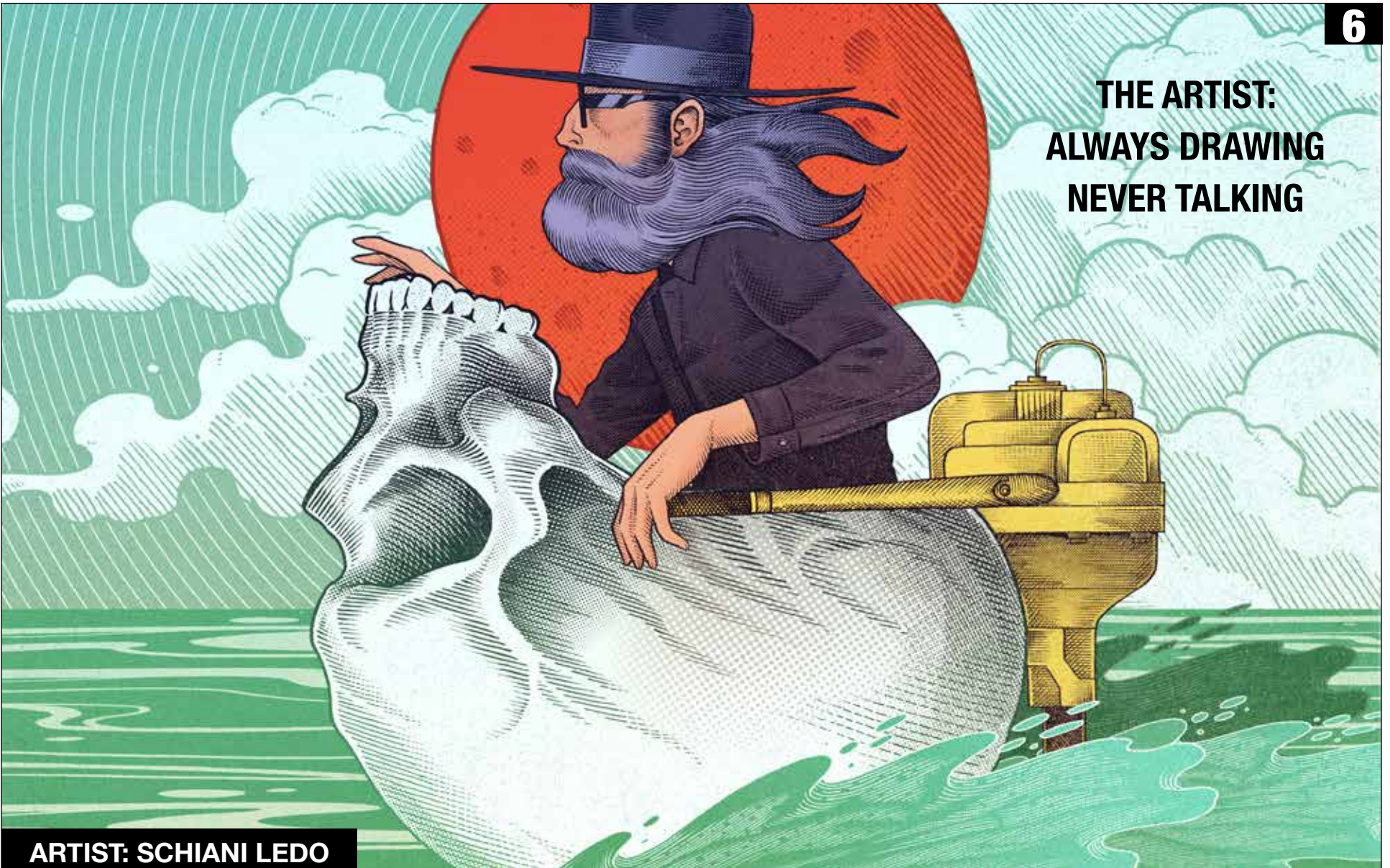




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EDITOR’S NOTE: MOTHERLY LOVE

BY DEMI TAVERAS, EDITOR-IN-CHIEF

As I get older each year, it becomes more evident to me how helpless I would be without my mother. If you ask her, she doesn’t think she’s a good or “natural” mother, which is completely disagreeable based on the simple fact that she’s pretty much good at anything she wants to be. As a mother, she had everyday responsibilities like cooking, cleaning, and caring for me as needed topped with a full-time work schedule, and she still always remained several steps ahead of me. Because of her, I never really had to second guess my surroundings – my mom had everything under control, with everything where it needed to be.

The idea of eventually fitting into that “mother” role is something that overwhelms me at times. How will I have time for myself or let alone have time to think for myself? Will I also think myself a bad mother? Will I have the capacity to raise an amazing person for the future? I would have to be fully in charge and completely aware of the human(s) I am raising at all times of the day while trying to care for myself, nurture my other relationships, and follow my ambitions. I’ve expressed this sentiment to other mothers (because it’s mind-blowing for me to believe), and they all say the same thing: “Well, duh. That’s what it’s like being a mother. Get used to it.”

But then, I think about the different women I have encountered in life, and that’s when my anxious sentiments are finally appeased. Most of the women I’ve come to meet have fundamentally known how to care for and love someone since they were young. People spot a fierce mother from a mile away and think, “Wow, she’s developed such great instincts from her time as a mother,” but you can also feel that same protective love from a stranger, for example, who senses you’re uncomfortable and comes to your rescue. Or from the girl who watches over each of her friends at the bar to make sure everyone’s safe (aka the “Mom” friend), even if no one watches her back. Or that one teacher who courteously lets her students eat lunch with her, wanting to take her job a step further by becoming a friendly adult mentor to them. The best part of experiencing this love is that you don’t even have to be a mother to show or receive it in the first place; we’re all capable of it when we want to be.

So I’ve come to the realization, if there comes a time in the point of a woman’s life where she decides to become a mother, letting out those fundamentals from deep within herself, she will be more prepared than she thinks because chances are, in some way, shape, or form, she’s already shown that love elsewhere in different ways. Knowingly or not, she will teach these fundamentals to her children, and her children to their children. It’s a beautiful, constant cycle of paying it forward, and I’m sure you can see it unraveling in the women who grace each of your own lives. This Mother’s Day, hold these women even closer and show them some extra, well-deserved love after the many years full of love they’ve given you. We would not be the same without that special motherly love.



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ONLINE LAKE NONA IMPACT FORUM ADDRESSES POST-PANDEMIC HEALTHCARE

ARTICLE BY DENNIS DELEHANTY
PHOTOS COURTESY OF THE LAKE NONA
IMPACT FORUM

On April 22, the Lake Nona Institute, led by Tavistock vice president Gloria Caulfield, held its first-ever online Impact Forum. During the event, leading innovators in the fields of health, medical regulation, and technology considered future approaches to long-term wellness in the wake of the COVID-19 pandemic. Several major themes emerged from the three-hour-long session, whose speakers included familiar faces from earlier Lake Nona Impact Forum sessions, such as former Surgeon General Richard Carmona, Harvard School of Public Health dean of faculty Michelle Williams, operatic soprano Renée Fleming, and soon-to-be Lake Nona resident Deepak Chopra. New faces contributing to the discussion were the CEOs of Verizon and Flagship Pioneering and high-level officials from the National Institutes of Health, European Medicines Agency, and Singapore Ministry of Health. In other words, a high-power array of speakers at the cutting edge of the development and regulation of healthcare at the global scale.

One unifying theme that filtered through the forum presentations was that the pandemic has irrevocably transformed how healthcare is now delivered. Telemedicine appointments, for example, which were relatively uncommon a year ago, are now the norm. Patients like the convenience of telemedicine, which is poised to become a profound driving force in the new, post-pandemic era of healthcare. In other words, there is no turning back to the status quo ante for patients' access to doctors. One plus of this greater use of telemedicine is that patients will be able to access a greater diversity of doctors through online visits. But serious obstacles remain, as Peter Lee of Microsoft and Noubar Afeyan of Flagship Pioneering eloquently described at the opening of the forum. Data on patients are mostly collected efficiently, but the data are poorly organized for extraction and use by doctors and caregivers. Desperately needed are common platforms for the interoperability of medical systems for data retrieval. Lee lamented that startups that design effective medical systems for one organization find that they have to start from scratch to design similar systems for their next client.

Lee further explained how the pandemic has radically changed the way in which scientific research is conducted. The "crisis response science" that arose by necessity over the past 15 months has made science more transparent, more political, and more open to public comment and debate. The deeper implications of this development, however, are as yet unknown.

Expanding on the theme of healthcare transformation, Noubar Afeyan, a co-founder of Moderna, pointed to the unprecedented speed with which vaccines for COVID-19 were developed last year. "How to impose the same level of urgency for other critical health issues?" Afeyan wondered aloud. "We did not know that such speed was possible," he continued. "But now that we know that such speed is possible, what next?" Much credit for this extraordinary pace of innovation is due to the Food and Drug Administration, without whose cooperation such rapid vaccine development would have been unthinkable. Afeyan hinted at the development of "pan-vaccines," one example of which – as we understood – could be a vaccine for both the annual flu and a booster against COVID-19.

In introducing a second theme echoed by later speakers, Afeyan spoke of the urgent need for our healthcare infrastructure to "go upstream" in fighting disease. Our medical systems are designed to fight illness once



patients are sick. But they must pay greater attention to analysis and, ideally, prevention of the "upstream" conditions that produce the illness in the first place.

A third theme that surfaced at the forum concerned medical regulation. The director of the European Medicines Agency, Emer Cooke, marveled that the urgency of the pandemic had caused the approval of four separate vaccines to fight COVID-19 in 15 months or less. The pandemic galvanized regulators to collaborate more closely to produce such quick but vitally necessary action. Normally, said Elias Zerhouni of the National Institutes of Health, medical regulations are based on local conditions, but the pandemic and the internet have changed the thinking of regulators, who now more than ever need to speak a common language across national borders. The public's trust of regulators is critical, said Zerhouni, as he applauded the FDA's decision to pause the use of the Johnson & Johnson vaccine, since that decision demonstrated the seriousness and thoroughness of that agency's deliberations. Still, he underlined, regulators, like the wider medical community of caregivers, need to adopt "good digital practices" to speed decision-making.

Todd Ellis of KPMG led a panel on the fourth major theme of the day, which addressed health inequities, particularly as they affect minorities. The issues surrounding these inequities are complex and offer few easy solutions. "We must understand the history that generated these inequities," said Morehouse School of Medicine dean Valerie Montgomery Rice, as she displayed a pair of maps comparing the locations of 1860 U.S. slave populations with 2020 COVID-19 deaths. The maps looked strikingly similar. Panelist Tom Bognanno stressed the need for upstream solutions (only 3% of health spending currently is devoted to prevention), community-based solutions – for example, making technology and data available to community organizations – and systemic solutions that can apply for generations to come.

So there you have it: another stellar cast of experts in health, wellness and beyond converging virtually on our humble neighborhood to discuss the directions that medicine might take after we emerge from this long, dark tunnel of the global pandemic. Yes, there is light at the end of the tunnel, but our lives won't quite be the same when we step into the sunshine.

Noted briefly: Deepak Chopra was the only speaker physically present in Lake Nona for the forum. His talk, apparently heavily influenced by the philosophy of Bengali poet Rabindranath Tagore, focused on the role of human consciousness in our perception of the universe. Chopra, however, did not address the question we have all been wondering about, which is: Where exactly in Laureate Park does he plan to build his new home? ... The CEO of Verizon, Hans Vestberg, said that the pandemic has caused technology to leapfrog five to seven years as video conferencing has grown 3,000% in the last year and streaming services are up by 40%. Of interest was Vestberg's comment that in regard to the race to develop 5G among China, Europe and the U.S., we must recognize that all new 5G products will share the same common technical platform. ... Soprano Renée Fleming and National Institutes of Health Francis Collins performed a stirring rendition of the Stephen Foster tune, "Hard Times Come Again No More." In their panel, the last of the day, Fleming and Collins revealed their passion for the role that music can play in healing and for the extensive research they have supported to explore this promising new field.



EYECARE OPTICAL LAKE NONA: FINDING THE BEST SUNGLASSES FOR YOUR SUMMER ACTIVITIES

PROTECTING YOUR EYES IN THE SUMMER SUN

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 often you go 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 keep us not only alert but safe.



As summer quickly approaches, the temps begin to rise and the sun begins to shine brighter and longer; are you prepared to protect your eyes? 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, especially during the summer months. The Lake Nona EyeCare Optical location opened in May 2019 and is backed by the Magruder Eye Institute, Central Florida's standard for excellence in eye care for over 50 years.

Summertime means you're probably beginning to spend more time outdoors doing the things that you love. You might remember to apply sunscreen to protect your skin, but do you remember to protect your eyes with a good pair of sunglasses or goggles?



Dr. Viviana Lopez is an optometrist at EyeCare Optical. She knows just how important eye protection is and why you should implement it and make it a priority in your daily routine if you haven't already.

"Sunglasses are a great accessory that we should all consider when it comes to summer days or even year-round in Florida. Not only do they look great while reflecting your individual style, but selecting the right pair of sunglasses will protect your eyes from harmful UV rays," Lopez explained. "When choosing a pair of sunglasses, you want to make sure that they are labeled '100% UV protection.' You should wear sunglasses that will protect you from UV-A and UV-B rays. Do not forget the little ones! They also need UV protection."

So we already know that the sun emits harmful UV rays, but how harmful are they if we allow our eyes to go unprotected?

"According to a study reported by the Na-



tional Eye Institute in 2014 led by researchers at Case Western Reserve University in Cleveland, Ohio, 'chronic' sunlight exposure potentially increases the risk of cataracts, which is a cloudiness of the lens (typically an aging process). The study shows chemical changes in the eye lens induced by UV light," Dr. Lopez described. "It is important to point out that everyone is at risk for eye damage from UV exposure. UV radiation exposure can have both short- and long-term damage to the eyes. There are many conditions caused or worsened by exposure to UV radiation such as cataracts, macular degeneration, corneal damage induced by UV light (causes temporary vision loss), pterygiums, and even skin cancer in or around the eyelids."

When the temperature rises, you typically spend more time in the pool, at the lake, or at the beach. Dr. Lopez advises wearing goggles to ensure your eyes are always protected from potential contaminants.

"One of the most enjoyable activities during the summer is swimming. The chlorine in the pool can be irritating to the eyes. The salt water from the ocean or rivers contain many contaminants that can be very harmful to the eyes. For this reason, swimming goggles should be a part of your 'swimwear attire' whenever you are in the water."

So, are you potentially at risk for UV exposure and damage to your vision? Dr. Lopez breaks it down for us to identify possible risk



factors.

"The more time you spend in the sun, the greater the risk of UV radiation exposure to your eyes. Ask yourself:

- Do I spend long hours in the sun?
- Do I use a tanning bed?
- Have I had cataract surgery or any retinal diseases?

- Am I taking medication that increases the eye's sensitivity to sunlight?

"Identifying some of the risk factors, knowing the danger of UV radiation, and wearing proper eye protection (i.e., sunglasses, hats, and sunscreen) will help protect your eyes from those harmful UV rays."

EyeCare Optical is here to help with all of your summer needs. From comprehensive eye health exams to providing a wide variety of eyewear perfect for all of your needs (sunglasses, eyeglasses, contacts), they have something for everyone. The team of eye care

professionals at EyeCare Optical Lake Nona is here to help. During the summer months, keep an eye out for EyeCare Optical's summertime promo – 30% off sunglasses with the purchase of eyeglasses (inquire for details).

EyeCare Optical accepts most insurances. In addition to Lake Nona, there are five other EyeCare Optical centers in Central Florida. 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.



FELICITY MAE KNOW

BY FELICITY MAE GOMER

Q: “How do I turn an awful day into a good one?” – Pedro

A: Let me start by saying that you are in charge of your own happiness. Sometimes, it feels good to stay home and wallow with some comfort food and sad music (the only type of music I listen to, by the way). One thing you can't do is let small inconveniences ruin your entire day. Focusing on those tiny mishaps will make you insecure, grumpy, and frustrated – and, honestly, who likes feeling those things? You know yourself best, and you know what things make you happy: Now list them. Pick an activity that cheers you up. If it's hard to get away to do something you enjoy, like watching Monty Python movies or playing with puppies, escape to the bathroom for a few minutes. Put on a song that you absolutely cannot stop yourself from dancing to. Call a friend for a minute to vent and to hear a friendly voice. If you've just had a really crappy day, you can go home and eat your feelings or treat yourself to an activity that always makes you feel good. Try yoga, going for a bike ride, taking a bath with candles and fancy-smelling soaps. Honestly, it can be exhausting being socially-adept. Keeping up with the smiles, the small talk, the professional appearance – I'm yawning just thinking about it. You need a second to recalibrate and let your guard down. I've heard that if you force yourself to smile, it quite literally makes you feel better. Now, do this 50 times a day, and you'll never be sad again (maybe?). Chill out for a second, just for you! Watch a short blooper video or make your favorite tea. If you can adjust your mindset to ignore your little inconvenience and mentally restart, there is plenty of happiness to be had.



Q: “I feel constantly judged and conscious of how I appear to others. How do I start to live my life guilt-free?” – Rico

A: If there's one thing we humans have an abundance of, it's *opinions*. We see someone on the street wearing a shirt two sizes too small, we comment. We see a guy awkwardly chatting up a girl, we comment. We see someone from high school who lost a lot of weight, we comment. Why do we do this? Why is it our business to approve or disapprove of someone else's choices? Obviously, if we see a crime being committed, it is absolutely our business to report it – but for everyday stuff like clothing, weight, hair color, etc., there is no reason for us to shame other people. What I'm trying to say is that people will judge you no matter what you do, but once you put yourself in someone else's shoes, empathy will set you right. How would you feel if a stranger commented on your weight? If people are commenting on things that we are already insecure about, when will we ever be able to fully give ourselves the love we deserve? The moral of the story is this: These opinions are irrelevant. It is none of anyone's business what you do or what you wear. This is your life; take your power, wear what you want, express yourself how you need to. You will feel the most confident as someone who is 100% yourself. Don't let commentators bring you down, because ... honestly? They're jealous.

Q: “How do I teach my son the right way to treat women?” – Kip

A: Thank you for this question, truly. The bottom line is that women are equal to men. Women are just as capable, just as smart, just as powerful, and just as strong. Teach your sons to treat everyone with respect without distinction. Treat people with kindness and do not favor a gender over the other. In 2021, gender is fluid. Gender roles, in general, are well on their way to being eradicated. Women belong in the business world, in the manufacturing world, in politics, in sports, and everywhere else. We are not the complacent, Southern-belle housewives you see on sitcoms. We don't need a man to replace our water filter for us – we got this. However, still, we find ourselves targeted and harassed and worse. Teach your kids to care for and protect those around them regardless of any demographics. Show them how to interact with care and thoughtfulness toward people of all kinds, colors, shapes, etc. In addition to teaching your sons how to be good human beings, tell them how important it is for them to say something if they see something off. Show them how to not only treat women with respect and equality but to look out for their safety. Women are in danger every day in every location. Make your children aware of these things to look out for so that they can grow up already knowing how to help protect other human beings – not only women but all people.

WORK WELL: WHAT'S NOT WRONG?

BY NATALIA FOOTE

“When we're having a toothache, we know that not having a toothache is a wonderful thing. Yet when we don't have a toothache, we're still not happy. A non-toothache is very pleasant.” – Thich Nhat Hanh

What's not wrong today?

The usual question is: “What's wrong?” It's a question where compassionate humans seek to help and understand others. It is also a question we may wake up and ask ourselves. It is a leading question, predetermining that something MUST be wrong and indicates that the response should coincide with the “wrongness” that is happening.

That which we focus on grows. By asking this leading question, we immediately shift our focus to the negative that surrounds us. Since our brain is hardwired for negativity, it becomes very easy to answer or FIND something that is wrong. Try it now; you can almost immediately find something wrong with your current situation. You may even find distaste in this article telling you to find something wrong. If I haven't lost you to negativity, keep reading.

The truth is, our senses are flooded with information. According to MIT Research, half of our human brain is devoted directly or indirectly to vision. And that is just one of our many senses. Although the accepted five senses of vision, touch, taste, sound, and smell are the most common, humans have 21, or 53, or perhaps thousands of senses based on how you define them. They are broken down into four categories: radiation, feeling, chemical, and mental.

Your radiation senses determine moods, color, temperature, light, and dark. Your feeling senses allow you to feel gravity, air/wind pressure, and motion while the chemical senses control hunger, thirst, or hormonal senses. The mental senses allow you to feel pain, have a sense of self, and feel companionship. All these senses are currently working as you simply try to focus on reading this article. Your senses are constantly working for you, trying to keep you balanced and aligned – and it is happening ALL THE TIME.

With so much happening, it is easy to find something wrong; however, the inverse is also correct. With so much happening, there is always something that is RIGHT. Maybe you feel a lot of mental worry, but maybe you DON'T have a toothache, and as Thich Nhat Hanh said, “A non-toothache is very pleasant.”

All the while, everyday, beautiful things occur. The mere fact you are alive, breathing, and able to read this article means something is RIGHT. As we begin to shift our perspective and allow ourselves to focus on what is right, we can grow our ability to spot the good that is always in front of us. We strengthen the sense of positivity, and we strengthen our sense of gratitude for that which is working.

Shifting the focus on what is right isn't going to stop things from being wrong. You are a complex human being, and always feeling happy is unnatural. However, by making this simple shift, you allow yourself to cultivate optimism, so when your mood shifts, you know it will be temporary.

You can begin to build the resilience needed to sit with the difficult times of life and still know there is good surrounding you. Most importantly, focusing on what is good gives you a sense of control in your own attitude.

Smile, breathe, focus on one of your many senses that works well. Relish, enjoy the moment with that sense, and continue to ask yourself, “What's NOT wrong?”






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ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF SCHIANI LEDO

Our May artist, Schiani Ledo, has the phrase “Always Drawing Never Talking” placed right below the logo on his website. While we got to chat with him for the interview below, his work as a designer/illustrator perfectly mirrors that exact phrase – his art truly speaks for itself. Take a look at some of these striking illustrations!

Nonahood News: What drove you into the design world?

Schiani Ledo: I tried different fields. But I was always pining for a creative outlet. When I finally started working as a full-time designer/illustrator, it felt as if everything naturally fell into place.

NHN: When did you realize art was your passion?

SL: Since I was a kid, I was always drawn to the colorful chaos you see in vintage comics and sci-fi movies. I found that my favorite thing to do was to draw; it normally got me in trouble with most teachers, even my parents. Everyone thought I was tuning out the world since I would spend hours doing it, but in reality, I was trying to focus my energy and bring ideas that I had to life.

NHN: How often do you find yourself making designs?

SL: Literally every day. I will sometimes take a sketch break from an illustration or design that I might be working on. It’s a way for me to relax. It’s my “watching TV on the couch.”

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

SL: Not long. I think the term “artist” has different meanings for different people, but I think most everyone can agree it’s a form of expression. And I learned early on that I used art a lot of times as a way to sort out my feelings.

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

SL: I don’t know that I have a single favorite project, but I have truly enjoyed working with Tactical Brewing. I love the collaboration in ideas and ... the freedom to conceptualize. Working on murals also is a passion of mine. There’s a house I got to work on in SoDo, Downtown Kissimmee. Even at Tactical, I’ve been able to leave a mark. All this kind of work really energizes me.

NHN: Which of your projects were the most challenging and why?

SL: Most jobs present their own unique challenges. But the one that sticks out the most is probably my mural in Kissimmee. The mural is 50 feet long and 20 feet tall. What made it challenging was that it was on the second floor of a building. So I had to use a crane lift, and I was 40-50 feet up in the air on a really busy street. When you are up that high, it feels like the smallest movement you make is going to flip the crane over. But I eventually got used to it. And after I got over the mild vertigo, it was business as usual.

NHN: What are some of your dream projects?

SL: I would love to work on character design for Pixar.

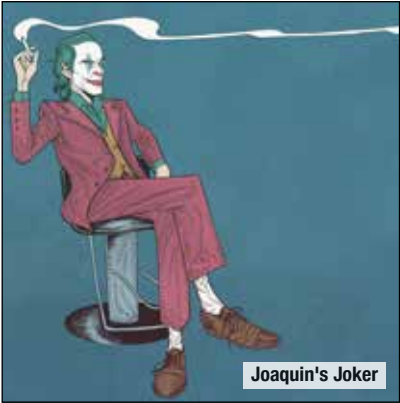
NHN: What serves as your inspiration on a day-to-day basis?

SL: Different things spark my inspiration. Music, movies, action figures, guitar pedals. Vintage science fiction art is another big one.

NHN: Future goals/plans?

SL: I love creating with my hands. I would love to see a lot more murals in my future.

For more, visit ledodesign.com or check out Schiani Ledo on Instagram @sleds.



SUNTEK LAWN CARE:
SPRING IS NATURE’S
WAY OF SAYING,
‘LET’S PARTY!’

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.

Ah, spring! Breathe in the fresh air and admire the blooming flowers. Spring can be a wonderful time to be outside and work on your landscaping. It’s warm enough but not too hot that many plants can flourish. The month of May is a great time to check your irrigation to make sure it’s in good working order for the dryer and warmer summer months ahead.

This time of year inspires many homeowners to begin new garden projects. If you’re one of those people with a green thumb when springtime rolls around, CEO of Suntek Lawn Care Christopher Regis believes you should consider the following:

Pruning

“If you are pruning flowering shrubs or trees, prune after the last flowers have withered but before the new buds have set. This guarantees a well-shaped tree or shrub and keeps you from removing the buds for next year’s blooms.”

Flower Beds

Be sure to remove any dying winter annual flowers and replace them with varieties

that will bloom into the warmer months. Regis advises checking the HOA for Laureate Park’s Landscape Standards before starting any project to avoid problems: www.laureateparkhoa.com.

As we enter the warm summer months, it’s important to consider where you’re planting your flowers.

“Remember to look for plants that will do well in the specific areas in your yard. Some plants will thrive in the sun while others will need more shade,” Regis detailed. “Now is a great time to consider adding a pollinator area to your garden. A pollinator garden helps attract pollinators such as bees, hummingbirds, and butterflies. Planting Florida natives is a great way to reduce the need for fertilizers and heavy watering. It also adds a much-needed environment for our native wildlife. Pollinator gardens are a beautiful addition to any landscape.”

Vegetables and Herbs

This time of year is perfect to plant warm-weather-loving vegetables and herbs such as:

- Squash
- Beans
- Sweet corn
- Cucumbers
- Okra
- Peppers
- Rosemary
- Basil

“Herbs are a great addition to your garden. Not only do they taste great when you use them at home, but they also attract butterflies. The plants themselves are also lovely and often ornamental,” Regis explained. “Keep an eye out for signs that your vegetables and herbs need water. Mulching liberally can help keep weeds down and also keep moisture in.”

Palms

Be sure to fertilize your palms as needed. Regis stated that you should mulch again after fertilizing: “This locks in the fertilizer and keeps moisture better through the dry season. Now is also the time to plant new shrubs.”

Insects and Pests

“Due to the balmy weather in Florida, insects

can cause problems early in the spring. You will need to look for aphids on new plant growth as well as thrips, mites, and scales on ornamental plants. If your lawn is showing brown spots, make sure that it is not from lack of water before applying pesticides for lawn insects,” Regis described. “Before using high-powered pesticides, consider using organic or natural products first. These are less harmful for the environment if they end up in groundwater or on other plants. Besides, they are less likely to harm beneficial insects and pollinators.”

Tomatoes

Tomatoes are a staple in a home garden because of their delicious flavor and tolerance in the spring and fall. They also do well in many types of gardens.

Hurricane Preparedness

Regis advises that you should begin preparing for hurricane season now.

“Check trees for damaged or weakened branches and call a certified arborist if your tree’s health worries you. Call an arborist if you think your trees need pruning to prevent damage to your house or other buildings,” Regis said. “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!”



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.sunteklawn care.com or call (321) 396-2425 for a free quote.



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OPENING SOON



LAKE NONA REGIONAL CHAMBER OF COMMERCE



EVENT GALLERY



Friday, March 26 – Business Luncheon with Rasesh Thakkar, Senior Managing Director of Tavistock Group: “Update on the New and Upcoming for Lake Nona” – Rasesh Thakkar shares Lake Nona’s newest development plans with our members and visitors. (Screenshot by Felicity Gomer)



Tuesday, April 6 – First Tuesdays “New Beers Eve!” at Duke’s Brewhouse – Duke’s Brewhouse of Saint Cloud provides appetizers, relaxed networking, and beer specials to members and guests. (Photo by Madelyn Long)



Thursday, April 15 – Virtual Ribbon Cutting at Springhill Suites by Marriott Orlando Lake Nona – Lake Nona’s newest hotel celebrates their grand opening with a ribbon cutting ceremony. (Photo by Felicity Gomer)

FROM THE CEO

May brings two especially important days to remember the gifts and sacrifices we should be thankful for. On May 9, we remember our mothers as we celebrate Mother’s Day. Think of a distinct way to show your love on her day.

May 31 brings Memorial Day, a holiday originating shortly following the Civil War. On the last Monday of May, please find a way to honor the soldiers, sailors, marines, and airmen who died serving for us all.

This month, we are proud to announce that the Amazon MCO1 Fulfillment Center here in Lake Nona is a Platinum Partner of our chamber. We look forward to working with the center’s almost 5,000 Amazon associates as we integrate them into our growing and active community.

I also want to thank members of the community and our volunteer committee that supported our Nona Find event on April 10. Thanks to you all, it was a fantastic way to support our businesses and meet new people.

Please stay safe and well.

Don Long, President/CEO



FIRST TUESDAYS AFTER-HOURS “CINCO DE MAYO” AT EAGLE CREEK GOLF CLUB & THE BELFRY RESTAURANT

Tuesday, May 4
5:30 - 7:30 P.M.
10350 Emerson Lake Blvd



WORKSHOP: “PROMOTIONAL ITEMS” WITH OUR MARKETING COMMITTEE

TUESDAY, MAY 18
11:30 A.M. - 1:00 P.M.
XL SOCCER WORLD



BREAKFAST CONNECTIONS: PHIL DIAMOND, ORANGE COUNTY COMPTROLLER

Thursday, May 13
8:00 - 9:30 A.M.



BUSINESS LUNCHEON WITH TAVISTOCK HOTEL COLLECTION AND RESTAURANT COLLECTION AND LAKE NONA INFORMATION CENTER

Friday, May 21
11:30 A.M. - 1:00 P.M.
DOCKSIDE LAKE NONA

THE LAKE NONA REGIONAL CHAMBER OF COMMERCE AND TITLE SPONSOR
PRESENTS

THANK YOU!

NONA FIND


SCAVENGER HUNT
Wonderland Edition

SATURDAY - APRIL 10, 2021
9:00 A.M. - 2:00 P.M.


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Team Beep Beep



Second Place:
Team Bad Hatters



Most Creative Photo:
Team Mad Bat Hatters

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101: BENEFITS OF SUMMER CAMP

Children and teenagers who go to summer camp don't return home just with good memories. According to a recent study by Canada's University of Waterloo, these young people also experience remarkable levels of development in several areas. Here are some interesting statistics that were revealed by this study:

- Summer camp is a good remedy for shyness. 65% of the young people studied improved their ability to make friends and resolve conflicts.
- Emotional intelligence is refined. About 69% of participants had an increased ability to recognize and analyze their own emotions as well as those of the people around them.
- Summer camp is excellent for improving self-confidence. Some 67% of the young people felt more independent and had more confidence in themselves after attending camp.
- In the age of global environmental awareness, summer camp can play an extremely useful role. In the study, over half of the young people learned how to better protect the environment and to act appropriately with regards to it.
- Camp helps children be less sedentary. Being in a group and having easy access to the outdoors increased children's interest in physical activity. At the end of their camp, 61% of participants felt more interested in sports.

Even if children have already participated in a few summer camps, the experience is always beneficial. Each new camp brings its share of challenges and positive growth, and that contributes to their development. And best of all, it's fun.



Summer camp helps develop social skills, independence, and self-confidence.

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SUMMER camp 2021

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June 1 - July 30

Innovation Middle School

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USTA: 2021 NATIONAL TENNIS CHAMPIONSHIPS

ARTICLE BY DANIEL PYSER
PHOTOS COURTESY OF USTA

May marks the return of one of the biggest events on the USTA National Campus calendar: the NCAA Division I Men’s and Women’s Tennis Championships. The event will be held May 16-28 at the Collegiate Center as the nation’s top college tennis teams and players will look to be crowned national champions.

The event came to Lake Nona for the first time in 2019 as the USTA National Campus became the first non-university campus to host the Division I tennis championships in the history of the sport. Nearly 12,000 fans enjoyed the 10 days of tennis, which included both the team and individual championships. There were also more than 50 hours of the event televised nationally on the Tennis Channel, a first for the sport, bringing incredible exposure to both the event and the USTA National Campus.

In those 2019 championships, the Stanford University women’s tennis team won their record 20th national title while the University of Texas men’s team won the program’s first. In the individual event, the University of Miami’s Estela Perez-Somarriba won the women’s singles title and Paul Jubb from the University of South Carolina took home the men’s singles crown.

After the 2020 tennis season was brought to an abrupt halt due to the coronavirus, the NCAA canceled all of its spring championships. So, with the campus already slated to host the 2021 edition of the event, Lake Nona will now have the opportunity to host back-to-back NCAA championships.

One difference in 2021 is that the campus will be hosting the Round of 16 in addition to the quarterfinals through the finals of the team event, meaning this year’s event will extend to 13 days of tennis action. The decision to bring an extra competition round to the campus was made by the NCAA as part of its health and safety protocols, with the desire to limit university travel.

The championships will feature enhanced health and safety protocols, which include limited capacity for fans and guests. A limited number of tickets may be made available to the general public, so fans should regularly check www.ustanationalcampus.com/ncaa for more updates.

The team championships will once again be broadcast on the Tennis Channel and will feature the best tennis programs from across the country. This year, teams are especially loaded with talent as NCAA policies allowed all student athletes whose 2020 season was cut short to return for an extra year of eligibility.

On the men’s side, the University of Florida has spent a good portion of the season ranked No. 1 in the Tennis Channel/USTA College Tennis Top 25. In 2019, the Gators reached the national semifinals before falling to eventual-champion Texas. The hometown UCF Knights have also spent the entire season ranked in the Top 25 and have a serious chance to make it to the Round of 16 and beyond.



In the women’s field, Florida State is a strong Top 10 team and has national championship aspirations. The UCF women’s team has also been ranked highly all season and will look to join the men in making a strong postseason push.

The team championships will wrap up with the women’s national championship match at 5:30 p.m. on Saturday, May 22, immediately followed by the men’s national championship match. The individual tournament starts the following day and concludes on Friday, May 28, with the men’s and women’s singles and doubles national championships.

The 64-team brackets will be revealed on Monday, May 3, on NCAA.com, and the individual brackets will be announced a day later. Play begins the following week with all roads leading to Lake Nona.



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FOR KIDS WHO LOVE ART

As shocking as it may seem, it's already time to enroll the kids in summer camp. What sort of adventure will they experience this year? A traditional camp? A sports camp? Why not an arts camp? If your kids have imagination to spare and boundless creativity, a summer camp specializing in the arts will give them the opportunity to express themselves to their heart's content.

Many different art forms can be found in summer camp programs: visual art, filmmaking, photography, cooking, sewing, cartoon art, theatre, music, song, dance, and the circus arts. If your kids love expressing themselves with words, colors, sound, and movement, they will love art camp. Some programs specialize in one art form while others allow young people to experiment with a variety of disciplines. Discuss this with your children to find out what they would prefer.

In addition to developing creativity and imagination, art teaches children to better understand themselves and to be independent. Immersing oneself in the arts is also a great way to open the mind. The arts promote tolerance and respect for others as well as openness and curiosity. Above all, art makes you want to excel and to take up challenges. In other words, it cultivates in children a positive image of their abilities, and it boosts their self-confidence.

Going to a day camp or sleep-away camp that specializes in the arts can only be beneficial for your budding artists. They'll come home with their heads full of great ideas and a box full of wonderful memories.



Summer art camp offers kids a world of possibilities: dance, music, sewing, art, cooking, and more.



Science camp cultivates your child's passion and curiosity about the way things work.

HOW TO PREPARE THE KIDS FOR THEIR FIRST SUMMER CAMP

This summer, your children are going away to summer camp for the very first time. And maybe it's also the first time you've been separated from them for so long. Everyone's probably feeling a little apprehensive. Here are some tips to help everyone prepare for the day of departure.

- The best way to reassure children is not to worry. If you have specific concerns, call the camp and ask the questions that are bothering you. Some camps hold open house days, which are a great opportunity to check out the location, meet the counselors, and get some reassurance.
- To build your children's enthusiasm and interest, talk positively about the camp and ask them about the activities they can't wait to try. You can also tell them stories about your own experiences if you ever went to summer camp.



Try to convey to your child what an exciting experience summer camp is.

- If your children have never slept away from home, it would be a good idea to let them have a trial run. A weekend at their grandparents will likely be a comfortable initiation, and it will prepare them for the few nights they'll soon be spending away from you.
- Don't promise your children that you'll go and bring them home if they feel homesick or if they don't like the camp. They could very well test your promise at the first hurdle. It will also keep them from making a genuine effort to adapt if they know they can leave whenever they want. Instead, encourage them to persevere. They can decide whether they want to repeat the experience once they're back home.

Above all, put on your biggest smile when you say goodbye to them at the camp. It will let them enter into their experience without worry that you're in distress. After all, they're going to be having an extraordinary adventure!

A SCIENTIFIC VACATION

These days, it's possible to find a summer camp or day camp to suit every area of interest. If your children have always been fascinated by the world around them, they might really love to go to a summer camp that specializes in the sciences.

Whether your budding scientists are drawn to stories of volcanoes and tornadoes, robots and machines, skyscrapers and bridges, or the planets and stars, science camp will satisfy their thirst for learning, at least for a little while. And if you find that your children or teenagers spend too much time in front of their computer screens or video games, this is the perfect opportunity to channel that passion into a positive and enriching experience. Architecture, chemistry, engineering, computers, multimedia, physics, robotics – you just have to find the camp that best suits their interests.

And there's not just learning on the program. What's great about summer camps is that they also let children make new friends, friends who are all driven by the same passion. Camp is the perfect place to share their fascination with natural disasters or their love of airplanes. Lively discussions are sure to be on the agenda.

Science camp promises hands-on learning, brand new friendships, and memories galore. This year, your child's summer could be filled with unforgettable experiences and plenty of stimulation.



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ENRICHMENT

- WEEKLY
FIELD TRIPS

- UNIQUE ACTIVITIES
"TRY IT FRIDAY'S "



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BUSINESS SPOTLIGHT:
XL SOCCER WORLD
LAKE NONA

KICKING IT INTO SUMMER

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF XL SOCCER WORLD

Soccer is one of the most popular sports in the Lake Nona area, and sometimes there’s nothing better than a bit of healthy and friendly competition. Whether you play for fun, play seriously/professionally, or just love being a spectator, XL Soccer World Lake Nona has something for all soccer lovers! XL Soccer World is a fully air-conditioned indoor soccer facility with two 5G astro turf soccer fields, two multi-use hard courts for futsal and volleyball, a leisure bar/lounge area, three birthday party rooms, and enough seating for full field viewing.

Adrian Jones is the national marketing director for XL Sports World, the parent company of XL Soccer World.

“XL Sports World started as a travel company that specialized organized trips for Americans going over to England to watch LIVE Premier League games. The owners, Ciaran McArdle and Kris Lamb, decided to invest in an indoor facility in Raleigh, North Carolina, in 2008, and this was closely followed by Orlando, Winter Park, in 2010. XL Sports World now has 10 locations in the USA and entertains over 3 million visitors annually,” Jones explained.

It’s no surprise that yet another business wanted to call Lake Nona home, and with the eruption of soccer in the Orlando area over the past decade, Jones described how the community we all know and love was the ideal location for XL Soccer’s newest home.

“Lake Nona as a community is growing fast, and the opportunity to build an XL Soccer World from the ground up was extremely appealing to Ciaran, who moved to Lake Nona as a resident in 2015,” Jones detailed. “Research indicated that our customer base in Winter Park is predominantly from within a



30-minute drive time, and the market demand was viable for another facility to be built somewhere else in the City Beautiful. Lake Nona’s product offering is the amalgamation of all that is right at all our other facilities, and despite owner Ciaran joking that ‘it was the most expensive way to get a very short commute to work,’ we are all very proud of this landmark facility.”

So why should you consider XL Soccer World Lake Nona? Living in Florida, we know how temperamental the weather can be. It might be raining or just too hot to really enjoy playing soccer outdoors. The indoor fields at XL Soccer make playing often even more accessible. Jones explained that they offer one program that is completely unique to Central Florida – a full-time school for elite soccer players, hosted by former English Premier League player Alan Smith, to educate and develop students into the next generation of soccer stars.

“We ultimately will be opening a full-time school here in the fall, XL Academy – which offers an exciting opportunity for elite athletes to grow and learn in a truly unique environment. Our academy director is an ex-Leeds United and Manchester United star, supported by a team of ex-professional players who offer the very best in coaching experience, backed up by a full-time education team committed to creating the very best environment for learning.”

But what about over any other indoor soccer facility? One noteworthy amenity at the Lake Nona location is that it’s home to the only air-conditioned-dedicated indoor futsal courts anywhere in Central Florida. Another extremely important difference is that at XL Soccer World, the staff understands that soccer is more than just a sport.

“[Soccer] is a lifestyle, and players and spectators can all play their part in creating an incredible social environment. As a consequence, a visit to XL Soccer World is not just about physical exercise or competition but a place to compete with friends, laugh, and share a drink in an open, relaxing environment,” Jones expressed. “Soccer lovers will enjoy the facilities, the turf, and the incredible organization that is expected for all our leagues. Our coaches are our ambassadors and always of the highest standard, and we look to constantly develop them along with our programs to make sure we offer the very best hospitality possible.”

XL Soccer World is currently promoting its summer camps. Jones explained how these camps are different from other locations.

“Lake Nona summer soccer camps are different from the Winter Park location as we are offering field trips and enrichment programs as well as the themed soccer experience. Summer camps cater to kids ages five to 14 and are a real specialty for XL Soccer World. Each day is themed differently, and we offer early dropoff at 8 a.m. and late pickup to 5:30 p.m. for no extra charge.”

Our local XL Soccer World also gives back to the community through its charity, Kicking Kids’ Cancer, which has raised over \$350,000 since its inception.

“Our XLent [Excelling Exceptional Needs Through Soccer] program offers children with learning disabilities the opportunity to play soccer in a rewarding, relaxing environment that introduces our children to the sport but more importantly builds confidence via interpersonal skills and teamwork activities,” Jones described.

With a vision to never stop playing and a mission to create sporting occasions that are the highlight of guests’ days, it’s no wonder soccer lovers, new and experienced, are spending more and more time at XL Soccer World. XL Soccer offers field rentals



for individuals, teams, corporations, or family occasions; a variety of organized leagues; regular pickup sessions; and after-school soccer programs.

XL Soccer World Lake Nona is located at 12314 Suttner Ave., Orlando, FL 32827 near the Valencia campus and Lowes off of Narcoossee. For more information, you can visit their website at xlnona.com, email nona@xlsportsworld.com, or call (407) 863-3101.



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LAKE NONA HOUSING MARKET UPDATE

March 2021



407.717.2464
LHernandez@theLizTeam.com
www.theLizTeam.com

Laureate Park



23 HOMES
Active Inventory



6 HOMES
New Listings

SOLD LAST MONTH: 33

Average sold price:

\$545,879



List to sold price ratio



27 DAYS

Avg. Days on the market

Eagle Creek



7 HOMES
Active Inventory



4 HOMES
New Listings

SOLD LAST MONTH: 21

Average sold price:

\$501,655



List to sold price ratio



47 DAYS

Avg. Days on the market

Village Walk



4 HOMES
Active Inventory



1 HOMES
New Listings

SOLD LAST MONTH: 13

Average sold price:

\$539,462



List to sold price ratio



41 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

• Lake Nona Under the Lights: Flag Football

- Friday games at 6:15 p.m., 7:15 p.m., 8:15 p.m.
- May 7, 14 & 21 (Lake Nona Flag Championships)
- Held at Heroes Community Park.

• Tackle Football: Registration Open!

- Five age-based teams: 6U, 8U, 10U, 12U & 14U
- Saturday games!
- Visit [LakeNonaYouthSports.org](https://www.lakemonayouthsports.org) to register!
- Email: chris.jackson@lakenonayouthsports.org

• Cheerleading Registration is OPEN!

- Cheer, stunts, dance, tumbling, and so much fun!
- Visit [LakeNonaYouthSports.org](https://www.lakemonayouthsports.org) to register today.
- Coaching opportunities available.
- Email: Amy.Kleiner@lakenonayouthsports.org

• Wrestling

- Held at the Lake Nona High School wrestling room.
- Email: LakeNonaJRLions@lakenonayouthsports.org

• Summer Girls Lacrosse!

- May 27-July 15
- Thursday practice: 6-7 p.m.
- Eight weeks!
- Location: XL Soccer

• Opportunities to Help:

- **Sponsor a Child Program**
 - Make a difference by helping a family in need!
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CENTRAL FLORIDA'S FIRST P.F. CHANG'S TO GO COMING TO LAKE NONA

BY DEMI TAVERAS

On April 6, Tavistock Development Company announced the arrival of a P.F. Chang's To Go at Lake Nona's Pixon apartment community. P.F. Chang's To Go was introduced in 2020 with a vision of operating smaller than a full-scale P.F. Chang's but still providing their most-loved menu items, including Chang's Lettuce Wraps, Mongolian Beef, and Dynamite Shrimp. With current locations in New York, Austin, Chicago, and Jacksonville (the first Florida location that was recently announced), this will be the first P.F. Chang's To Go in the Central Florida area, expected to open this fall.

"It was a pleasure working with P.F. Chang's on our new To Go model in Lake Nona's Pixon building," said Alex Bisbee, vice president at SRS Real Estate Partners, which represents P.F. Chang's. "We are very excited to be able to serve the residents and workers within the Lake Nona region and look forward to continuing to grow P.F. Chang's throughout Florida. The pandemic has transformed the way customers interact with their favorite restaurants, and we feel very well poised to lead that charge with P.F. Chang's To Go."

So what can we expect from this delicious addition? According to a press release from Tavistock Development Company, P.F. Chang's To Go will offer its signature elevated Asian cuisine, available for take-out, curbside pick-up, catering, and third-party delivery for lunch and dinner seven days a week.

"We're excited to bring the region's first P.F. Chang's To Go to the diverse line-up of tenants at Pixon and to complement the one-of-a-kind restaurant scene of our Town Center district," said Joanne Ling, senior director of commercial sales, leasing and development for Tavistock Development Company. "Pixon's mix of restaurants, fitness studios, retail options, and tech innovation coupled with modern design

and iconic art installations makes it a destination where guests have a rich mixture of amenities."

Pixon's urban-inspired and modern community is not only home to Lake Nona residents but also staples for the area such as Foxtail Coffee, Island Fin Poké Co., Veg'n Out, Rukus Cycling Studios, Club Pilates, Neighborhood barre, Orlando Federal Credit Union, and Uptown Eyecare. Pixon also serves as the workspace for the leAD Lake Nona Sports & Health Tech Accelerator and Lake Nona Verizon 5G Innovation Hub.

Pixon is located at the southeast corner of Tavistock Lakes Boulevard and Lake Nona Boulevard. For more information on Pixon, please visit www.lakenonapixon.com.



Photo by Nonahood News

EL PRIMER P.F. CHANG'S TO GO EN FLORIDA CENTRAL VIENE A LAKE NONA

POR DEMI TAVERAS

El 6 de abril, Tavistock Development Company anunció la llegada de un P.F. Chang's To Go en la comunidad de apartamentos Pixon en Lake Nona. La introducción de P.F. Chang's To Go vino con la visión de operar más pequeño que un P.F. Chang's a gran escala pero todavía proporcionando los elementos de menú más amados, como Chang's Lettuce Wraps, Mongolian Beef, y Dynamite Shrimp. Con ubicaciones en Nueva York, Austin, Chicago, y Jacksonville (la primera ubicación de Florida que se anunció recientemente), este será el primer P.F. Chang's To Go en Florida Central. Se espera que se abra este otoño.

"Fue un placer trabajar con P.F. Chang's en nuestro nuevo modelo To Go en el edificio Pixon de Lake Nona," dijo Alex Bisbee, vicepresidente de SRS Real Estate Partners quien representa a P.F. Chang's. "Estamos muy emocionados de poder servir a los residentes y trabajadores dentro de la región de Lake Nona y esperamos seguir creciendo P.F. Chang's en toda Florida. La pandemia ha transformado la manera en que los clientes interactúan con sus restaurantes favoritos, y nos sentimos muy bien preparados para liderar ese cargo con P.F. Chang's To Go."

¿Qué podemos esperar de esta deliciosa adición? Según un comunicado de prensa de Tavistock Development Company, P.F. Chang's To Go ofrecerá su exclusiva y elevada cocina asiática, disponible para llevar o recoger en la acera, catering para eventos, y servicios de entrega para el almuerzo y la cena los siete días de la semana.

"Estamos emocionados de traer el primer P.F. Chang's To Go de la región a los inquilinos diversos en Pixon y para complementar el panorama culinario único del Lake Nona Town Center," dijo Joanne Ling, directora sénior de ventas comerciales, leasing, y desarrollo de Tavistock Development Company. "La mezcla de restaurantes, gimnasios, centros comerciales, e innovación tecnológica de Pixon, junto al diseño moderno y las instalaciones de arte icónicas, lo convierten en un destino donde los huéspedes tienen una rica mezcla de comodidades."

La comunidad contemporánea de Pixon, inspirada por estilos urbanos, no solo es el hogar de los residentes de Lake Nona, sino también de bienes básicos para la zona como Foxtail Coffee, Island Fin Poké Co., Veg'n Out, Rukus Cycling Studios, Club Pilates, Neighborhood barre, Orlando Federal Credit Union, y Uptown Eyecare. Pixon también sirve como establecimiento para el leAD Lake Nona Sports & Health Tech Accelerator y Lake Nona Verizon 5G Innovation Hub.

Pixon está ubicado en la esquina sureste de Tavistock Lakes Boulevard y Lake Nona Boulevard. Para más información sobre Pixon, visite www.lakenonapixon.com.



Courtesy of SRS Real Estate Partners

ONE DATE AT A TIME: CRUISING AROUND WINTER PARK

BY SHARON FUENTES

Located just 17 miles away from Lake Nona, you will find the city of Winter Park, which just so happened to be the locale of our most recent date! I love Winter Park. Seriously, the city won me over from the first time I saw it – the day we toured Rollins College for my son. It has the feel of an old European village with its sidewalk cafes, bistros, museums, boutiques, restaurants, and wine bars. It is a city with its own unique yet pleasant vibe, which I totally enjoy!

When I told Hubby that our date would have us cruising around Winter Park, he thought I meant hopping on Segway Scooters. Now, I am not saying that wouldn't be fun, and I certainly didn't mean to "take the wind out of his sail." It just wasn't quite what I had in mind. Nope, I meant CRUISING, as in "Anchors Aweigh," you know, a boat tour of Winter Park! Lucky for me, he was "still on board" with my idea. But I also had a few other things in mind before "boarding" said boat. Our first "port of call" was the Farmers' Market.

The Farmers' Market in Winter Park takes place every Saturday from 8 a.m.-1 p.m. in Central Park West Meadow, located at the corner of New York Avenue and W Morse Boulevard. It is a popular community gathering place filled with booths that offer plants, baked goods, produce, and so much more. We genuinely enjoyed walking around all the vendors' tables and trying their free samples. We ended up buying a frozen fresh (yes, you read correctly) pot pie to cook at home, some baked goods for our kids, and an empanada, which Hubby ate while waiting for his pocketknife to be sharpened. I told you the place had much more than veggies and fruit! We could have bought more, but it was time to "disembark" and head to our next destination ... the park.

Central Park is the crown jewel of all the parks in Winter Park. This 11-acre park hosts numerous events and activities throughout the year, including the annual Winter Park Sidewalk Art Festival and the Olde Fashioned 4th of July Celebration. But we didn't need a fancy event to enjoy the gorgeous Rose Garden located on the southern border of the park (across from our favorite chocolate store Peterbrooke – another must-go-to if you are visiting Winter Park). In the middle of the garden sits a beautiful peacock fountain. (Fun fact: The peacock is the symbol for Winter Park, and you will see them all around.) It was the perfect spot to just sit for a minute and enjoy the view and each other. Literally just a minute because "the sea was calling" and we didn't want to miss our boat!

A short five-minute walk to the east end of Morse Boulevard on Lake Osceola was where our Winter Park Scenic Boat Tour would begin. The boat tour offers hour-long, guided cruises on a fleet of pontoon boats through three of the seven



lakes and two narrow, man-made canals on the tranquil Winter Park chain. Admission

including tax is \$14 for adults and \$7 for children (ages 2-11, under 2 are free). The tour leaves every hour on the hour from 10 a.m.-4 p.m. every day (except Christmas). The boats can hold up to 18 passengers, but they are practicing social

distancing so they board fewer people, meaning tours fill up quickly. (They also require face masks and are disinfecting each boat after every tour.) We got lucky, and they were able to accommodate us without a reservation. (If you are a party of 10 or more, you can reserve your boat and time way in advance, but otherwise, they recommend that you call the day of to reserve a spot and make sure they have space.)

It was a gorgeous day, so we sat in the sun and just enjoyed the lake view while we waited for our noon tour. But somehow at noon, the boats came, were boarded, and left, and our names were never called. We understand that "ship happens." We really didn't want to "rock the boat," but we did politely let the owner know we were forgotten. He was super apologetic and offered us a full refund, gave us some drinks, and guaranteed we would board first on the next tour. It was excellent customer service, and because of that, we will most definitely go back again sometime, especially if we have visiting family or friends.

As for the actual boat tour ... it was wonderful. Skipper Fred was funny and truly knowledgeable about the history of the land and homes we saw along the way. He laughed at Hubby's jokes and even added on to them, which made for a lively trip, at least for us. (Sorry, shipmates, if you weren't as amused.) It almost felt like we were on vacation, even though we were just half an hour from home.

If you were ever thinking of doing a boat tour and Winter Park date, let me leave you with this advice from Skipper Fred: "Do it schooner, rather than later!"



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POSSIBLE DEVELOPMENTS FROM DISNEY IN TALKS FOR LAKE NONA

BY DEMI TAVERAS

The Walt Disney Company and Tavistock Development Company are in talks for new residential and commercial properties right here in Lake Nona. Tavistock looks to develop 4,192 residential units and 2.4 million square feet of non-residential space, which is where the location of these developments might fall.

Since Disney already has many residential communities in Orlando and the ever-growing Lake Nona area is only an 18-mile stretch from Walt Disney World, Lake Nona would make an opportune destination for these residential and commercial developments. New Lake Nona residents will be drawn to everything the nearby Disney parks have to offer, and for those Disney veterans in Lake Nona, we'll be even more excited to have some Disney magic a little closer to home.

This deal between Tavistock and Disney is still in early stages and may not come to fruition. This will be a developing story.



USING COLOR THEORY TO REVAMP YOUR LIVING SPACE

ARTICLE BY KARLYN MCKELL
PHOTOS COURTESY OF HOMEADVISOR

As we continue adjusting to the ongoing COVID-19 pandemic, our houses are playing a much more significant role in our wellbeing. Everything from work to recreation is all done at home now, and these become more difficult to separate as time passes. Many are taking this as an opportunity to revamp their living and workspaces to better encourage wellness and self-care.

Americans are also staying in their houses for longer periods of time: AARP's recent survey suggests that 90% of people 65 and up want to age in place. Creating a home that feels comfortable and safe can boost life satisfaction, especially for empty nesters and women with spirit.

If you're looking for a way to revitalize your space, repainting is a simple, cost-efficient project that can have a major impact on your day-to-day mood. According to principles from color theory, choosing more subtle, neutral shades of colors can help create a calm and relaxing environment throughout different rooms. Read on to learn how you can use the following colors to improve relaxation at home.

Pink

The warm, bubbly feelings brought on by the color pink make it a fantastic color for bedrooms and bathrooms. Deeper shades of pink (like rose or mauve) work well for living rooms and family areas as they can help maximize space and emphasize other colors in the room.

Gray

Though we often associate gray with bad weather and dreariness, it can actually bring a sense of grace and style to your home that's unmatched. Lighter shades of gray encourage peace in living spaces and common areas like dining rooms and family rooms.

Blue

Blue is one of the most multifaceted and useful colors in home design. Dark hues can bring out cooler accents and increase productiveness in workspaces, and lighter shades make it

THE POWER OF PAINT: COLOR

How to optimize your space for ultimate relaxation

Research reveals that colors can boost our mood, make us feel calmer or even trigger discomfort or aggressive responses.

How to use color theory in your home

These color groups are associated with feelings, efficient practices and effects on the mind.

Green:

- Symbolizes healing, rejuvenating
- Use:** New Kitchen or bedroom
- Key quality:** Green is believed to be subconsciously reminding us of nature.

Gray:

- Elegant, calming, sophisticated
- Use:** New Living room, dining room or office
- Key quality:** Grayscale tones are neutral, elegant and sophisticated.

Purple:

- Symbolizes luxury, elegance
- Use:** New Living room or bathroom
- Key quality:** Purple encourages meditation and relaxation.

Brown/Beige:

- Grounding, sophisticated, elegant
- Use:** New Bedrooms, living room or office
- Key quality:** Promotes a relaxing sense of security.

Blue:

- Symbolizes calmness, tranquility
- Use:** New Bedrooms or bathroom
- Key quality:** Promotes calmness and helps us manage stress.

Pink:

- Symbolizes love, affection
- Use:** New Bedrooms or bathroom
- Key quality:** Promotes love and affection.

30 calming paint colors:

When it comes to picking colors, first consider the primary function of each room, then choose a predominant color.

Green: Reassuring and uplifting

Seafoam Green, Marsh Farm, Key Lime, Lichen, Light Mint

Blue: Refreshing and soothing

Aqua Rain, Dreamy Blue, Mediterranean Breeze, Brisk Blue, Pacific Breeze

Purple: Rejuvenating and liberating

Mythical, French Lilac, Potentially Purple, Sassy Lilac, Awesome Violet

Brown/Beige: Welcoming and grounding

Brown Cove, Powell Buff, To-Go Crunch, Lendy Tan, Belgian Sweet

Pink: Brightening and elevating

Midwinter Pink, Santa Rosa, Smoky Salmon, Cherry Juice, Pale Petalrose

Gray: Comforting and relaxing

Stormy Sky, Plummet, Crestline, Gravel, Exasperation

8 science-backed tips to create a zen home

Make your space into a sanctuary with these elements proven to help alleviate any stress.

POSIBLES DESARROLLOS DE DISNEY EN CONVERSACIONES PARA LAKE NONA

POR DEMI TAVERAS

La compañía Walt Disney y la compañía de desarrollos Tavistock han tenido conversaciones para nuevas propiedades residenciales y comerciales aquí en Lake Nona. Tavistock espera desarrollar 4.192 unidades residenciales y 2,4 millones de pies cuadrados de espacio no residencial – cual es donde la ubicación de estos desarrollos podría caer.

Puesto que Disney ya tiene muchas comunidades residenciales en Orlando y el creciente área de Lake Nona está a sólo 18 millas de Walt Disney World, Lake Nona sería un destino oportuno para estos desarrollos residenciales y comerciales. Los nuevos residentes de Lake Nona serán atraídos a todo lo que los parques de Disney puede ofrecer, y para aquellos veteranos de Disney en Lake Nona, estaremos aún más entusiasmados de tener la magia de Disney cerca a casa.

Este acuerdo entre Tavistock y Disney todavía está en etapas tempranas y puede ser que no llegue a buen término. Más detalles para venir.



easier to relax in recreation and personal spaces. We also associate blue with water, which brings a feeling of cleanliness that can be applied to bathrooms and laundry rooms.

Purple

During such difficult times, it's easy to feel trapped in your situation. Consider incorporating rejuvenating shades of purple to bring feelings of authenticity and reflection to your home. Since it's a color that encourages meditation and deep thought, purple makes a great color for office spaces or studies.

Brown/Beige

Whether they are cooler taupe shades or warmer tan shades, brown is a versatile color that can bring comfort and familiarity to your home decor. Something is inviting yet modest about brown, which renders it a color suited for more social areas of your home like a den or a living room.

Green

When we think of relaxation, we often think of elements of nature, which brings the color green to mind. Warmer sage and mint-blue shades of green encourage pondering and contemplation and foster positivity. Using lighter and cooler shades of green will bring tranquility to your home, so it's best to avoid shades that are too vibrant or intense.

By implementing these color schemes, you're one step closer to a home where winding down and de-stressing in trying times are seamless. But there are ways to take this accomplishment another step further. Leveling up and accentuating the peaceful elements of your home through other decor is a great way to make your space even more calming.

For example, one of the most common catalysts (and results) of stress is cluttered spaces. Organization is crucial when curating restful living and working spaces, and staying on top of it is an important key to a stress-free life. Taking time out of your day to declutter rooms in your home allows for the soothing effects of cool color palettes to take full effect without distractions.

Another important way to bring out these colors is by making the best possible use of natural lighting. Investing in highly revealing blinds and curtains that are not too opaque will allow the sunlight to illuminate your home, which is important in keeping your spirits up and regulating your body's sleep schedule.

Understanding the impact that colors can have on your mental and emotional health is key to maintaining wellness during a difficult period. Once you learn how to curate your decor to highlight the color schemes that work best for you, you'll be well on your way to a home that is both calming and pleasing to the eye. For more information, check out www.homeadvisor.com comprehensive guide on color theory and creating a zen space.

8 science-backed tips to create a zen home

Make your space into a sanctuary with these elements proven to help alleviate any stress.

Purify your space with plants:

Plants reduce stress and help boost your immune system.

Choose furniture like a minimalist:

Choose open spaces to promote a sense of calm and serenity.

Use curtains strategically:

Maximize natural light to regulate your circadian rhythm.

Optimize temperature control:

Maximize SPF to promote calmness and serenity.

Find creative ways to organize items:

Clutter-free spaces are proven to help decrease stress.

Add an area rug and other textiles as accents:

Soft textures promote a sense of peace and security.

Maximize light with mirrors:

Place a mirror opposite your entrance to create a sense of openness.

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LAKE NONA PERFORMANCE CLUB PARTNERS WITH INCLUBGOLF TO OPEN PREMIER INDOOR TRAINING EXPERIENCE

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF LNPC

Hervey Lavoie, architect as well as founder and president of InClub Golf, has been asked countless times by the sports club industry to create golf training centers within their clubs. With six years of concept development and successful operation, InClubGolf has operated successfully at the Newtown Athletic Club, one of the top five athletic clubs in the nation located in Newtown, Pennsylvania. Lucky for Lake Nona residents, the up-and-coming Lake Nona Performance Club (LNPC) will create a premier indoor performance training center for all golfers, regardless of age and skill level, in partnership with InClubGolf. Through this partnership, InClubGolf is now bringing its premier indoor golf experience to the Southeast for the first time.

LNPC redefines what it means to experience a fitness center in Central Florida. The facility features cutting-edge workout equipment, contemporary classes, and interactive programs driven by the newest performance technology. The LNPC facility is 130,000 square feet and is currently under construction in the Lake Nona Town Center, expected to open in August. This facility will be one of the most deliberately curated and inclusive facilities in the nation. LNPC will provide a tailored approach to holistic health for everyone.

As a modern facility, LNPC provides an ideal setting for InClubGolf's inclusive indoor performance training venue for golfers. InClubGolf is a premier indoor golf training program based on four core pillars: Learn, Train, Practice, and Play. The idea of a program such as this one isn't to worry about the price of hourly rates or the quickly-changing weather but to place an emphasis on the results.

InClubGolf's unique model partners with distinguished athletic and fitness clubs to offer a space for comprehensive, membership-based, year-round indoor training that is open to golfers of all levels from beginner to elite. At LNPC, InClubGolf will offer memberships for customized golf training with full access to automated, brand-new technology. Members will also have access to personalized guidance provided by a highly-qualified PGA (Professional Golfers' Association) Professional. Additionally, introducing InClubGolf to the offerings of LNPC emphasizes Lake Nona's appeal as a space conducive to health and human performance that offers every resource professional athletes and sports enthusiasts need to train and play at the top of their game at any time.

"To be viable, we had to go beyond the structural design," said Lavoie. "As an avid golfer myself, I knew that too often indoor golf programs end up being seasonal and unsustainable because they only offer a hitting bay and by-the-hour access to a PGA Pro. With LNPC, we have created a successful, year-round independent membership option that eliminates hourly limitations and gives members full access to the newest indoor golf technology. We are committed to a personalized master training plan with shorter, more frequent lessons interspersed with informed practice and professionally-supervised play both indoors and on the course."



The LNPC InClubGolf program's exclusive benefits for golfers include unlimited access to:

- State-of-the-art TrackMan 4 launch monitors with dual radar technology in two full simulation bays
- Boditrak™ pressure mat and hi-tech swing rotation analysis
- Arccos™ on-course game analysis and 150-square-foot putting lab with adjustable slope and radar stroke analysis
- Smart Start Golf™, a learning program unique to InClub-

Golf, designed for juniors and beginners to learn golf etiquette, pace-of-play, rules, course management, and the many rich traditions of the game

- TPI certified fitness coaching with custom referrals to LNPC personal trainers
- On-course play opportunities with other members and play with the Pro to reinforce in-studio learning and practice sessions

"Bringing the InClubGolf experience to LNPC provides a powerful tool for the golf-enthusiastic Lake Nona community and entire Orlando region," said Jay Groves, executive director of LNPC. "InClubGolf perfectly aligns with the LNPC experience and model by providing our members at every ability level with a flexible and innovative way to improve their skills and refine their golf game."

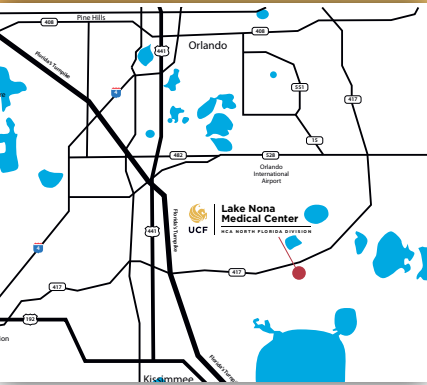
Memberships for InClubGolf and LNPC are available for purchase now. The InClubGolf membership is independent of the LNPC membership, and individuals interested in an InClubGolf membership do not need to be LNPC members. A discounted rate is available for LNPC members who are also interested in an InClubGolf membership. Additionally, Early Adopter memberships for individuals, families, and corporate memberships are now available. For more information and to schedule a virtual sneak peek of the facility, visit www.lakenonaperformanceclub.com.

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NONAHOOD LATINO

MUJERES: ELI, LA MURALISTA

ESCRITO POR GABI GARCÍA
FOTOS CORTESÍA DE ELI RIVERA



“Confío en mí y le gustó” fue el primer empuje que tuvo Elisabeth Rivera para ambientar con sus pinturas un garaje de una familia en Miami. Rivera es de Cali, Colombia, y llegó a los Estados Unidos hace cuatro años. Es muralista, y en su vida, no ha hecho otra cosa que pintar.



marca sus trazos que mucha gente en las redes sociales confunde con etiquetas ... lo que le causa mucha risa. “No, señora, es pintura de verdad,” recalca. “Uso etiquetas cuando el cliente las quiere.”

“Cuando tú pintas, puedes crear encima del dibujo pero nunca borras,” relata como parte de su rutina. “No ensayo nada. Lo que el cliente me pida, yo le hago. Lo que sale de mi técnica son los rostros humanos. Nadie me enseñó a pintar. No hago retratos.”

NHL: ¿En qué momento notaste que tu emprendimiento ya estaba listo para ser empresa?

ER: Con las redes sociales. Normalmente uso el Instagram y [Facebook] Marketplace. Y allí empezaron a reproducirse las cotizaciones.

Rivera tiene un oficio que requiere su presencia. Aun y cuando las herramientas digitales han permitido producir dinero a distancias remotas, la composición de imágenes que tienen sus murales exigen el talento del cuerpo presente. “Eli, artista” y “Eli, la muralista” son algunas de las etiquetas que identifican su contacto en muchos teléfonos de potenciales clientes, cuando ella misma reconoce: “Nadie me enseñó a pintar en un país [Colombia] donde no valoran el arte como aquí y donde no tenía el apoyo de mi familia”.

He allí su gratitud con estas tierras, que la cobija sin olvidar sus raíces, y el tamaño de los escalones que ha superado, no para hacerse rica sino para aprender a lidiar con los riesgos, solidificar su nombre, dejar una huella en cada pared, y saber identificar dónde está el oro de su trabajo: el talento.

Dentro de la sencillez de Rivera está el no gastar el tiempo recordando los “no” que la vida le ha dado. Reconoce que los escasos conocimientos en el idioma inglés resume su única barrera para tener más. Pero eso

Nonahood Latino: ¿En qué momento notaste que podías vivir del arte?

Eli Rivera: Tuve fe. Una amiga me pagó el pasaje para llegar aquí. Y me sugería ir a tiendas por departamento a buscar empleo. Y siempre me dije que no. ‘Dios, tú me diste un talento, permitiste que viniera aquí. Tengo un propósito.’ Nunca me vi trabajando en restaurantes.

NHL: ¿Cuál es el mural que te representa?

ER: Cuando llegué a este país, hubo un cliente que me pidió pintar Avatar. Al principio, fue muy complejo. Lo hice y les gustó.

Rivera reconoce que los exámenes más difíciles los toma frente a una pared, bajo exigencias de un cliente. Y también bajo la mirada ilusa de los niños, pues las caricaturas y animaciones tradicionales de Disney y otras compañías afines reinciden en la lista de peticiones.

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no afecta su ganancia. Tiene dos hijos de 24 y 21 años que realmente representan su mayor activo.

NHL: ¿Qué es lo nuevo que quieres intentar?

ER: Me gustaría hacer estucos venecianos, aún no los he visto aquí. E iniciar una carrera

en diseño de interiores. Mi única barrera es el inglés, pero es parte de mi meta.

Un par de reconocimientos en tan poco tiempo le inunda de emoción, Mujer Talento del Año (2018), otorgado por el periódico La Prensa. Y otro de índole internacional: “I Migliori Artisti della Decorazione by Contevinx.”

Eli Rivera es abierta a responder: “No soy de estresarme tanto.” Su trabajo es poner color a espacios privados, pero no descarta ver un mural hecho por ella misma en una playa de la Florida, con caballos, animal que para ella representa la fuerza y la nobleza.

Para ver más de Eli Rivera, visita www.elipaintdesign.com o @elimuraldesign en Instagram.

¿Qué está en su parabrisas?

Elija E-PASS para Viajes con Peaje sin Interrupción

Ya sea que esté yendo al otro lado de la ciudad, o afuera de la ciudad, cuente con E-PASS. Escoja el pase adecuado para usted y disfrute de descuentos exclusivos en peajes, sin tarifas mensuales por su cuenta de usuario.

Ahorre más. Vaya más lejos. La elección es suya.

uni

Portátil &
Sirve en
18 estados



Gratis & Sirve
en FL, GA, NC



Maneje con orgullo
Sirve en FL, GA, NC



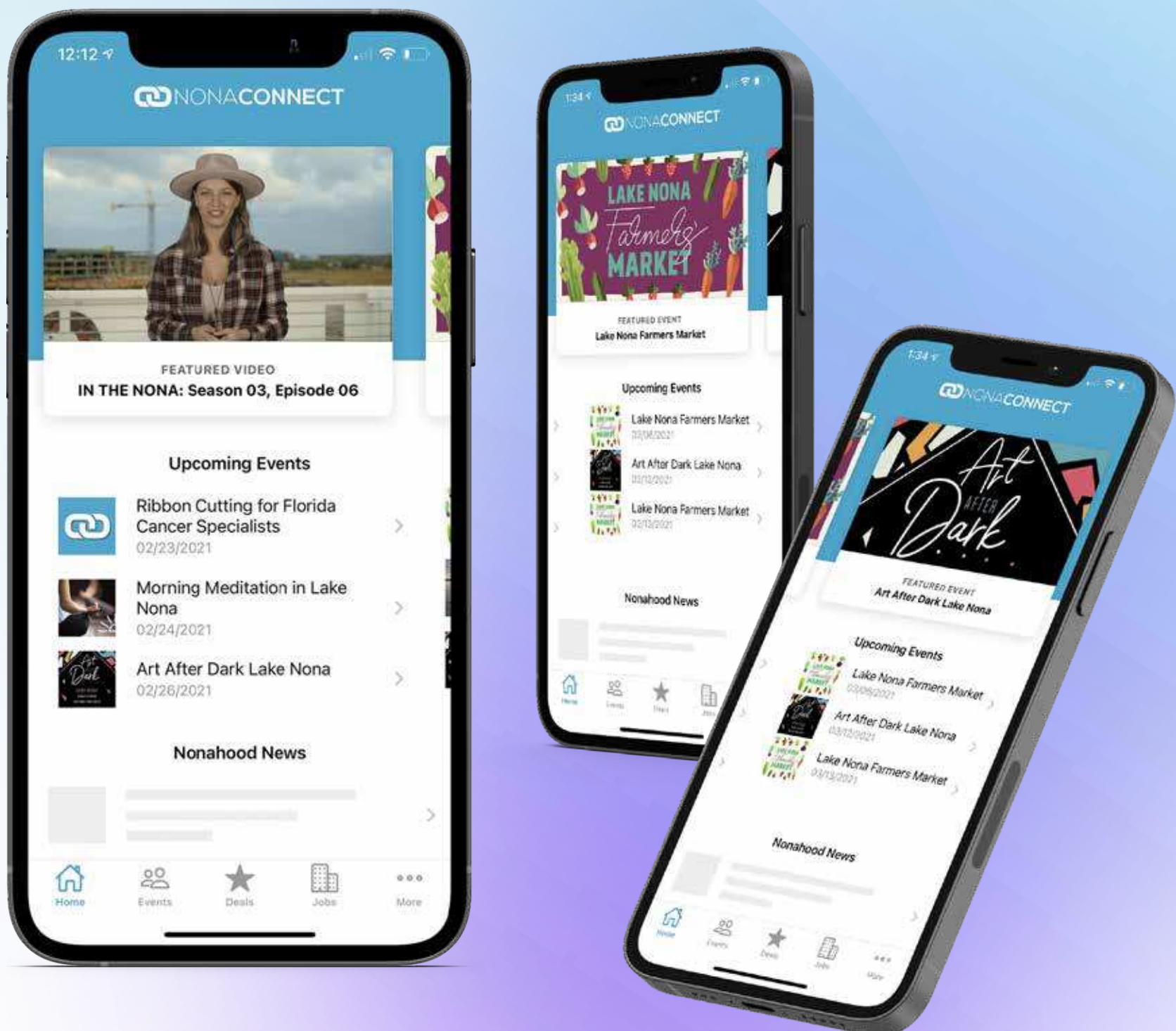
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