinklers Run?

Regis also described that overwatering your lawn can be just as harmful to your grass as not watering it enough. “The general rule is to set up your system to only run two days a week during Daylight Saving Time (March through November) and one day a week (November through March), per City of Orlando ordinance,” he explained. “Here in Laureate Park, instead of running 20 minutes per station, it’s recommended to run five minutes per station with four start times. It is also important to make sure that your rain sensor is active and properly working. This not only saves you water but reduces the amount of runoff of reclaimed water that goes down our storm drains.”

What Is the Best Time to Water Your Grass?

According to Regis, the best time to water your grass is early in the morning when it’s cooler. If you’re not a morning person, just set the timer on your irrigation system and let your grass get watered while you sleep.

Which Days Should You Water Your Grass?

“In Orange County, there are mandatory lawn watering restrictions that specify the days when you may water. These days depend on whether you have an odd- or even-numbered address and the time of year,” Regis described. “Per county ordinance, the following restrictions apply to landscape irrigation regardless of whether the water comes from groundwater or surface water, from a private well or pump, or from a public or private utility.”

- Outdoor irrigation is limited to one day a week during Eastern Standard Time (from the first Sunday in November until the second Sunday in March) and two days a week during Daylight Saving Time (from the second Sunday in March until the first Sunday in November).
- Water only when necessary and avoid watering from 10 a.m. to 4 p.m.
- Don’t water a zone for more than one hour.

Time of Year	Homes With Odd-Numbered or No Addresses	Homes With Even-Numbered Addresses	Non-Residential Properties
Nov. 1, 2020 to March 13, 2021	Saturday	Sunday	Tuesday
March 14 to Nov. 6, 2021	Wednesday/ Saturday	Thursday/ Sunday	Tuesday/ Friday

For more on watering restrictions, visit:
www.nona.link/wateringrestrictions.

Are There Any Exceptions to the Restrictions?

Restrictions include the following:

- Residents are allowed to water new sod/landscaping any day or time for the first 30 days after installation and then every other day for the next 30 days.
- Watering is limited to the amount necessary for the sod/ landscape to become established.
 - This exception only applies to those specific areas where the new sod/landscaping is located.
- To avoid receiving a watering violation during sod/landscape establishment, residents must provide Orange County Utilities with their name, phone number, address, and any receipts for sod and/or landscape purchases.
- Even though residents are exempt from watering restrictions during sod/landscaping installation, they are not exempt from the applicable water rates.

“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,” said Regis.



Suntek is now offering maintenance, repairs, and installation of irrigation systems. They also offer a very affordable quarterly maintenance program, which includes an inspection of the irrigation system and sprinklers to ensure there is proper irrigation of the grass and no water waste. Remember, wasted water means higher water bills!

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.sunteklawncares.com or call (321) 396-2425 for a free quote today.



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THE ARTIST: ART IS A PROCESS THAT CAN'T BE RUSHED

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF NINA RAMOS



Meet Nina Ramos, a Central Florida-based abstract impressionist painter. For our April artist of the month, her work not only symbolizes herself but the journey of life that she’s been on since she was just a girl illustrating at her kitchen table. Read more below on how Ramos was led back to her artistic roots after a 16-year career in marketing and how her work has since blossomed.

Nonahood News: What drove you to become an artist?

Nina Ramos: I’ve been drawing and painting since I was a little kid. Being an artist has come naturally to me since I was old enough to hold a crayon! The goal of being a professional artist was driven by the desire to live life on my terms, pursuing my passion.

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

NR: I took a long break from art after I graduated and picked it back up in my early 30s. I started painting again slowly. As the years went on, I found myself painting more and more frequently. Ideas and inspiration were running through my head all day at work. Every night, I would dream about new paintings I wanted to create or changes I wanted to make to existing paintings. That’s when I knew this was more than a hobby.

NHN: How often do you find yourself creating art?

NR: I paint every day unless I’m taking time off or away on vacation.

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

NR: Well, I’m still very much in the process of discovering myself as an artist, but I would say that it took almost a decade to develop enough confidence as an artist to trust my own instincts.

When I first started painting again, I focused on representational art and strengthening foundational skills. However, I found myself very drawn to abstract art and impressionism. I began experimenting with every style – abstract, realism, impressionism, intuitive painting, and so on. I spent many years frustrated with my work because I was trying so hard to squeeze myself into one single bucket. I would see these artists I admired and want to create work like them, not realizing it had taken them YEARS to hone and develop the unique and personal style I was admiring. At one point during this journey, an art mentor gently reminded me that art is a process that can’t be rushed. She told me that my frustration was normal, and furthermore, I would go on to create hundreds of bad paintings before I arrived at something I liked. I could not comprehend that at the time and thought she was nuts. Guess what? She was 100% right!

Hundreds of paintings later, I’ve finally come to the realization that I’d like to continue developing a style that in my recent works combines both representational and abstract principles. I know I have a long way to go before arriving at this point, but simply having reached this conclusion tells me I am making progress as an artist!

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

NR: I love painting nature-inspired art – florals and landscapes. If I have to pick one, my Wild Blooms collection has been my personal favorite project to date. This collection has and continues to be a playground for me to explore my developing style and create wildly colorful and energetic paintings.

I also love creating figurative work, and although I haven’t released a collection of this subject yet, I’m very excited to share that I’m in the midst of developing a new body of work that is unlike anything I’ve ever done before. This collection will bring together all of the elements I’ve been working on for the past several years as well as tie in some cultural elements from my Mexican heritage. I’ll be sharing more very soon on Instagram: @ninaramosart.

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

NR: Alex and Ani commissioned a painting in 2019 to help launch a new collection of chakra-inspired jewelry. I was assigned the heart chakra, or “anahata,” which represents love, compassion, empathy, and forgiveness, among other things. I was given the artistic license to create anything that embodied the spirit of Anahata. I had so much fun experimenting and sketching ideas that I spent way too much time creating a wide range of sketches before landing on my final composition. I’m happy to report that Alex and Ani loved the artwork, and after the promotion ended, the painting was sold and currently lives in CARA Cosmetics’ makeup studio in Maitland.

NHN: What are some of your dream projects?

NR: Ah, this is such a fun question. I would love the opportunity to work with an author or publishing house to create cover art for books. I’m an avid reader, and this would be a dream come true. I also really enjoy working with well-aligned brands, like Alex and Ani, to integrate art into the everyday, whether that is clothing, jewelry, home goods, or wall art.

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

NR: Anything and everything. It just depends. I’ve created entire collections around a feeling I got while hiking in a new place or seeing a beautiful color combination. Currently, the collection I’m developing is deeply inspired by a health scare I had in the beginning of the year. I’m completely fine now, but it made me look at things differently. And this new perspective launched a brand new body of work that I hope to release this summer.

NHN: Future goals/plans?

NR: Oh, I have so many plans! If I were to narrow it down to a goal I have for this year, it would be to have my own art show to share and connect more with Central Florida art lovers.

To see more of Nina Ramos’ art, check out her website: www.ninaramosart.com. You can also find her on Facebook and Instagram @ninaramosart.



MAMA’S TURN: EMBRACING A NEW SEASON

BY SHARON FUENTES

When my daughter, Bella, was three, we decided to put her into preschool. My son, Jacob, was five and in kindergarten at the time, and Bella wanted to be just like her big brother. I really didn't think she was ready for school, but after days of her waking up early, getting dressed by herself, putting on a backpack, and crying when we dropped Jacob off and not her, we decided to give it a try.

We chose a half-day program at the same school as Jacob. I was so scared when we went to drop her off. I thought she would cry, but instead, Bella went right in, gave her teacher a big hug, and then waved me goodbye. Half-day kids didn't eat lunch at school, so I excitedly went to pick her up with plans to go on a picnic at the park, just us two, before her brother got out of school. But when I went in to sign her out, she began to cry. I thought it was because she missed me, but really, it was because she wanted to stay and eat with her new friends. In fact, she not only wanted to stay for lunch, she wanted to stay the entire day. It was then that I realized it wasn't her that wasn't ready for school, it was me! I left her the picnic basket full of goodies to share with her class and went into the registrar's office to sign her up for full days.

Fast forward 14 years and not much has changed. Bella has grown into a strong, beautiful, independent young woman who recently committed to a college to attend in the fall. Unlike my son who goes to a local university that allows him to commute and live at home, Bella will be going away and living on campus. In between finishing up her last few high school classes, she now spends her time chatting online to potential new roommates and filling Pinterest boards with cool dorm room ideas. Thankfully, she shares it all with me, and while she's the one who has to register for orientation, she wants me there in the room when she pushes submit. We high five and laugh each time she can check off a new student admission task, and then we both sigh. She sighs out of relief; I sigh because it is another reminder of my baby growing up.

This isn't my first rodeo. My son just turned 20. Even though I have traveled these roads before, the emotions feel new. There is just something so overwhelming beautiful about your child becoming an adult before your eyes. My heart all but burst with joy, gratitude, and pure excitement for them. And yet, this



bursting heart feels an awful lot like a breaking one, too. You would think by now I would be used to the emotional roller coaster that comes with being a parent. Years packed with ups and downs, trials and successes, heartache and joy. I still can't help but feel conflicted. I want them to grow up, yet I don't. I want them to be independent and succeed on their own, yet I can't let go. I want them to march forward, shoulders back, confident, ready to face whatever life throws at them, yet I am not ready to step completely out of their way.

But here is the thing. This isn't about me. The whole "my kids growing up" thing is about ... my kids! Sure, I can feel nostalgic and even a little sad. But I can't let my feelings get in the way of this incredible moment my kids are experiencing now. This is a new season, filled with hopes and promise, and that is exciting! I can choose to drag my feet in denial, but eventually my kids will grow tired of that attitude and just walk around me. I don't want to be left behind like that. I want to be able to high five them, laugh together, and even sigh. And some things don't have to completely change, either. I can still plan a picnic

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for my girl; I'll just need to ask her first before I make all the plans. And the cool thing is now that she is older, she can even help make lunch for the picnic. Maybe embracing this new season won't be so bad after all. Now, if someone could remind me of this on college dropoff day, I would really appreciate it!

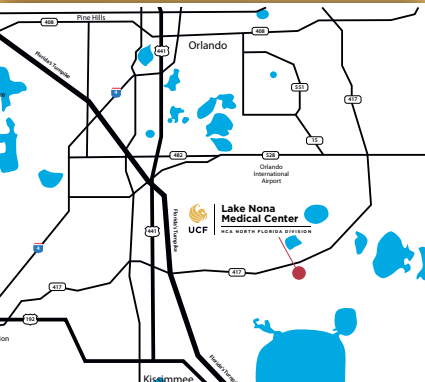


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THE USTA COLLEGIATE WHEELCHAIR NATIONAL CHAMPIONSHIPS

ARTICLE BY DANIEL PYSER
PHOTO COURTESY OF USTA

The USTA National Campus' events calendar is starting to once again fill up with a number of marquee events that have become the norm in Lake Nona.

One of those events, the USTA Collegiate Wheelchair National Championships, had its much-anticipated 20th anniversary tournament canceled in April 2020. Now, a year later, the event returns as some of the most inspiring and skilled athletes will descend upon Lake Nona on April 15-18 to once again compete for national titles.

Held in Orlando since the 2017-18 school year, the current format consists of three tiers of singles play for men's, women's, and quad division players and an overall team championship.

The 2019 edition of the event featured the largest pool of competitors in its history as more and more colleges have supported adaptive sports programs. With eight schools from six USTA sections competing in 2019, the University of Alabama captured the team title. Alabama owns five national crowns, and nearly a dozen schools are represented among the event's all-time individual winners.

The year's field will be led by reigning champion Alabama, led by head coach Evan Enquist and former player and U.S. Paralympian Shelby Baron, who is now serving as an assistant coach. Alabama will be joined by at least six universities and potentially more, dependent upon various travel restrictions.

Clemson University and San Diego State University will be making their second appearance at the event, while three schools – Auburn University, Biola University, and the University of Michigan – will be making their Collegiate Wheelchair National Championships debut.

Wheelchair tennis has long been a staple at the USTA National Campus. In addition to hosting this event, the campus has hosted multiple major international wheelchair tennis tournaments. Additionally, the USTA's elite wheelchair training program is incorporated into USTA Player Development, and a number of top wheelchair tennis players regularly train in Lake Nona.

The USTA's national wheelchair tennis staff also runs the National Rollers Sponsored by OUC program, which is a free, entry-level wheelchair tennis clinic. The clinic is open to any person who has a physical disability and would like to play wheelchair tennis. All players of varying levels, disabilities, and experience are welcome. Racquets as well as specialty tennis wheelchairs are provided.

Information about the various specialty programs held at the USTA National Campus as well as information about the upcoming Collegiate Wheelchair National Championships can all be found at www.ustanationalcampus.com.



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BUSINESS SPOTLIGHT: EYECARE OPTICAL LAKE NONA

ARTICLE BY NICOLE LABOSCO
PHOTOS BY RHYS LYNN

Think of your health. Are you thinking of how you take care of your body – how often you exercise, what you consume, how many visits you take to the doctor, etc.? How often do you think to take care of your eyes? Maybe it's the standard of going to the optometrist once a year, or maybe you haven't been in quite some time. Our eyes are just as important, if not more important than other organs. They provide us sight, and staying on top of your routine checkups ensures healthy eyes that not only keep us alert but safe.



The month of April is Women's Eye Health and Safety Month. Taking care of your eyes and your vision should be at the top of your list. EyeCare Optical in Lake Nona is here to help you maintain your eye health and protect your vision, no matter what. EyeCare Optical Lake Nona opened in May 2019 and is backed by the strong reputation of the Magruder Eye Institute, Central Florida's standard for excellence in eye care for over 50 years.

Dr. Sarina Amin is an ophthalmologist and retina surgeon at EyeCare Optical who was the first to graduate at the UCF College of Medicine here in Lake Nona. She found her passion and calling for ophthalmology when she shadowed an ophthalmologist who works at the Orlando VA.

"As the first UCF College of Medicine M.D. Program graduate, I am honored to work and serve in this community. It has changed significantly since I completed my medical



school degree in 2013, and I am excited to give back to and contribute to the growth of the Lake Nona community that supported my education from the beginning!"

So with it being Women's Eye Health and Safety Month, why should women choose to visit EyeCare Optical?

"The eye care professionals at EyeCare Optical understand the unique risks that women face with their vision and are well-equipped to provide comprehensive care. Our specialists diagnose, manage, and treat dry eye disease, cataracts, glaucoma, retinal issues, and other ocular conditions that affect women every day. We are the only comprehensive practice in the area – a 'one-stop shop' for all of your eye care needs," Dr. Amin detailed.

Why should women be more cautious and aware of their eye health? Preventblindness.org stated that, "Women have higher rates of eye diseases, such as

cataract (61%), glaucoma (61%), and age-related macular degeneration (65%), than men."

The National Eye Institute also stated that women deal with greater instances of eye disorders.

"According to the CDC, an estimated 93 million adults in the United States are at high risk for serious vision loss, but only half visited an eye doctor in the past 12 months. Of these adults, approximately two-thirds of visually-impaired patients are women. This is due to the fact that women typically live longer than men, which puts them at risk of age-related eye conditions such as macular degeneration, cataracts, and glaucoma. Women also undergo hormonal changes as they age and during pregnancy, which can contribute to vision fluctuations and dry eye disease," Dr. Amin described.

If you are having any problems with your vision, Dr. Amin has several recommendations

- for you.
- "See an eye doctor at least annually to check the health of the eye. You may need to see them more frequently if you have diabetes, hypertension, autoimmune disease, or you are taking medications that can affect your vision like Plaquenil."
 - "If you smoke – try to quit. Smoking can increase the risk of any of the eye conditions named above."
 - "Take nutritional supplements or eat a healthy, balanced diet full of antioxidants and vegetables."
 - "If you are having problems with your vision, get it checked. Waiting to see if any eye problem will go away puts you at risk for permanent vision loss."
 - "Wear UVA and UVB blocking sunglasses and a hat when outdoors to protect your eyes and the skin around your eyes. Skin cancers can also occur on your eyelids."
 - "Change your eye cosmetics regularly, and if you suspect an eye infection, do not use any cosmetics near your eye."

World Health Day is April 7, and your eye health correlates with your overall physical health. Comprehensive eye exams can help identify certain conditions, which could save your life.

"It is extremely important to take care of your eyes and your vision. Your eyes directly affect your independence and your ability to perform basic daily functions, which we typically take for granted," Dr. Amin explained. "As you lose your vision, simple daily tasks such as reading a computer or seeing the TV become more difficult. With time, driving privileges and ability to work are jeopardized. Eventually, you depend on your family and friends to help you with your daily activities, and they may have to take time off from work in order to take care of you. By being more proactive about your eye health, you can potentially prevent or slow down eye disease progression – allowing you to keep your vision and your independence longer."

EyeCare Optical offers a wide variety of fashionable and affordable glasses and frames as well as contact lenses. The business also offers optometry and ophthalmology services, so if you need your routine eye exam, EyeCare Optical can help and accepts most insurances. You can find the EyeCare Optical Lake Nona location in Laureate Park at 13630 Sachs Ave., Suite 120, Orlando, FL 32827. For more information, visit myeyecareoptical.com or call (407) 910-2088.

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Please watch our communications as we bring you the latest news and updates to help you stay safe and grow.






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[illegible]

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March 13, Ribbon Cutting and Grand Opening Ceremony at KidiVerse
– Kidiverse owners Taji Wiafe and Uruemu Kalu celebrate the opening of their indoor playground world, Kidiverse. Oluchi Chuku speaks about the concept and history of Kidiverse. (Photo by Felicity Gomer)

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WHY TRY IV HYDRATION WITH VITAMINS AND SUPPLEMENTS?

BY LISGELIA SANTANA, M.D.

The intravenous route is the fastest way to deliver electrolytes, vitamins, medications, and fluids to the body in order to restore hydration and support our immune system. IV fluids get absorbed directly into the bloodstream with 100% efficiency and bioavailability. Taking vitamin supplements is certainly beneficial. However, few people realize that when you swallow a multivitamin by mouth, only 20% of the active nutrients may eventually find their way into your bloodstream.

Even when trying to eat healthy, most foods available to us are nutrient-sparse. The vast majority of us are exposed to thousands of environmental toxins daily. This, coupled with busy lives and poor eating habits, can leave us in a constant state of toxicity, malnutrition, and dehydration.

Gone are the days of having to go to the emergency room to receive basic IV hydration.



tion therapy. Hydration Squad is the new alternative: no wait, no outstanding medical bills, just effective and efficient IV hydration and injection therapies administered in a relaxing medical spa environment. Whether you're suffering from a cold or flu, battling a migraine, experiencing jet lag, seeking relief from sore muscles, just feeling low in energy, or finding it difficult to lose weight, IV hydration and injection therapy is the quickest way to help improve your symptoms and get you back to feeling your best.

IV hydration therapies are quick, usually taking 30 minutes to one hour depending on your hydration status and needs. Promoting faster recovery and almost immediate effects, IV fluids are indispensable in hospitals, nursing facilities, and surgery and emergency Rooms. We are the first intravenous vitamins, supplements, and hydration lounge in Lake Nona, and we are excited to serve the community starting this April, initially by appointment-only.

Examples of IV cocktails are immune booster, beauty-anti-aging, energy, pre- and post-surgery, food poisoning, hangover, athletic performance, bariatrics, headaches, fibromyalgia, anemia, Myers', skinny shots, B12 shots, and much more! We offer single shots, infusions, and memberships to bundle your cocktails in a more cost-effective way. Our products are supplied by 503B-compounded, FDA-regulated pharmacies, and these vitamins and supplements are combined in specific protocols, each being created for different needs.



Fear of needles? Don't worry. Our specialized, dedicated registered nurses worked in infusion clinics and in operating and recovery rooms for many years. We have been serving the Central Florida community, from Tampa to Orlando to Ocala and Davenport, for almost two years with the mobile concierge business, and now, we are finally opening

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Dr. Lisgelia Santana is a board-certified anesthesiologist and pain medicine doctor. She is also founder and owner of Hydration Squad as well as Chosen Woman of the Year in 2020 and included in the Best Doctors List in 2016, 2017, 2019, and 2020 by Orlando Magazine. She has over a decade of experience in IV therapy and will be happy to assist in getting the right cocktail for you.



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LAKE NONA HOUSING MARKET UPDATE

February 2021



407.717.2464
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www.theLizTeam.com

Laureate Park



25 HOMES
Active Inventory



9 HOMES
New Listings

SOLD LAST MONTH: 28

Average sold price:

\$554,628



List to sold price ratio



57 DAYS

Avg. Days on the market

Eagle Creek



6 HOMES
Active Inventory



4 HOMES
New Listings

SOLD LAST MONTH: 10

Average sold price:

\$579,640



List to sold price ratio



10 DAYS

Avg. Days on the market

Village Walk



11 HOMES
Active Inventory



1 HOMES
New Listings

SOLD LAST MONTH: 9

Average sold price:

\$448,767



List to sold price ratio



52 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.



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CURRENT EVENTS

- **Tackle Football: Registration Open!**
 - Five Age-Based Teams! (6U, 8U, 12U & 14U)
 - Visit LakeNonaYouthSports.org to register!
 - Email: chris.jackson@lakenonayouthsports.org
- **Lake Nona Under the Lights: Flag Football**
 - Friday Games: 6P, 7P, 8P & 9P
 - April 9, 16, 23 & 30
 - May 7, 14 & 21 (Lake Nona Flag Championships)
 - Held at Heroes Community Park.
- **HEROES 2021 Girls' Spring Season Lacrosse**
 - Come out and show your support! Season ends April 28.
 - Saturday Games!
 - Held at Heroes Community Park.
 - Email: LakeNonaJRLions@LakeNonaYouthSports.org or Amy.Kleiner@LakeNonaYouthSports.org
- **Wrestling**
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COMING THIS FALL: LAKE NONA GREENWOOD

ARTICLE BY DEMI TAVERAS
PHOTO COURTESY OF TAVISTOCK DEVELOPMENT COMPANY

One of the latest additions coming to the Nonahood this fall, just south of Lake Nona Plaza on the corner of Laureate Boulevard and Narcoossee Road, is Lake Nona Greenwood – a brand new shopping center that will serve as a great expansion to the local dining and retail scene.

Lake Nona Greenwood will comprise of two, multi-tenant, 23,900-square-foot buildings offering a variety of retail and restaurant options to the area. Take a look at the initial list of tenants for this upcoming space:

- 10-pump 7-Eleven with an onsite car wash.
- An upscale Wash City Car Wash with detail service available for a more in-depth clean.



- Bank of America, including drive-thru.
- Merrill Lynch wealth management office for financial assistance.
- Meson Sandwiches, a Puerto-Rican-based restaurant offering all-day breakfast, lunch, and dinner. Indoor seating, catering, and a drive-thru will be available.
- A new Tijuana Flats location with outdoor seating and curbside delivery.
- For our little ones – The Little Gym, an enrichment and physical development center featuring fun and educational activities for children ages 12 and under.
- Kumon Learning Center with in-person and virtual classes.
- The full-service Pristine Spa: massage therapy, facials, waxing, lash and brow, and a med spa.
- Luxury beauty salon Noire Nail Bar providing nail care, waxing, facials, eyelash extensions paired with complimentary champagne, wine, or soft drinks!

As current Lake Nona residents get ready to welcome these exciting additions in the fall, we also look forward to the new residents who will be joining us! Concorde, a 306-unit, gated apartment community, will be expected to open right behind Lake Nona Greenwood in 2022.

leAD STARTUP KINOTEK INC. RECEIVES PRE-SEED FUNDING TO LAUNCH FIRST PRODUCT

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF KINOTEK INC.

KinoTek Inc. is bringing their digital health business to Lake Nona and beyond. leAD Sports & Health Tech Partners, Tavistock Group, Maine Technology Institute (MTI), and various independent angel investors provided the pre-seed money for the organization to publicly launch Move.ly, their first official product. This is only the first round of funding for this groundbreaking technology startup.

The group, founded by college students Justin Hafner and David Holomakoff in 2018, utilizes Artificial Intelligence (AI) and computer vision to analyze body movements and mechanics to better help their patients. It provides data that is otherwise inaccessible; this can enrich the patient experience, increase engagement, and result in higher revenue for clinicians.

Hafner and Holomakoff began the venture from the University of Miami, where they studied kinesiology and biomedical engineering. Their backgrounds and academic focuses make them entirely capable of success with their innovative product.

The funding from Tavistock, MTI, and leAD will add to a successful year for KinoTek: After induction to the leAD Lake Nona Sports & Health Tech Academy, a partnership with Microsoft, and a brand new board of directors, this startup is well on its



way to becoming a common name in innovative health tech.

“Every dollar of this round is what we consider ‘smart money.’ Each investor adds immense value to our company and allows us to build a strong foundation for future growth,” Hafner said. “Closing this first round of funding is a major milestone, a testament to the team’s hard work throughout the pandemic and proof of the growing startup ecosystem in Maine.”

KinoTek’s investors are equally excited for their partnership. According to MTI President Brian Whitney, “MTI has been pleased to play a small role in KinoTek’s journey, from awarding them the \$25,000 prize for winning the inaugural season of Greenlight Maine’s College Series, to providing them small grants for customer discovery and beta testing work, to participating in their recent pre-seed financing round. The company and the product have made great strides and we look forward to helping them continue to grow and succeed as another innovative company in the MTI portfolio.”

“What drew us to KinoTek was their well-rounded team and cutting-edge technology,” said co-founder and CEO Christoph Sonnen of leAD Sports & Health Tech Partners. “Their goal of empowering professionals and patients to better understand human movement has the potential to truly disrupt this industry. Now, it’s all about executing and bringing their vision to life.”

With a team of strategic investors and some serious traction, we are sure to see more from KinoTek and their new product, Move.ly.



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LOCAL HIGH SCHOOL STUDENT QUALIFIES FOR OLYMPIC SWIMMING TRIALS

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF JORDAN AGLIANO

One of the most dedicated and disciplined athletes in our region comes in the form of a 16-year-old junior at Lake Nona High School. Jordan Agliano recently broke strides (pun intended) and qualified for the Olympic Trials in swimming. Let's just say that this girl isn't afraid to get her feet wet.

Agliano earned herself the Wave II Olympic Trials Cut for the 200-meter backstroke at the beginning of March. For those of us who don't speak swim lingo, a "cut" is the time recording. Achieving Wave I Cut requirements is a baseline accomplishment, and Wave II is an even more difficult time to achieve. Agliano went in with the initial goal of meeting Wave I requirements but ended up beating her personal record by three seconds (a huge deal!) and achieving Wave II. She surpassed her own expectations, showing proof of her training and devotion to the sport.

She gets her support from her family and her water polo coach, Alex Bennett.

"My family is definitely very pumped for me," Agliano mentioned. "They are my biggest supporters, and they knew how much getting that cut meant to me."

"I have been coaching swimming and water polo for over 25 years, and Jordan is one of the most dedicated and focused on her goals," said Coach Bennett. "She doesn't let the small things get in the way. She is up early at the pool and/or the gym; she studies the sports when she is not practicing."

Agliano's rigorous training schedule puts many athletes to

shame and brings great pride to LNHS. Three mornings every week, Agliano wakes up at the crack of dawn to practice swimming from 5:30-8 a.m. In addition, she's in the pool five days a week after school for another two hours and a few hours every Saturday. Then, taking it another leap further, Agliano is in the gym five days every week for strength, core, and cardio workouts.

"I love swimming," she expressed. "It is defi-



nately the best part of my day."

Agliano's advice to future students with amphibious tendencies is to stay positive and not give up. My advice? Stay afloat.

The passion for swimming is evident in Agliano's regimen. She very much looks forward to practice and sets her sights on all kinds of aquatic goals, like state records for various strokes and state championships. We'll be seeing many more Olympic Trial qualifications from her in the future. Remember her name and look out for this Lake Nona girl making a big splash!



NONA HEROES: DR. REYNALD LAMARRE

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF DR. REYNALD LAMARRE



Lake Nona's Medical City is lucky to have a doctor that is selfless, humble, skilled, wholly altruistic, and passionate – about the well-being of our residents and shoes. Dr. Reynald Lamarre is a talented physician at AdventHealth, who could not have picked a better person to care for our community.

Born in Miami with a residency completed in Georgia in 2016, Dr. Lamarre was drawn back to Florida post-medical school. One of his two brothers and several of his cousins are local, and a

quick Google search showed him a rendering of Medical City. He knew this was where he needed to be.

During COVID-19, Dr. Lamarre's expertise has been tested consistently. Several people in my own network have been treated by him for the virus, with glowing comments regarding his service. He is to thank for saving the lives of many of our neighbors. He also laments that he can't show off his shoe collection for fear of bringing any bacteria home from the hospital.

Dr. Lamarre has been involved with medicine in various capacities since high school. After completing his residency, he's been working as a hospitalist ever since, fortunate to have landed this position as his first official job in the field.

In such a short amount of time, he has helped and treated more people than we ever may. His patients rave about the quality of care, skill, and the personal connection Dr. Lamarre fosters with each of his patients.

His work schedule consists of seven consecutive days on and then seven off; on the clock, he works 12-15 hours daily and stays extremely busy all week. His weeks are a whole lot of playing catch-up with sleep and time with loved ones. He spends his free time watching movies and sports and renovating his home ... and he's single, ladies!

The doctor works with heart to honor and provide for his parents: The hard-working pair sacrificed so many things in order to give Dr. Lamarre and his brothers the best possible life. They were born in Haiti and immigrated to the U.S. when they were only teenagers. Commitment and diligence clearly run in the family.

"Growing up, you don't quite understand what your parents have to endure, but looking back, I hope that I've made them proud and hope to pay it forward one day," he said.

Certainly a man of ambition, Dr. Lamarre hopes to expand his horizons and use his skills in the most effective way, helping the greatest number of people.

"One of my goals is to open my own clinic with my best friend, which will happen in a few months from now, right here in Lake Nona. OneMed is the name of the clinic, and it has been a long time coming," explained Dr. Lamarre. "It is an opportunity

for me to start something that is desperately needed and work with like-minded individuals with similar goals and aspirations to mine, which is to bring back traditional family medicine where the onus is on the doctor-patient relationship and providing quality, evidence-based medical care."

So much success so early on in Dr. Lamarre's career surely means big things for him going forward. He has already been recognized and awarded with the 2020 Service Standard Award for AdventHealth, which was decided by his own peers.

"It's humbling and an honor to know that they think so highly of me," he expressed.

Colleagues, patients, and anyone who's ever met him would describe Lamarre as humble, selfless, kind, and teeming with humility and grace. The past year has shown him grace, pressure, and everything in between. It has shown him how much the community truly appreciates our heroes.

Dr. Lamarre hopes to continue to save lives and make a difference in one of the most difficult times in history. He hopes for continued quality care, fewer COVID-19 cases, and to, one day, be able to whip out his collection of sweet kicks again.



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TO NONA AND BEYOND: STARLINK 21

BY EMERSON & ETHAN WALSH



Photo by Ethan Walsh – Reflections of Falcon 9’s 9th Flight.

Remarkably, Space Coast launches can be viewed from many locations in Lake Nona. And, on a crystal-clear night, it can be an astounding sight. On March 14, the conditions were just right for such an unobscured perspective. SpaceX, a launch service provider, successfully delivered another 60 Starlink satellites into low Earth orbit (LEO) using one of their flight-proven boosters. The powerful Falcon 9 rocket lofted the 15,600-kg. (approximately 34,000-lb.) payload into the night sky at 6:01 a.m. on a beautiful Sunday morning. It was the company’s 22nd Starlink mission. Starlink is SpaceX’s satellite internet constellation that is designed to provide a fast, reliable, and inexpensive internet connection to underserved parts of the world. With these missions being internal, SpaceX is able to push the limits of their flight hardware. This flight was the first time a Falcon 9 booster had been reused for an astonishing ninth time! The booster, designated B1051, performed a perfect landing on a barge called “Of Course I Still Love You” (OCISLY) 633 kilometers (approximately 390 miles) out in the Atlantic Ocean – at T+00:08:26.

It can be as easy as stepping out your front door to witness a launch, yet it takes a lot more careful planning to capture what launch photographers call a “streak shot.” These types of images are long exposures of rocket launches that are generally captured at night. In terms of camera gear, Emerson and I both utilized Nikon DSLRs and wide-angle lenses. Emerson’s photo was taken just north of Boxi

Park, facing the iconic Pink Tree and Nemours Children’s Hospital. The subject of her photo is one of the fun sculptures along the path that leads to Boxi Park. My photo was taken facing Tavistock Lakes Boulevard and Benavente Avenue. The water was remarkably calm and thus allowed the scenery and launch streak to reflect along the horizon. Three major components of the launch were captured in this image: the first stage burn, second stage burn, and entry burn. The entry burn is designed to decelerate the returning booster just enough so that it does not burn up in Earth’s atmosphere. It is visible to the left of the image near the horizon.

There are many reasons to be excited about spaceflight in Florida. Crew missions returned just last year with the historic NASA/SpaceX Demo-2 launch, which sent astronauts Bob Behnken and Doug Hurley to the International Space Station (ISS). Since then, there was another crew launched (Crew-1), and now, Crew-2 is tentatively set to lift off sometime in mid-to-late April. The Crew-2 mission will be launching astronauts Shane Kimbrough (NASA), Megan McArthur (NASA), Akihiko Hoshide (JAXA), and Thomas Pesquet (ESA) to the ISS. In addition to crewed missions, SpaceX is also planning to launch two Falcon Heavy vehicles this year. Falcon Heavy is essentially three Falcon 9s strapped together. It is the most powerful operational rocket in the world and is capable of simultaneously landing its two side boosters at Cape Canaveral. When they come back to land, six thunderous sonic booms can be heard and felt – a truly exhilarating experience!



Photo by Emerson Walsh – First Stage Burn.

We will be here to cover all of these exciting missions, and we hope that you will be able to catch some as well! Let us know where you’d like for us to photograph the next launch in Nonahood. We’d love to hear from you at emersonrwalsh@gmail.com or astroethan13@gmail.com!

KATIE’S CUCINA: STEAK, PEAR, AND GORGONZOLA FLATBREAD

BY KATIE JASIEWICZ, KATIESCUCINA.COM

Spring is in the air, and what better way to enjoy the beautiful, warm Florida evenings than by indulging in a steak, pear, and gorgonzola flatbread – possibly poolside. Best of all, the flatbread recipe comes together in under 20 minutes thanks to leftover steak and the help of a few prepared ingredients from the grocery store.

I start with a base of cream cheese followed by shredded mozzarella and gorgonzola cheese. Then, I layer on the steak and slices of pear. The sweetness of the pear complements the “bite” from the gorgonzola cheese, which happens to be from the blue cheese family. In case you are not familiar, it’s a milder taste yet a cousin of the ultra-pungent and sometimes “stinky” cheese. All the flavors of this flatbread hit the five basic tastes our taste buds typically sense: sweet, salty, sour, bitter, and umami. That’s why this flavor combination pairs so well together.

You might not realize it, but you can find pre-baked, prepared flatbreads in the deli area at Publix. The flatbreads are typically mixed in with the wraps near an end cap. This particular recipe was written to make one flatbread, which works as an appetizer for 2-4 people or a meal for one adult. Balsamic glaze differs from traditional balsamic vinegar. The glaze is much thicker than traditional vinegar and tends to be on the sweeter side. You can find a small bottle in the oil and vinegar section of the store.

If you find yourself with leftover steak, I challenge you to give this flatbread a try. Whether you are going to enjoy the flatbread as lunch or dinner by yourself or serve a few of these to your family as an appetizer before dinner, I hope you can enjoy the delightful April weather and a delicious steak flatbread.

STEAK, PEAR, AND GORGONZOLA FLATBREAD RECIPE

Servings: 1 | Prep Time: 10 minutes
Cook Time: 7 min. | Total Time: 17 min.

Ingredients

- 1 prepared flatbread
- 3 tablespoons whipped cream cheese
- ¼-cup shredded mozzarella
- 3 tablespoons gorgonzola, crumbled
- 3 oz. leftover cooked steak, thinly sliced
- ½ of a pear, thinly sliced
- ¼-cup arugula
- balsamic glaze for drizzling

Instructions

1. Preheat the oven to 400 degrees Fahrenheit. Pre-bake the flatbread according to the package (about 2 minutes).
2. Once the flatbread is done pre baking, spread cream cheese on the flatbread followed by shredded mozzarella and crumbled gorgonzola. Place pears and steak on top of the cheese.
3. Bake for an additional 5 minutes until golden brown.
4. Remove the flatbread from the oven, top with arugula, and drizzle balsamic glaze on top. Enjoy immediately.



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ESCRITO POR MARIAGABRIELA GARCÍA
HERRERA
FOTOS CORTESÍA DE NINNA TERÁN



Giannina “Ninna” Terán representa a Ninna Cocina, un emprendimiento que surgió en 2015 para satisfacer paladares “flexiblemente saludables.” Terán no se apegaba a los extremos. Su menú contiene arepas, plato originalmente elaborado con harina de maíz, pero que ella, casi de un modo artesanal, ha alterado intercambiándolo por otras harinas e ingredientes irresistibles. A ello, le sumamos postres, platos de temporada, y otros que obedecen a su ilimitada curiosidad.

Como muchas mamás, ella barajó la idea de emprender un negocio para hacerse exclusivamente la cuidadora de su hija. Comenzó en Maracaibo, Venezuela, país natal, diseñando batidos para el café de un gimnasio, bajo la sugerencia de su esposo. Luego emigró a los Estados Unidos, y desde Orlando, ofrece un menú diseñado para mantener un estilo de vida balanceado.

Terán humaniza sus comidas. El olor a macarons es el fondo de nuestra conversación, en la que resalta la importancia de su madre y su abuela para amar lo que hace. Todos los días, abre su cocina con las emociones del momento – de allí, la confirmación de su buena vibra al tratar a cada comensal como su más exclusivo cliente. Y aunque todo lleva un proceso lucrativo, su mejor estrategia es cuidar la presentación de los platos, fantasear con sabores afines, y por supuesto saciar el hambre: otro modo de dar felicidad.



Ella nos cuenta que trata de reproducir platillos que prueba en otros lugares y que, en una ocasión, se entusiasmó con una lasaña hecha a base de vegetales: “Era una pasta hecha con salsa de lata y pocos vegetales ... le faltó amor.”

Pero, ¿a qué sabe una receta que tenga amor? Terán explicó, “Me gustan las cosas húmedas, que tengan cremosidad, un contraste de dulce/agrio. Eso se siente. Por eso, me esmero. Para mi, es importante sorprender.”


Posteriormente, Terán asistió a un taller de mamás emprendedoras y luego casi todo dijo: “Sí, yo misma soy.” Trabajó sin descanso para rozar el éxito. Ahora, compra, cocina, empaca, entrega, administra con un flujo increíble desde casa con la fórmula que no falla: disciplina y puntualidad.

“Me siento muy orgullosa,” exclamó Terán.

En la faena del día, hay pedidos recurrentes: arepas, torta de zanahoria, chocolate, banana con nueces, y marmoleada. Platos criollos o de otras nacionalidades incluso crear platillos con ingredientes poco conocidos pero ideales para innovar.

“Yo no cocino fit, incluso por un tiempo hice variedades Keto, pero fue más una onda del momento que una constante,” dijo Terán. “... Creo en una vida en equilibrio que me permita ser feliz. Hay personas muy drásticas en su sistema alimenticio, y cuando un cliente me comenta sobre calorías, nivel de azúcar, yo les compenso, pero posteriormente eligen el menú diario.”

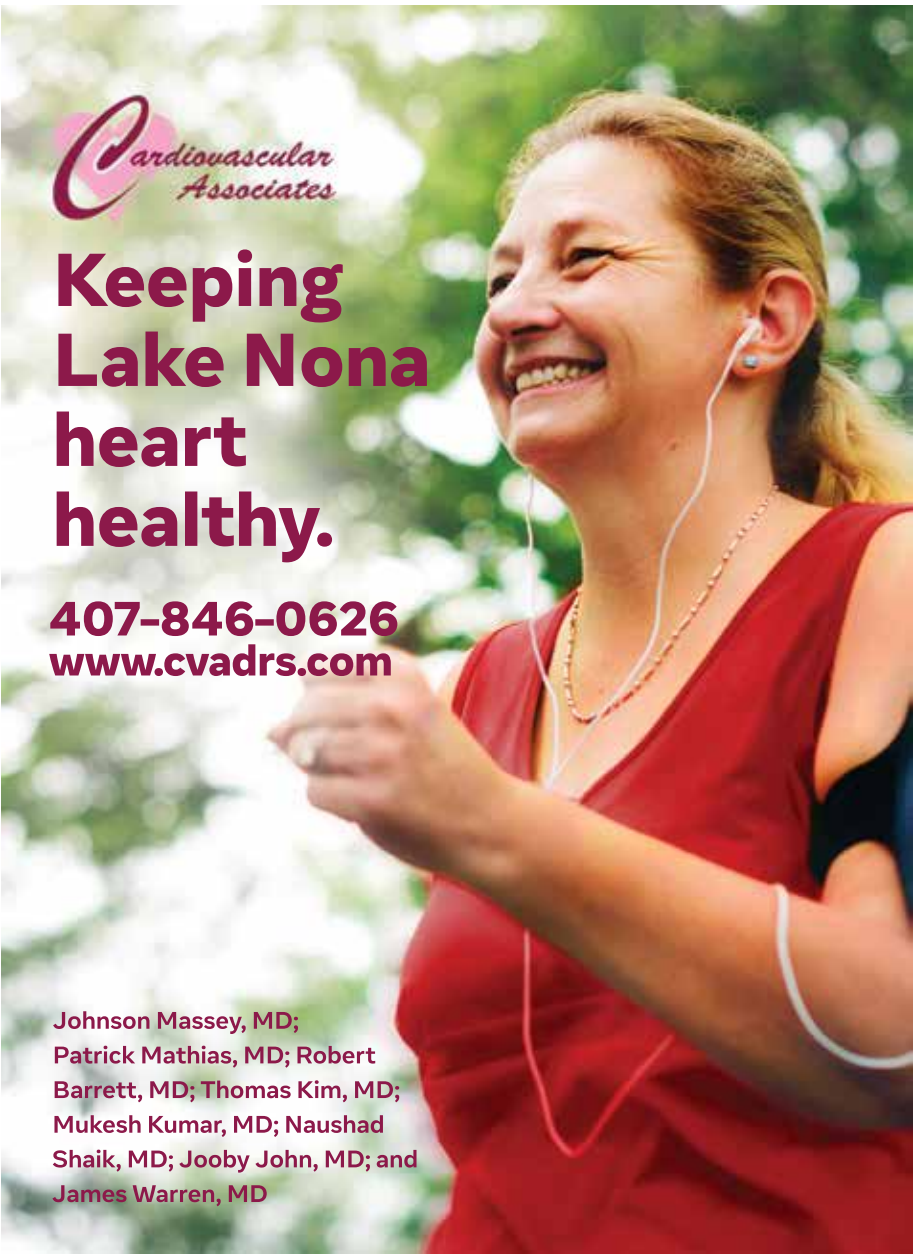
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ahora está más del lado empresarial que del espectador. Sueña con su propio local. Pequeño, íntimo, moderno ... ideal para conversaciones dulces o saladas bajo su sazón. Y aunque hay muchas propuestas en la mesa, el temor en subir este escalón ocurre a veces. Por ahora, se dedicará a fortalecer su red social con contenido de valor y cursos para los entusiastas.

Quisimos destacarla en nuestra sección Mujeres, como un ejemplo de voluntad. Por eso, “cocinamos” estas preguntas ping-pong.

Nonahood Latino: ¿Qué fue lo primero que hizo cuando llegó a los Estados Unidos?

NT: Comprar una batidora, un bowl de vidrio, y un set de cuchillos.

NHL: ¿Qué hace Ninna Terán cuando no cocina?

NT: Veo películas. Pasear.

NHL: ¿A qué huele la felicidad?

NT: A chocolate. A la piel de mi hija. A la brisa del mar.

NHL: ¿Cómo manejas el estrés?

NT: Yo disfruto mucho la vida. No me veo esclavizada de esto.

NHL: ¿Cuáles son esas cosas que ves en un plato y son desagradable?

NT: El hígado.

NHL: ¿Hay algún ingrediente de tus recetas que te defina?

NT: Cilantro. Canela. Y la presentación.

NHL: ¿Qué te ha aportado los Estados Unidos?

NT: Desafiarme. Plantearme una meta.

DEPORTE: ARTES
MARCIALES

TODOS QUEREMOS
DEFENDERNOS

POR MARIAGABRIELA GARCÍA HERRERA

Cuando su cuerpo entra en un estado saludable, la mente, el comportamiento, y los hábitos van de la mano con esos cambios. Una actividad física durante 45 minutos en su día seguramente le aportará no solo la energía para ser más productivo, sino cambios en su peso corporal, prevención de enfermedades, y un entorno positivo en la dinámica diaria. Pero, cuando estas prácticas están asociadas con seguridad y confianza, las ventajas aumentan.

En nuestra sección Deportes, hemos querido destacar la importancia de aprender técnicas de defensa personal. Que además de ofrecerle destreza y resistencia en ciertos movimientos, es un método para hacer despertar la mente ante los peligros del entorno, aquietar las emociones, reforzar valores como la disciplina, puntualidad, y respeto, y por supuesto defenderse sin el uso de armas.

Hay muchas interrogantes sobre este tema. Pero si hay algo que aclaran los expertos, es que no se aprende en una sola clase. La necesidad del hombre de defenderse de un atacante es una práctica de tiempos antiguos por la vida, comida, territorios, ideales, y

más. Y fueron precisamente estos eventos, los que desencadenaron el surgimiento de muchas disciplinas afines – las denominadas artes marciales. MMA, o Artes Marciales Mixtas, es la combinación de técnicas de diferentes artes marciales y deportes de lucha, generalmente utilizadas para la competición en el deporte de combate, pero también para la defensa personal.

Según el portal spartasportcenter.com, **karate** es una de las más exigentes, en el que se usa los codos, pies, y los bordes de las manos, zonas del cuerpo que permiten propinar golpes secos y realmente fuertes al adversario.

El kickboxing constituye una mezcla de diferentes disciplinas. En las prácticas, se observa técnicas del boxeo y el karate.

El jiu-jitsu se originó en Japón. No requiere de armas para practicarlo sino golpes, patadas, y rodillazos.

Aikido destaca por la estética de sus movimientos similares a los de una danza, ideal para personas que desean resolver situaciones sin ningún tipo de violencia. De acuerdo a saludterapia.com, “El Aikido no evita el conflicto, pero lo aborda terapéuticamente como una ocasión de crecimiento y de consolidación del pacifismo.”

El boxeo es ampliamente conocido por el uso de puños para defensa personal, situados únicamente en el tren superior del cuerpo.

Para la disciplina de **Wing Chun**, cuerpos sin musculatura específica son cualificados. Fue mundialmente conocido por el artista marcial Bruce Lee. Y la diferencia con las demás prácticas es que esta no posee reglas específicas. El cuerpo es considerado un arma, capaz de controlar al enemigo con breves y suaves movimientos.



Judo se practica sobre un “tatami,” a fin de amortiguar las caídas de los combatientes. Yudo, como también se le conoce, quiere decir “camino a la flexibilidad,” y uno de sus enfoques es enseñar al alumno a caer, analógicamente como sucede en la vida, y a levantarse.

Muay Thai, o boxeo tailandés, se emplean los pies, manos, codos, y rodillas para dominar al adversario. Proviene del sánscrito Mavya que significa “unir.” De acuerdo al portal deportesdecontacto.online, se vale patadas frontales, bloqueos, impactos evitando la zona genital, empujones para desestabilizar al oponente, entre otros.

Krav Maga, traducido en hebreo, quiere decir: “combate de contacto.” Surgió en las Fuerzas de Defensas Israelíes (IDF) como

método de combate efectivo en situaciones reales como atracos, agresiones domésticas, entre otras.

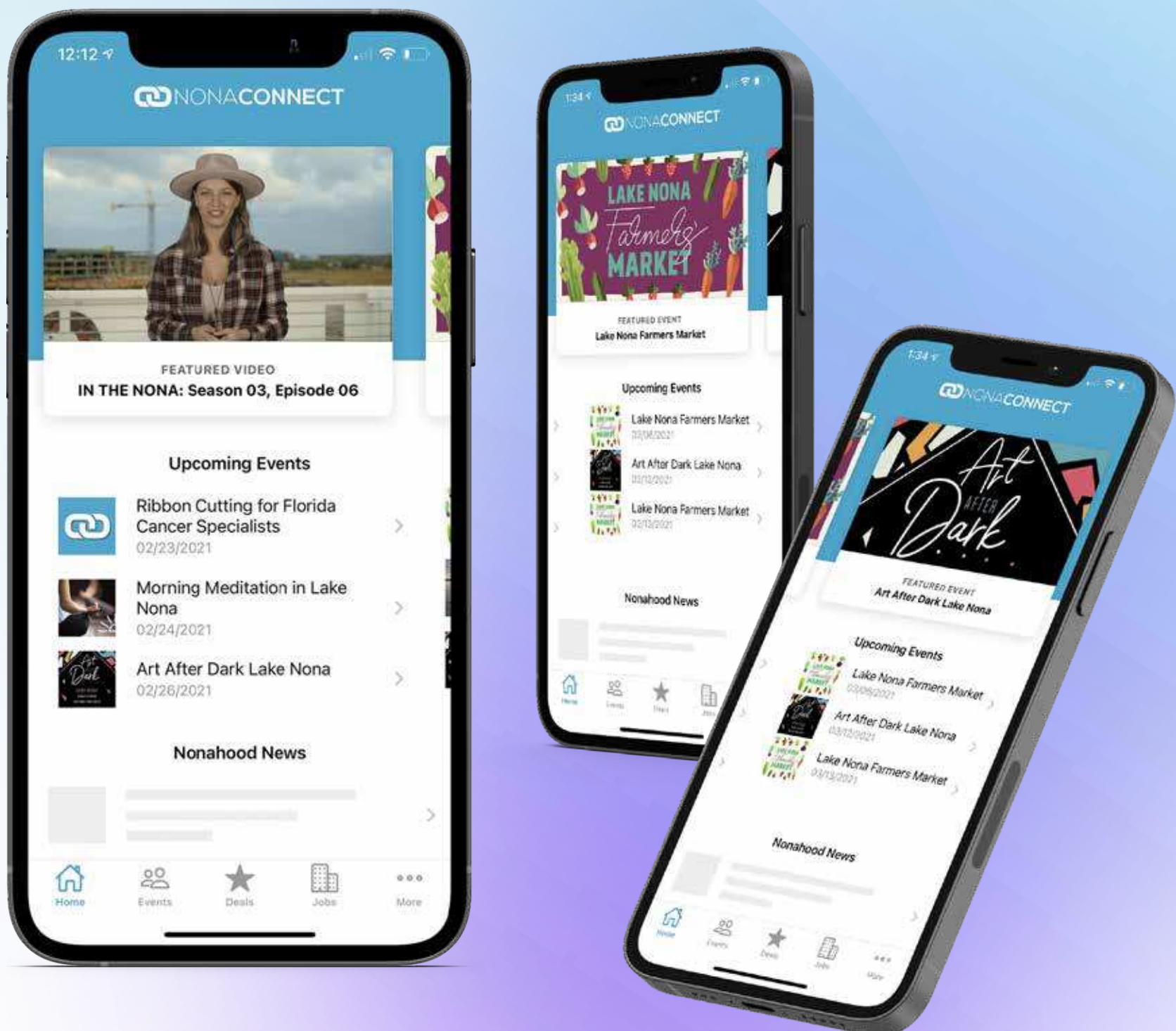
Y aunque la rutina no nos mantiene activos todo el tiempo para reconocer situaciones de conflicto a nuestro alrededor, los conceptos que manejan estas disciplinas son muy similares, y es ideal llevarlos a la práctica cotidiana. Quizá por el afán de destacarse en una escena como se ha visto en las películas, ha olvidado que esto se trata de “el arte de evitar,” disminuir riesgos y con ellos lesiones.

Se trata de reforzar valores, honrar la defensa basada en prácticas orientales, y verlo como una elección completamente saludable, tanto para hombres, mujeres, y niños.



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