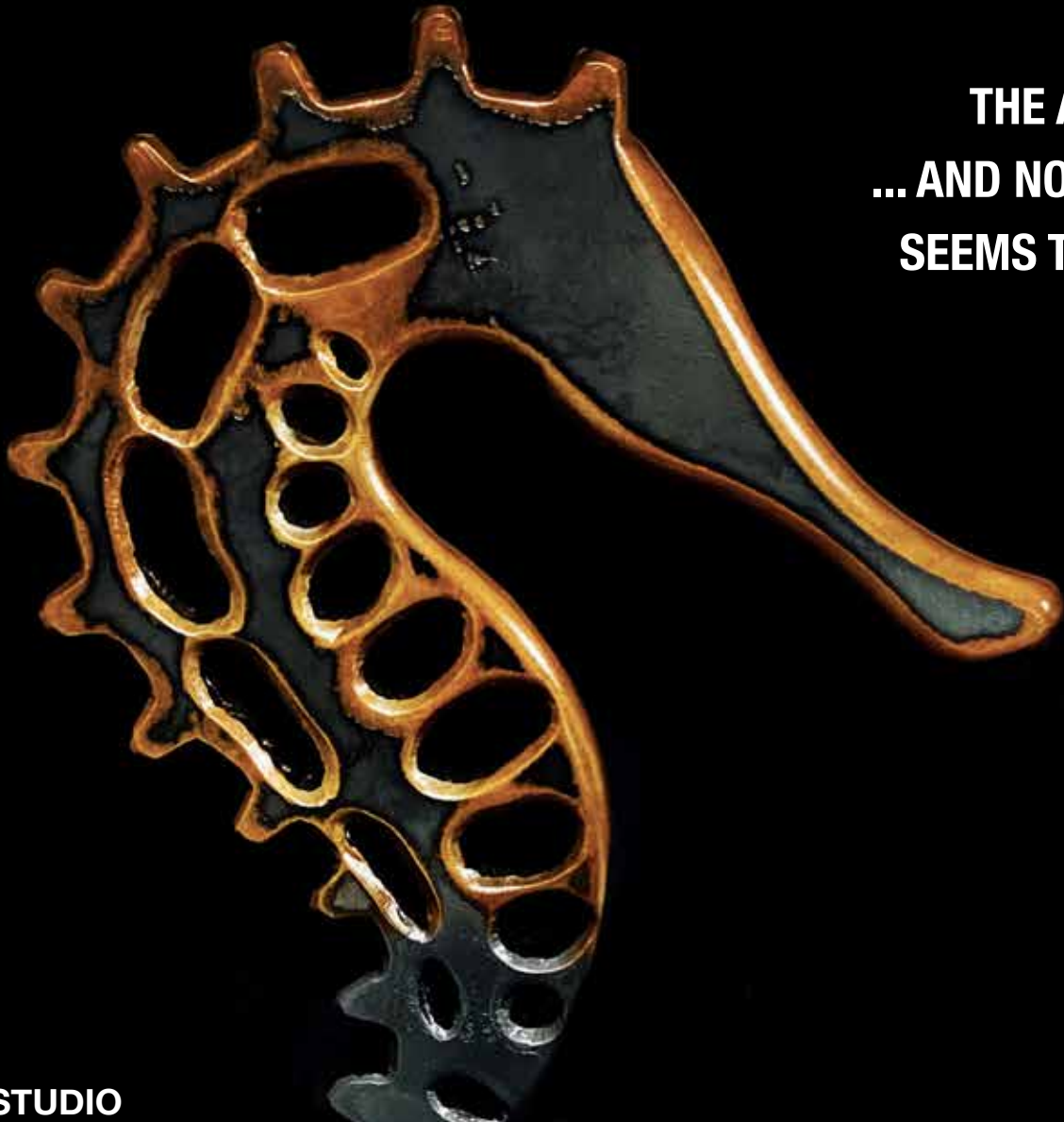




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JUNE 2021 CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA | VOLUME 6 ISSUE 6

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## EDITOR'S NOTE: WELCOME SUMMER!

BY DEMI TAVERAS, EDITOR-IN-CHIEF

Sweet summertime has arrived! Spring came and went, and it seems like just yesterday I was sitting down to write about the everlasting month of January.

It's safe to say we are at the precipice of a wonderful summer. Remember when everyone took to social media in March of last year and advised us all not to leave our homes so we could "have a good summer?" Ah, it makes me laugh (and cry) to think that we were approximately a year off. But we finally made it and reached the time we all longed for during the darkest days of quarantine.

Here in Lake Nona, life is bustling as usual. The June edition of Nonahood News excellently encapsulates the latest and greatest happenings in our community! Our special recurring article Let's Talk Lake Nona is back this month to unveil a first look at the Wave Hotel opening this fall in our Town Center. The Wave Hotel general manager provides insightful behind-the-scenes commentary on what guests can expect during a stay in what will surely be an exciting attraction to our area.

We also share an update about Beep, our favorite autonomous driverless shuttles that serve as transport around the Town Center. Beep has extended its route to include Nemours Children's Hospital, adding yet another layer of accessibility for those in need of transport. We also welcomed the fantastic addition of the KPMG Capability Center, which will create hundreds of jobs. I can't think of a better contribution to the community after the year we've all had.

And the efforts from residents for a local library could not be ignored in this edition! The grassroots movement with a core of seven individuals, deemed the Lake Nona Area Library Campaign Committee, brought a book dropoff box to the Valencia Lake Nona Campus and has since influenced the City of Orlando and the Orange County Library System to take initiative regarding this issue. It's been amazing to watch how this local movement has grown and to learn more about the great people who are a part of the committee.

For our NASA fans, or maybe those who just like to admire space and some excellent photography, make sure to take a look at the newest Nonahood News recurring article To Nona & Beyond, written by brother-and-sister duo Emerson and Ethan Walsh. You might have caught their very first article that was published in our April print edition.

As always, there's so much to be excited about in Lake Nona; you never know what the next big thing will bring! We hope everyone has the best summer ever, and may we all be able to enjoy this season in-person and together ... outside!!!



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# BUSINESS SPOTLIGHT: ELEVATE YOUR CARE WITH ONEMED

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF BOZANICH PHOTOGRAPHY



Drs. Khan and Ganpat



OneMed is a concierge medical clinic servicing the Lake Nona and neighboring communities with an anticipated grand opening the first week of July! Dr. Sonita Khan is a primary care physician and owner of OneMed. Dr. Khan detailed that over the last several years, she's proudly held titles like Mrs. Mom, M.D.

"These titles came with many exciting moments, great responsibilities, plentiful patience, and required avid multitasking skills that I graciously embraced. My ambitions didn't stop there and were further propelled by my visionary husband, Peter Ganpat, M.D., who specializes in both family medicine and psychiatry. With this drive, I now embrace my new titles: Mrs. Entrepreneur Mom, M.D., and anticipate bringing the skills it takes to own these titles in a new project called OneMed."

Dr. Khan explained that OneMed's concierge clinic model is one that provides a premium level of healthcare through a membership that is not ordinarily covered by commercial insurance.

"OneMed is a new establishment built on this concept but innovatively provides an integration of primary care and psychiatry services under one roof, which is non-existent, aiming to achieve both mind and body wellness. The premium services include unlimited 24/7 access to your OneMed physician, exclusivity to your physician, and personalized care plans," Dr. Khan described. "We utilize a hybrid of virtual visits, in-office visits, secure texting, and phone calls to permit full communication with patients and tailor these around our patients' busy lives. In addition, we value continuity of care and will follow our patients' care in the hospital should they require hospitalization at any point. Along with that, we have established relationships with other affiliated specialists in town, with whom we can directly coordinate referrals and care in a timely manner."

With the services remaining under one roof, something that sets OneMed apart from the competition, the company also strives to make this "premium level of service inclusive with reasonable rates while still accepting patient insurance for services not included in the membership. Beyond these premium services, the insurance will be billed. This allows for patients to access a premium level of healthcare at significantly-reduced rates."

Dr. Khan further explained another differentiator from the competition in Medical City.

"OneMed will be the first concierge clinic in Lake Nona; moreover, it will be the first concierge clinic to integrate access to both primary care and psychiatry under one roof, which does not currently exist. Our mission with this integration is to treat the entire patient, both mind and body. To treat the entire patient, we offer unprecedented access and place time back into the physician-patient relationship. This is not available with traditional clinic models because of time constraints due to heavy patient loads. We achieve this by lowering our patient panels to give back time to our patients. We think this cultivates a memorable physician experience, and a memorable physician is an invaluable one."

Patients also have access to their electronic health records through a MyOneMed portal

on OneMed's website.

You might be wondering why OneMed came to Lake Nona. It's simple ... Drs. Khan and Ganpat loved the area and realized there was a need for their practices here.

"Peter and I moved to Lake Nona in 2016. Having fallen in love with the community and recognizing the shortage of primary care and psychiatry as the community continues to grow, we sought to be part of the solution," Dr. Khan explained. "Being integral members of the community, we are in tune with the diversity and sophistication of Lake Nona. To cater to this, OneMed brings a multicultural team of board-certified, highly-skilled, and experienced physicians ready to care for people of the community."

The OneMed team consists of three primary care physicians and four psychiatrists. Dr. Khan explains the credentials of the highly-qualified team of doctors.

"All of our primary care physicians are seasoned hospitalists, who are well adept at caring for patients during acute, urgent, and emergent times and have been on the frontlines from the beginning of the COVID-19 pandemic. As family-medicine-trained physicians, they also possess the versatility, compassion and understanding required for managing long-term patient needs in a clinic setting. Our OneMed psychiatrists are

diversely trained and consist of general psychiatry, addiction psychiatry, interventional psychiatry, and geriatric psychiatry. We will have interventional psychiatric procedures, such as transcranial magnetic stimulation (TMS), ketamine therapy, and other novel modalities available in our brand new office. This type of medical team and service is not available anywhere else in the area currently."

So why should you choose OneMed for all of your healthcare needs? Dr. Khan said it best.

"Consider choosing OneMed if you find yourself frustrated with your current healthcare choice.

- Are you tired of not having access to your doctor when you need it?
- Are you tired of long waits at your doctor's office even after a scheduled appointment?
- Are you tired of not having all your questions/concerns addressed in one visit?
- Do you wish you could reach your doctor even if you are out of town or traveling?
- Do you want one doctor who knows you and can assist with your care wherever you go?
- Do you want to achieve full wellness through both mind and body care?
- Are you ready to **elevate your care**?

If any of this resonates with you, consider choosing OneMed."

No matter the stage of life you are in, Dr. Khan describes why embracing your health and wellness should be a priority.

"Whether you're a golden-aged retiree with chronic medical conditions, an on-the-edge career professional, a stay-at-home mom juggling it all, or a sleep-deprived college student – as an adult in any stage of your life, you deserve to achieve wellness. With a OneMed physician conveniently by your side, adults of all ages can benefit from creating long-term health goals, proactive approaches to preventative measures, risk stratification, and guidance through treatment methods most appropriate for your health. In this manner, we serve as a personal physician coach along your path towards achieving wellness." Join the movement toward wellness today. OneMed is located at 10129 Clear Vista St., Orlando, FL 32832. For more information, visit OneMed's website at: [www.onemed.clinic](http://www.onemed.clinic) (enrollment form is on the website), email: [admin@onemed.clinic](mailto:admin@onemed.clinic), or call 1-833-ONEMED1.



# LET'S TALK LAKE NONA: ON A NEW WAVELENGTH

GET TO KNOW THE SEASONED HOTELIER AT THE HELM OF LAKE NONA'S BIGGEST PROJECT OPENING THIS FALL

A one-of-a-kind luxury hotel experience is taking shape in the Town Center as the Lake Nona Wave Hotel prepares to open later this year.



And while there are multiple teams working together to build, design, and program the hotel, there's one woman guiding the entire process: long-time hotelier Suzie Yang, who was recently appointed as the hotel's general manager. Earlier this year, she moved from San Francisco to Laureate Park and has been falling in love with Lake Nona ever since.

"I'm thrilled to be here," she said. "When I first heard about Lake Nona, I was in awe of this beautiful and tech-driven community, and I could instantly see how the Wave Hotel would complement its innovation," she said.

With more than 25 years of experience in hotel management, Yang has had a hand in everything from opening to renovating and repositioning hotels. At the Lake Nona Wave Hotel, she has a unique opportunity reimagining the guest experience while leveraging the latest technology and creating the welcoming sense of community Lake Nona is known for.

Yang believes the hotel will be an extension of our Lake Nona community. "There is this

true sense of live, work, play in Lake Nona that I haven't seen anywhere else," she said. "I'm grateful to be able to experience everything Lake Nona has to offer as both a businesswoman and a resident and bring that unique insight to create custom experiences for our Wave guests."

A self-described yogi, Yang said one of her favorite things about living in Lake Nona is participating in community wellness events, like Sweat Saturdays at Boxi Park. While she is looking forward to the opening of the hotel, she is also looking forward to the opening of the Chopra Mind-Body Zone and Spa at the Lake Nona Performance Club (LNPC) this summer. Wave Hotel guests looking to step up their workout will also have access to LNPC's world-class facilities and performance-driven classes during their stay.

Another unique feature hotel guests can take advantage of is an app that will connect guests to their room, the hotel, and the Lake Nona community. While it is not uncommon for hotels to have an app, it's rare that they connect guests to the larger community. Yang said the app will have functionality for guests and residents alike who can explore the hotel's culinary offerings and special events and discover the hotel's playful art and design, which is quite unexpected.

"The app will show our guests what's going on in the community during their stay, what wellness activities are happening throughout Lake Nona, and what's on the menu at our hotel restaurants and nearby dining," she said.

In addition to providing a completely contactless check-in option, the app will act as a master key to the guest's room and allow guests to control the lights, temperature, and curtains. The app will also connect guests to the customer care team, or "living room hosts" as she calls them.

Yang explained that the hotel lobby is not a lobby but a living room designed to function and feel like one because "we're inviting you into our home, where memories are made and milestones are celebrated. We want you and your pets to feel welcome."

You heard that right! Hotel guests can bring their furry friends to stay. Her team is working on special pet offerings like a doggy menu,



which is something we will likely see in the app.

Other innovative features of the hotel include View Smart Windows by Healthé, which automatically adjust in response to the sun to increase natural light and special UV lighting that kills bacteria in the HVAC system so clean air is constantly circulating throughout the building. You may recognize the sanitizing light solutions from WHIT in Laureate Park.

Leading up to the opening this fall, Yang is focused on getting involved in the community and curating an exceptional customer care team made up of people who live in Lake Nona and the surrounding communities.

"We have an amazing culture that fosters being able to express yourself and deliver

excellent guest care," said Yang, who is a new member of the Central Florida Hotel Lodging Association and its Diversity and Inclusion Committee.

Her team is beginning to build out the sales department, food and beverage team, and room attendants. Visit [www.LakeNonaWaveHotel.com](http://www.LakeNonaWaveHotel.com) for a full list of open positions.

Make sure to check out the website and follow the hotel on Facebook and Instagram (@LakeNonaWaveHotel) for the latest announcements and more reveals before the grand opening in November. Yang hinted that they are working on some special surprises that you will not want to miss!



# BEEP ROUTE EXTENDS TO NEMOURS CHILDREN'S HOSPITAL

ARTICLE BY FELICITY MAE GOMER  
PHOTO COURTESY OF BEEP

If you live in Lake Nona, you've most likely seen those sleek, futuristic self-driving buses by Beep. These super cool vehicles take Lake Nona residents and visitors from one stop to the other in the area surrounding Lake Nona Town Center. Stops on other Beep routes include the Orlando VA Medical Center, Canvas Restaurant & Market, Town Center, other entertainment, restaurants, hotels – and now, with the addition of their fifth route, Nemours Children's Hospital.

Beep will take patients of Nemours and their families to Town Center, allowing them a change of scenery and some good food and fun options. The one-mile route will also include the Ronald McDonald House.

"Often our families don't have transportation, so this is just an amazing transport tool for them to be able to quickly go over to the Town Center, whether it's just to get away or grab a bite to eat," said Nemours deputy COO Chris Alsip.

"Being able to provide that access, whether it's the families in the Ronald McDonald House or the patients and families that are seeking services here at the Children's Hospital," Beep CEO Joe Moye expressed, "we just thought it was a natural use case that would serve some incredible good."

Moye believes that extending their service to medical facilities is a natural expansion for their company. It allows for those visiting Lake Nona to fret less about finding transportation in a new city and connects our world-class hospitals to our world-class amenities.

"Having the Beep available can save time and reduce stress for our patient families and for our dedicated associates at Nemours Children's Hospital. The autonomous shuttles will provide added connectivity to all that the Lake Nona community has to offer, and this is especially helpful for families of patients who are getting treatment in the hospital for extended periods of time," said COO Randall Hartley of Nemours Children's Hospital.



# KPMG OPENS SECOND FACILITY IN LAKE NONA

THE KPMG CAPABILITY CENTER EXPECTS TO CREATE 350 NEW JOBS

ARTICLE BY JENNY LYNN  
PHOTOS COURTESY OF KPMG

KPMG, one of the "Big Four" accounting organizations with member firms in 146 countries around the world, recently opened its second facility in Lake Nona.

The KPMG Capability Center at 6820 Marwick Lane is expected to bring 350 new jobs to the Greater Orlando area. KPMG is consistently ranked among the best places to work.

The center is considered a "cornerstone of the firm's enhanced service delivery model" in a recent news release from KPMG. It was created to address KPMG's client needs in an industry that is undergoing rapid change.

"Tax and how it's viewed, computed, and operationalized is vastly transforming, perhaps at a more rapid pace than ever before," said Greg Engel, vice chair, tax, KPMG LLP.

The Capability Center will serve as a base for offering select, high-quality advisory and tax services to KPMG clients across the country.

"We're embracing new ways of working, making outsized investments in tax technology, and hiring and training our people to be technologists as well as tax specialists," Engel explained.

Initially, the facility will offer controls testing, documentation, and managed services, compliance for business tax services, and sales activities.

With the new Capability Center, KPMG LLP has redoubled its efforts to invest in the Lake Nona community during a challenging time.

"As we continue to work toward business recovery from the pandemic, 350 new jobs in our community will be a welcome opportunity for our citizens and a boost to our economy," said Jerry L. Demings, Orange County Mayor.

The expansion of KPMG's offerings in Orlando is anticipated to draw industry professionals from outside the Lake Nona area as well.

"Our quality-of-life amenities help attract the best and brightest talent to our workforce," said Orlando Mayor Buddy Dyer.

Mayor Dyer expects employees and clients of the Capability Center to "further [stimulate] our local economy by shopping in our stores, dining in our restaurants, and enjoying our abundant sports and entertainment amenities."

The Capability Center appears to complement the core mission for the entrepreneurial, progressive Tavistock Group in Lake Nona. KPMG is an anchor tenant in Lake Nona's living lab, according to Rasesh Thakkar, senior managing director of Tavistock Group, owner/developer of Lake Nona.

Thakkar explained, "Our goal remains laser-focused on creating the most innovative and extraordinary environment that enables people to perform at their peak, enhancing their productivity, which is priceless."



The KPMG Capability Center at 6820 Marwick Lane is the second KPMG facility in the Lake Nona area.



"We are delighted that KPMG has once again chosen Orlando and Lake Nona to establish a state-of-the-art home for their employees," he added.

KPMG's new Capability Center is housed inside Lake Nona Town Center HQ, a four-story, 120,287-square-foot office building in the heart of Lake Nona.

KPMG's first facility in Lake Nona, the KPMG Lakehouse, opened in January 2020. The Lakehouse is located at 9301 Lake Nona Blvd.



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**LABORING FOR A LAKE NONA LIBRARY**

ARTICLE BY FELICITY MAE GOMER  
PHOTOS COURTESY OF OCLS



Discussions regarding a library in Lake Nona began in 2005 and are only now close to fruition. The grassroots efforts lobbying and advocating on our behalf start with a small group of seven Lake Nona residents made up of people of all kinds in the community.

Recent efforts involving District 1 City Commissioner Jim Gray, the Lake Nona Regional Chamber of Commerce, and the public have accelerated the initiative. Commissioner Gray has championed the effort and is partially to thank for guiding us through the process of obtaining a local library. Commissioner Gray was mostly responsible for locating an affordable land parcel for the building.

An Orange County Library System (OCLS) dropoff box is currently operational at Valencia College's Lake Nona campus. Residents may apply for a library card online, receive it in the mail, and order books and media to be delivered to their homes. While this is a happy medium for now, the ultimate goal remains to be a full-fledged library.

The largest obstacle in bringing a library to Lake Nona has been finding a piece of land fitting all requirements while remaining within their budget. Historically, OCLS has never paid more than \$19/square foot while land in Lake Nona runs for about \$45/square foot.

Seven members of the Lake Nona community formed the Lake Nona Area Library Campaign Committee in January of this year. At the head is Ashley Cisneros Mejia, whose online petition from Oct. 19 has earned over 7,000 signatures. The Facebook group created for the same purpose, formed by Christopher Hertel, has a following of almost 700 local residents. The overwhelming amount of support for establishing an area library has been spread through social media, print media such as *Nonahood News*, the Lake Nona Regional Chamber of Commerce, local politicians and elected officials, and other neighbors. The committee works tirelessly to promote their cause and have seen a monumental call-to-action in the community as a result.

"The timing is interesting because I think the past 18 months have been so challenging with everything happening in our world," said Mejia. "The library is something most everyone can get behind. The pandemic has kept us apart, and I think there has been a thirst to unite around something positive and meaningful. I think this has been a factor in our building momentum."

The committee is made up of a diverse group of residents ranging from those in their 20s to those in their 80s. The seven met through Facebook, where much discussion over the library occurs. United by their passion for literacy and community engagement, they

formed an official committee to better orchestrate the effort. The rest of the committee includes Cecilia Gonzalez, a Valencia College student with experience in political and Hispanic organizations; Christopher Hertel, a veteran and social worker; Tom Keen, a veteran in business development and a frequent volunteer at the Orlando Fisher House; Ishu Martinez, a local community leader and mom heavily involved in her school's PTA and church; Lucy Redzeposki, a professional in grant writing with experience in economic development and tourism; Eileen Winterble, an executive coach with a history of working as CEO and CFO for several nonprofits, private companies, and governmental agencies; and Ashley Cisneros Mejia, who has a background in print journalism as well as public relations and previously owned a digital marketing agency.

The Lake Nona Area Library Campaign Committee combines the widely-varied skill sets of each individual and compounds them into an effective task force. The committee and many members of the community have been attending Library Board of Trustees meetings and signing up to make public comments regarding the need for a library, and they have done extensive research into each individual process that leads to opening a library. They will continue to attend these meetings to support and encourage development plans.

On June 10, the committee expects to have a formal proposal for a lease between OCLS and the City of Orlando. The location in question is just off of Dowden Road, to be adjoined with the city's planned government center to save money. The single strongest opposition to building any new libraries is the budget: Since the board has initiated building a library in Horizon West, it would be difficult to build another branch in Lake Nona simultaneously – though not impossible. Several other options have been entertained with this one leading as the most feasible and affordable. In addition, the proposed location is located between Lee Vista and Lake Nona and can serve both communities.

This fiery group of passionate individuals are dedicating their time, energy, and talents to bringing our community a public place for learning, growing, connecting, and so much more. Each member of the committee shares a love for public libraries; many of them spent their childhoods in them. They recognize its capacity for connection and its promotion of literacy that would do a great deal of good for the residents of Lake Nona.



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# SUNTEK LAWN CARE: MAKING AN IMPACT WITH YOUR LAWN

## FLEET FARMING TRANSFORMS LAWN INTO FARMS

ARTICLE BY NICOLE LABOSCO &  
CAROLINE CHOMANICS  
PHOTOS COURTESY OF ERNEST CALDERON,  
IDEAS FOR US CHIEF COMMUNICATIONS  
OFFICER

*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.*

When you're strolling through your neighborhood on your run, bike ride, or dog walk, do you ever notice how many lawns there are and wonder why there are so many? Caroline Chomanics, COO of IDEAS For Us and program manager of Fleet Farming, explained that's exactly what Fleet Farming questioned as there are more than 40 million acres of lawn in America! Located in Orlando, Fleet Farming's mission is to empower all generations to grow food to increase local food accessibility. Chomanics detailed that Fleet Farming is an urban agriculture program of 501(c)(3) nonprofit IDEAS For Us, an environmental nonprofit dedicated to taking eco-action in communities across Florida and internationally through their 13 branches located in Florida, Africa, Asia, and Europe.

"The main idea of Fleet Farming is that every lawn is an opportunity to grow fresh produce for local communities instead of contributing to 'lawn culture,' which can use 30-60% of a city's fresh water, use fossil fuels for maintenance, and contribute to a lack of biodiversity for local ecosystems," Chomanics described. "Through all-natural and sustainable farming practices, communities can come together to transform lawns into productive micro-farms or 'farmlettes.'"

Chomanics explained that there are three main aspects of the Fleet Farming program:



### Fleet Farmlettes

Located in the Audubon Park community, Fleet Farmlettes is an urban agriculture initiative that creates a localized food system in select residential neighborhoods in Orlando.

According to Chomanics, "This serves as a model for communities to learn how to grow food and about sustainable food systems from farm to local market to table. These are common lawns that have been converted into productive urban farmland that the Fleet Farming team helps to maintain by bicycle. This model supports local vendors and SNAP-certified farmers' markets while splitting the produce with our Farmlette Hosts, to which the farms are located. This system contributes to promoting healthy lifestyles, a healthy planet, and a community connected to food."

Chomanics mentioned that Fleet Farming hosts free farming bike-riding events called Swarm Rides every month, and the events allow community members to engage in community-supported farming, learning how to grow food while biking around the neighborhood with the Fleet Farming team. Swarm Rides take place every first Saturday of the month at Audubon Park Covenant Church from 9 a.m.-12 p.m., and community service hours are accepted.

### Edible Landscapes

The demand for Fleet Farming to help community members set up their home, school, or community gardens outside of the Fleet Farmlette program led to the creation of Edible Landscapes.

"Edible Landscapes is a garden installation service of the Fleet Farming program that serves Central Florida communities that installs raised beds, fruit trees, maintenance, and more. This service allows Fleet Farming to expand its mission to the Central Florida community in a way that makes it easy for all generations to grow food that saves you money on your grocery bill," Chomanics described. "Their team of experienced growers creates systems that are built to last with cedarwood, hardy Florida plant varieties, companion planting designs, and easy-to-use drip or olla irrigation systems. Our low-maintenance growing systems allow us to repurpose virtually any underused outdoor space into a garden for farmers of all

experience levels. The process is simple: They help you to set up a consultation for your specific growing space, create a free garden design with you, and build your complete garden ready for you to enjoy."

Email [edible.landscapes@FleetFarming.org](mailto:edible.landscapes@FleetFarming.org) today to transform your lawn into Edible Landscapes.



### Fleet Education

"Fleet Education is a service that seeks to educate, inspire, and empower community members to grow their own food. Their team of educators offers hands-on learning opportunities that connect people to the study and application of plant science, offering over 19 engaging presentations from Gardening 101 to Food Systems as well as offering private team-building farming events in Orlando. This option engages locals in corporate social responsibility, volunteering, and collaborative impact. So if you are looking for a way to engage your staff, we've got you covered! Through Edible Landscapes, the team has created over 20 school and community gardens that offer educational opportunities to grow food in community spaces."

Donate today to support Fleet Education in Central Florida:

[www.FleetFarming.org/donate](http://www.FleetFarming.org/donate).



**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.com](http://www.sunteklawn.com) or call (321) 396-2425 for a free quote.**



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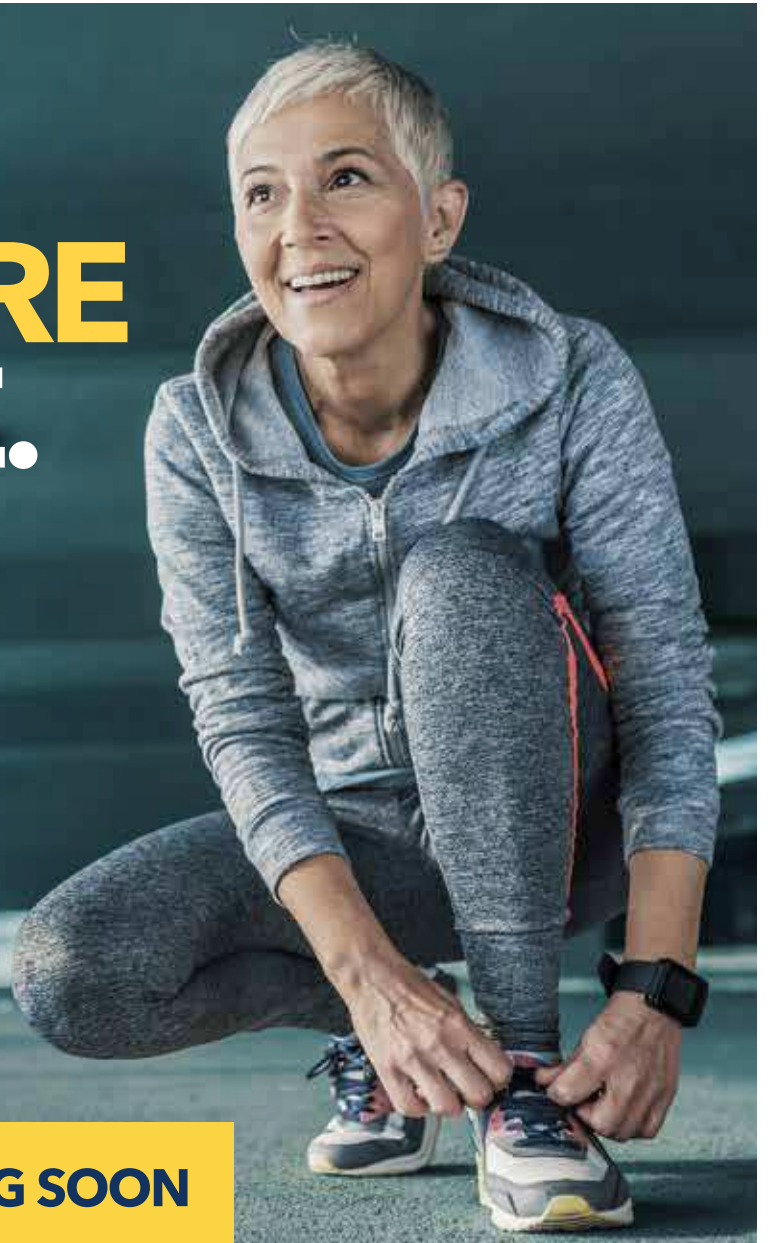
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# LAKE NONA REGIONAL CHAMBER OF COMMERCE



## FROM THE CEO

As we focus month-to-month on returning to normal, June brings us the opportunity to think about our environment on World Environment Day, which falls on June 5. June 14 is National Flag Day when we can all raise Old Glory in support of our country. Oh, and don't forget Father's Day on June 21.

These and other celebrations coming during June should also cause us to think about how far we have come from the first onset of COVID-19. Here at the Chamber, we made significant strides to support our entire community by distributing information and PPE. We also returned to hosting in-person events with great success. It is very inspiring to welcome our friends and business partners back to our venues, where we can talk while also learning more about our community during our seminars. Thank you for your continuing support.

Please stay safe and well.

*Don Long, President/CEO*

## EVENT GALLERY



**April 23, Business Luncheon With Sunbridge, Tavistock, and Osceola County** – Jim Zborbil, senior managing director of Tavistock; Tawny Olore, Osceola County transportation director; and Susan E. Caswell, Osceola County assistant community development administrator, presented a wealth of information about Sunbridge, Tavistock, and Osceola County plans. Springhill Suites provided an open, clean venue, and Giovanni's served a fantastic meal. (Photo by Felicity Gomer)



**April 29, Ribbon Cutting at East Orange Endodontics** – Chamber members and visitors celebrate the opening of East Orange Endodontics with a ribbon cutting. (Photo by Felicity Gomer)



**May 4, First Tuesdays at Eagle Creek and The Belfry Restaurant: "Cinco de Mayo" OR "May the Fourth Be With You"** – Chamber Members and visitors enjoy a nacho bar and relaxed networking at Eagle Creek's Belfry Restaurant. (Photo by Felicity Gomer)



**May 13, Breakfast Connections With Orange County Comptroller Phil Diamond** – Guests attend a presentation by Orange County Comptroller Phil Diamond for breakfast at the Courtyard & Residence Inn by Marriott Orlando Lake Nona. (Photo by Felicity Gomer)

**FIRST TUESDAYS AFTER-HOURS AT GIOVANNI'S RESTAURANT BOGGY CREEK**  
Tuesday, June 1  
5:30 - 7:30 P.M.  
14177 Lake Nona Blvd

**BREAKFAST CONNECTIONS WITH CAREERSOURCE CENTRAL FLORIDA**  
Thursday, June 10  
8:00 - 9:30 A.M.  
Culver's Lake Nona

**MARKETING WORKSHOP: "BRAND TRENDS AND PROMOTIONAL PRODUCTS"**  
TUESDAY, JUNE 15  
11:30 A.M. - 1:00 P.M.

**NONA PROFESSIONAL LADIES LUNCHEON - "LEADERSHIP"**  
Monday, June 21  
11:30 a.m. - 1:00 p.m.  
Eagle Creek Golf Club & The Belfry Restaurant

**BUSINESS LUNCHEON - AMAZON SPEAKS**  
Friday, June 25  
11:30 A.M. - 1:30 P.M.  
Wynn's Bar & Restaurant

**NEW MEMBERS**  
Central Florida Auto Dealers Association, Inc.  
Cognitive Performance Coaching  
GMF Consulting, Inc.  
Go Beyond Logistics  
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Lake Nona Pixon  
Lake Nona Wave Hotel  
Nona Medical Arts  
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**RENEWED COPPER PARTNER**  
Nemours Children's Hospital

**RENEWED MEMBERS**  
All-Star Dance Company  
Carbone Law, P.A.  
CareerSource Central Florida  
Center for Advanced Gastroenterology  
Central Florida Building Corporation, Inc.  
Golson Designs - Decorating Den Interiors  
Holiday Inn Express and Suites Orlando  
Lake Nona Insurance, INC / Beacon Insurance Agency  
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LAKE NONA

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**#NEVERSTOPPLAYING**



# PICKLEBALL AND PADEL ARE JOINING THE NEMOURS FAMILY ZONE!



Scan the QR code to learn more  
details around the opening in June!



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## COMING THIS JUNE TO USTA: PICKLEBALL AND PADEL COURTS

BY ANA ECHENIQUE

Racquet sport participation is growing in the U.S. with people of all ages and abilities picking up the sport as a way to stay active, healthy, and social. Beginning in June, the USTA National Campus will bring the new trend to Lake Nona by adding pickleball and padel courts to the facility, with planned programming and social and professional events also scheduled.

“Racquet sport participation growth is surging in the U.S., and by working together, we can drive the popularity and accessibility of all racquet sports,” said Mike Dowse, USTA CEO. “In essence, the USTA National Campus will be the world’s leading racquet sports R&D center to drive innovation in coaching education, player development, programming, court surfaces, and technology.”

This June, four pickleball courts and four padel courts – complete with permanent nets and lights – will be added to the Nemours Family Zone.

Think of **pickleball** as a crafty mix of badminton, tennis, and ping-pong. Like tennis, pickleball can be played in singles or doubles, but the pickleball ball is plastic and perforated like a wiffleball. Pickleball is a sport for everyone and a great way to stay active.

Various programs and social opportunities will be offered, with players able to find the perfect level using the USAPA rating program. Jenny Taylor, a certified International Pickleball Teaching Professional Association (IPTPA) instructor, has been hired as head professional pickleball instructor at the National Campus. In addition to teaching, Taylor’s major focus will be on the organization of lesson plans and management of the program, player pathway, staff development, and player engagement.

Pickleball programming options include camps, private lessons, or small group lessons to meet every player’s needs. Players will also have the option to reserve pickleball courts for play.

**Padel** is a racquet sport that is different from the sport known in the U.S. and Canada as paddle tennis. Padel is typically played as doubles in an enclosed court with artificial turf that is roughly 25% smaller than the size of a tennis court. Scoring is the same as tennis, and the points are started with an underhand serve. Padel is played with a paddle or racquet with no strings and a lower compression ball than tennis that is easier to control.

Leading the padel programming will be Marcos del Pilar as director of padel. Del Pilar brings over 25 years of experience managing clubs and sports projects and, most recently, starting padel programs around the world. Padel programming at the campus will also begin in early June, and it will include junior and adult clinics for beginners, intermediate, and competition as well as social events and camps.

Pickleball and padel courts are open Monday-Thursday from 7:30 a.m.-9 p.m., Friday from 7:30 a.m.-8 p.m., and Saturday-Sunday from 7:30 a.m.-5 p.m. For more information on pickleball and padel programming, events, or court reservations, please call (407) 675-2502 or visit the PLAY Section of [ustanationalcampus.com](http://ustanationalcampus.com).

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# HAPPY EATERS LAKE NONA: WHY DOES MY CHILD HAVE DIFFICULTY EATING?

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



Oftentimes when children are experiencing difficulty eating, parents ask one of the following two questions: “What actually caused this?” OR “What can actually be done to determine what is going on?” In this article, we will briefly look at the answers to these two questions to help clear up some of the muddy waters surrounding pediatric feeding difficulties.

So ... why is my child having trouble eating? There are so many reasons that your child may be struggling with this super important life skill. And it is even more important to get to the root cause and determine the “why” as opposed to just delving in and trying to fix it. Trying to treat a child for feeding concerns without looking into what is causing them will never work! It is extremely crucial to figure out the cause of the problem before simply trying to implement a quick fix. Below, find a comprehensive but not exhaustive list of common conditions that lead to a majority of feeding difficulties in children:

- Child temperament (slow to change, does not like new things, easily or overly stimulated)
- Pain or discomfort with feeding from causes such as reflux or allergy – some allergies are extremely difficult to diagnose such as Eosinophilic Esophagitis (EoE) and take special testing to examine and determine if they are present
- Negative past experiences with feeding (pain, coughing, vomiting or gagging during feeding)
- Sudden, scary choking event
- Negative experiences related to the mouth (history of NG tubes, oral procedures, being on a ventilator, surgeries)
- Time spent in the hospital as a baby, perhaps in the NICU

- Slow emptying of the stomach (gastroparesis)
- Chronic constipation, intermittent constipation – if food is not coming out, food will not go in!
- Poor oral motor skills (dysphagia)
- Low muscle/high muscle tone
- Developmental delays (wide variety)
- Certain developmental disabilities, such as autism spectrum disorder
- Anxiety (Anxiety specifically around food is commonly referred to as ARFID.)
- ADHD
- Sensory differences (hypersensitivity to taste, smell, texture)
- Chronic health problems (ear infections, frequent respiratory infections, dental problems, seizures)
- Parent-child conflict, parental anxiety

So now that we have some information and know we need to get to the underlying cause of the problem before treatment begins, how exactly do we do that? See below to get a better understanding of some of the tests/procedures that may be included with your workup. Many children have only one or two of these completed while some need more. Your feeding therapist should be able to guide you through this complex journey as you navigate your way down this path:

- Review of medical history, growth pattern, developmental history, and current symptoms
- Assessment of dietary intake (typically a three-day diet review is very beneficial) – a dietary journal can help because it can be very hard to remember!
- Feeding evaluation to look at intake, setting, response to food presentation
- Evaluation of feeding behaviors
- Evaluation of oral motor skills, chewing and swallowing
- Special tests to evaluate swallowing such as a barium swallow or endoscopic assessment
- Evaluation by a **pediatric gastroenterologist** to determine if there are problems of the GI tract (reflux, constipation, or other GI disorders) that may be contributing to feeding problems
- Blood work to evaluate nutrition status or screen for medical conditions that can contribute to feeding problems (This can often be performed by your pediatrician or your GI doctor if you already have an appointment.)

If you feel your child is having feeding difficulties, there are obviously a huge variety of factors that can contribute. Feeding challenges go far beyond simple “picky eating,” and it is crucial to figure out the cause of the problem and get to the right professional to help fix the issue.

# FAMILY SHIFT: SUMMERTIME TALKS WITH THE FAM

BY RODNEY GAGE, LEAD PASTOR

Summertime is an excellent opportunity for our kids to take a break, and it's also a great opportunity as a family to spend some quality time together. Whether it's seeing loved ones for the first time in a long time or taking advantage of a vacation or staycation, summertime can be a strategic time to be intentional, grow in your relationships, and refocus your family. The temptation is to fill up our summer calendars with more activities like clinics, camps, and competitions. While there is nothing wrong with those things, don't overlook the opportunity to reflect and do some forward-thinking.

Like sports teams, making halftime adjustments in the locker room to finish the game on top is also true in our families. Summer-time can be an excellent opportunity to make necessary adjustments to get back on track by making good on New Year's resolutions set in January and developing new goals for the fall so everyone can finish this year strong in your family. Use this summer to regroup and reprioritize those things that matter most. Here is a list of suggested questions to ask. Let me encourage you to answer these questions individually, and if you're married, work through these questions as a couple. If you have pre-teens and teenagers, use these same questions to help get them thinking and talking. This doesn't have to be formal or laborious. You can use some of these questions over dinner or by going out for ice cream to help you spark conversations. The goal is to get everyone engaged so you can celebrate your wins and learn from your losses.

Leverage this summer to make necessary adjustments so everyone can avoid drifting and live with greater intention.

## A Look Back

1. What am I most grateful for so far?
2. What are my biggest accomplishments so far?
3. What are my proudest moments so far?
4. What are my most positive impacts so far?
5. What have been my biggest growth moments so far?
6. What have been my most significant relationships so far?
7. What has been my biggest time waster?
8. What have been my biggest mistakes?
9. What have been my missed opportunities?
10. What have been my least-impactful relationships?

As you can see, these questions are designed to talk about the highs and the lows that we encounter virtually every day in our lives.

Author Rick Warren says, “I used to think that life was hills and valleys – you go through a dark time, then you go to the mountaintop, back and forth. I don't believe that anymore,” he says. “Rather than life being hills and valleys, I believe it's kind of like two rails on a railroad track, and at all times, you have something good and something bad going on.”

I have found that statement to be very true in my own life and family. This is why taking time to reflect and asking ourselves questions, as I have provided above, can help us maintain the proper perspective throughout the year to keep growing and live our lives with fewer regrets.

It's been said that our most valuable possession is the 24 hours we have right in front of us. We cannot become who we need to be by remaining who we are. Let's all commit to making this summer a time to refresh, refocus, and recommit to finishing 2021 strong!

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# LAKE NONA HOUSING MARKET UPDATE

April 2021



**kw** THE LIZ TEAM  
407.717.2464  
LHernandez@theLizTeam.com  
www.theLizTeam.com

## Laureate Park



**23 HOMES**

Active Inventory



**6 HOMES**

New Listings

**SOLD LAST MONTH: 30**

Average sold price:

**\$587,849**



List to sold price ratio



**13 DAYS**

Avg. Days on the market

## Eagle Creek



**7 HOMES**

Active Inventory



**5 HOMES**

New Listings

**SOLD LAST MONTH: 16**

Average sold price:

**\$522,806**



List to sold price ratio



**27 DAYS**

Avg. Days on the market

## Village Walk



**6 HOMES**

Active Inventory



**3 HOMES**

New Listings

**SOLD LAST MONTH: 13**

Average sold price:

**\$525,442**



List to sold price ratio



**61 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.

## THE ARTIST: ...AND NOTHING ELSE SEEMS TO MATTER

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF POWELL SCULPTURE  
STUDIO



Works of art can happen everyday. This proves true for Powell Sculpture Studio, an Orlando-based team of artisans working together to create stunning art installations. Lake Nona native Dillon Powell is the owner of Powell Sculpture Studio and our featured June artist. Get to know him and the origin of his artistry in the interview below.

**Nonahood News: What drove you to become an artist?**

Dillon Powell: My father worked at Disney World as a staff photographer for 15 years. This gave me the opportunity to explore the parks anytime, and very often. From a young age, I learned the inside story about the ART of Walt Disney and the surrounding Central Florida theme parks, including books, movies, music, and entertainment.

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

DP: I have always had an incessant need to create. Drawing in art class as a child led me to earning a BFA in fine art from the State University of New York at Oswego. After graduation, a brief job search landed me in the pipe welding and fabrication industry. Although it took a few years, I was eager to find something that let me utilize my creative drive. This search led me to being a production manager at Phillip Anthony Fine Art Studios, where I was able to work directly with fine art galleries and artists across the country.

**NHN: How often do you find yourself creating art, whether it be drawings, sculptures, etc.?**

DP: With the recent opening of the Powell Sculpture Studio, I'm either managing, designing or fabricating artistic endeavors at any moment every day. Many of our larger architectural installations would not be possible without the collaborative efforts from our team of craftsmen, technical designers, and artisans whose strengths include structural security, prefab production, special effects lighting, and faux finishing techniques to create complex, three-dimensional installations.



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

DP: With over 15 years of experience in all facets of metal fabrication and fine art production, it wasn't until I started displaying my own sculptures in these same spaces that I discovered I could make a living creating artwork of my own. It still surprises me that both private collectors and commercial brands commission me to produce sculptures for their homes and public spaces.

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

DP: My current sea life collection is the most

exciting body of work that I've taken on to date. I become obsessed with every detail on every tentacle, fin, and even the number of scales when it comes to specific species of fish. Hours and days fly by, and nothing else seems to matter.

**NHN: What are some of your dream projects?**

DP: I have a long list of sculptures I will eventually get to. Being commissioned to create an oversized public sculpture of any subject would be a true dream project.

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

DP: Each day, I am inspired by many small things. Whether it be a sculpture in the middle of a city square or my daughter asking me what color I am painting my newest seahorse, I find a reason everyday to be inspired.

**NHN: Future goals/plans?**

DP: My future plans are to expand my collection to other galleries across the country.

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

DP: Starting a sculpture studio of my own comes with constant challenges. I am striving everyday to take on more challenging architectural installations while finishing collector commissions. Finding the right creative staff is going to be my most challenging and exciting endeavor.

Follow Dillon Powell and Powell Sculpture Studio @PowellSculptureStudio on Instagram and Facebook. You can also visit Powell Sculpture Studio's website at [www.powellsculpturestudio.com](http://www.powellsculpturestudio.com).



## TO GENERATION Z: FINDING A SUMMER JOB

BY NATALIA JARAMILLO

This summer might just be the best summer to get a job due to the state the world's in right now. In the U.S. with ongoing vaccinations and the Centers for Disease Control's latest update, masks are no longer required for fully-vaccinated individuals. The stimulus checks and the unemployment benefits have created a new environment that has left many businesses without enough employees. Many businesses are so desperate to hire employees that many are offering signing bonuses in the range of hundreds of dollars.

Summer jobs are important because they can offer experience and extra cash. For highschoolers who just graduated and are waiting to get into the fall semester of college, a summer job could offer more fun adventures, learning responsibilities, and funds to

help pay for college. Whatever age you are or the situation you're in, a summer job, especially one where you can make more money than past summers, is definitely the way to go if you have the spare time.

Restaurants are looking for all sorts of employees at the moment. If you want to try out being a hostess, waitress, or dishwasher, then a summer job at a restaurant could be for you. Check local restaurants' websites as they will likely be advertising the need for people to apply. You can also drive by the restaurants you want to work at and check to see if there's a sign announcing that they are hiring.

Jobs in manufacturing and construction are also looking for employees. These jobs can be for a shorter or longer term but often require a lot of physical activity. So if you are up for the challenge, then this might be the kind of job for you.

Delivery services are still hiring as well. If you have your own car and would rather make your own schedule, apps like UberEats or DoorDash may be for you. If you love grocery shopping and



have your own car, then something like Instacart grocery delivery could be a perfect way to make some extra income.

If you love lifting heavy things and driving, then maybe try a job with a moving company. The summer is one of the peak times for move-ins or move-outs, and the current housing market is very active, so there are likely to be plenty of jobs you can take up for the summer at a moving company.

## SCHOOL UPDATE: MOSS PARK ELEMENTARY SCHOOL

BY DR. STEPHANIE OSMOND

To say this year has been fluid and uniquely unprecedented would be an understatement. Of course, we all know how hard our students and teachers worked this year. Our Moss Park team has always taken pride in ensuring that our students receive the best elementary school experience we can offer. We ensure that their academic needs are met, but we also recognize the importance of building a love of school and learning that can only come from creating memories. This year, we were able to ensure that, no matter which mode of learning our parents selected, our students were still able to create fond memories. This

was done primarily through a solid partnership with our incredible Parents and Teachers Association (PTA).

Over the years, Moss Park established traditions around many events that have become community staples our families look forward to. This year, knowing they would have to tackle every event differently, the PTA fully adapted in order to support emergency orders and ensure the 600 face-to-face students and 400 LaunchED students made the best memories possible.

We want to thank everyone who joined PTA, donated through the pledge drive, purchased items like Spirit Shirts and Spirit Stick Packages, and more. Your contributions made a difference and helped us take events we have done in-person over the years



and pivot them to where all students, whether face-to-face or LaunchED, could enjoy! From the Holly Jolly Drive-Thru to our virtual STEM Night, our Building Workshop to our Virtual Paint Nights, your support of the PTA helped fund these events for MPE students, making this challenging time brighter with memories they'll have forever.

## NAMASTE WITH NATALIA: FOREARM STAND

**PINCHA MAYURASANA**  
*Your Monthly Yoga Pose*

ARTICLE BY NATALIA FOOTE  
PHOTO BY KELLY RODRIGUEZ

We hold each other up because, in union, there is strength. *Pincha* means chin or feather, and *mayura* means peacock. The posture is referring to the feathered dance of the peacock. It is a light feeling, airy and beautiful. Forearm stand is also quite challenging. It is a posture that tests both your balance but also your fears. Inversions are liberating, but they require dealing with a fear of falling or injury.

Fear lives all around us. We are predisposed to worry and fear the unknown. For some, the rush of fear raises their desire to challenge themselves. For others, fear is stifling, and instead of engaging the individual, it stops them from testing what is fearful, in essence becoming stuck. Having a good internal compass allows us to understand the presence of fear and take calculated risks.

Imagine the last time you ordered a new meal or tried a new sport? New experiences come with a degree of uncertainty. Allowing yourself to feel the uncertainty but still pursue the new behavior trains your fear center to reduce its grasp on you. Regardless of the outcome of your new experience, the fact that you tried something new allowed your mind to expand the capacity to feel fear and go with it.

*Pincha mayurasana* is a posture that always brings me a great deal of fear. As an instructor, I rarely teach it, and as a practitioner, I rarely practice it. Seeing the floor makes me believe I am going to fall on my face. And unfortunately, it is a fear based on my vivid imagination (as most fears are), not actual experience.

This picture was taken with my wonderful friend and owner of Sunlight Yoga, Bree Parrish. She basically talked me off the ledge while another great yogi friend, Laurie Hassell, held my feet. Laurie moved, and I held the posture just long enough for the amazing photographer, Kelly Rodriguez, to snap the shot. Laurie was edited out as she was running away. I wish I had the version with Laurie running to share my truth.

Always consult your medical professional before attempting new athletic challenges, and for this particular posture, please practice alongside a wall.

1. Grab a yoga block and a strap and face a wall.
2. Place the yoga block between your hands and then tie the strap between your biceps to create tension. Make sure

your elbows are inline or even slightly in from your shoulders. The straps will make sure your elbows and forearms aren't sliding outward or away from your shoulders while the block keeps the focus inward.

3. Come into dolphin pose with your hips high. Make sure your gaze is toward the block or even past it toward the wall.
4. Lift the right leg, keeping the adductor engaged so the energy and strength of the leg is coming up and inward.
5. Come onto your left toes and begin to lift the left leg into *pincha mayurasana*.
6. Continue to send the energy inward and upward using the strength in the back muscles to keep you aligned.
7. After the posture, sit in child's pose for 5-10 breaths.

Make sure to use the wall and try not to force or jump the second leg up. Let it lift up as a result of the oppositional force.

When in doubt, grab a few trusted friends to help you get over your fears. Allow their strength to help you gain yours!

Namaste.



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# TO NONA & BEYOND: THE LAUNCH OF CREW-2

BY EMERSON & ETHAN WALSH

On a clear Friday morning, at 5:49 a.m., the Crew-2 mission lifted off from LC-39A. Launching into orbital sunrise, the Falcon 9 rocket's exhaust plume generated a magnificent neon-blue nebula that stretched across the northern horizon – easily visible from many parts of Lake Nona. It was quite possibly one of the most beautiful things we have ever witnessed. The atmospheric effect that was responsible for this awe-inspiring display is called twilight phenomena. It typically occurs when a rocket launches 30-60 minutes before sunrise or 30-60 minutes after sunset.

The SpaceX Crew-2 mission carried four veteran astronauts to the International Space Station for what will be an approximately six-month stay. The astronauts are Shane Kimbrough (commander), Megan McArthur (pilot), Akihiko Hoshide (mission specialist 1), and Thomas Pesquet (mission specialist 2). This represents the second operational flight for NASA's Commercial Crew Program. The Dragon capsule on this mission, Endeavour, had previously been flown on the historic Demo-2 mission that had launched Bob Behnken and Doug Hurley less than one year prior. Consequently, Megan McArthur actually flew in the same capsule as her husband, Bob Behnken! Another interesting crew fact – Akihiko Hoshide has now flown on three separate spacecrafts: the Space Shuttle in 2008, Soyuz in 2012, and now Crew Dragon in 2021. That is an impressive amount of flight experience!

The next crewed launch, Crew-3, has a NET (No Earlier Than) date of Oct. 23. That may be a long wait, yet there will be many amazing launches in the interim. We will be here to document and share them with you.



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# LIFE'S REWARDS: FIRST-OF-ITS- KIND SERIES NOW STREAMING

ARTICLE BY NATALIA JARAMILLO  
PHOTOS COURTESY OF ERIK VAN LENTEN



**L**ife's Rewards is the first-of-its-kind scripted entertainment series produced for a destination. The series tells the story of a man from New York who works in finance and travels to Florida for a conference; he becomes stuck in the state with no money, forcing him to use his reward points to live.

"From the filming aspect, it wasn't too different, but from the writing aspect, that's where the most differences were because it's so specifically targeted toward tourism but in a narrative way," director of photography Erik Van Lenten said. "It's not a tourism commercial. The project just highlights a lot of fun locations and a lot of things to do in Florida, specifically around the Tampa/St. Pete area."

The unique project also had most of its cast and crew stay and film on-location, including editor Brian Shephard, who edited as the series was being filmed. This is not the typical format that longer-form projects are filmed in, which makes the series even more different.

"There's a lot of commercials and promotional videos and stuff, but never have I seen the use of a narrative show as a vessel for creating buzz for



tourism," Shephard said.

The project, which was funded by the tourism board, was filmed in about four weeks and shows multiple locations throughout the Tampa and St. Petersburg area.

Everything needed for the production of the project came from Central Florida with nona.media providing most of the camera equipment and production support.

Rhys Lynn, first assistant camera on the project, co-publisher of *Nonahood News*, and founder of nona.media, believes that the Central Florida filmmaking industry is coming back due to the year-round filming opportunities and temperatures.

"Film brings a lot to an area. It brings a lot of jobs and a lot of money to local businesses," Lynn said. "The more that we can push local filmmaking, the better. And I think it's good all around."

Lynn hopes to continue being part of filming projects and expand nona.media into a media production company that takes on bigger and better projects.

"I'm really proud of what we created," Lynn said. "I really like filming locally because it has the ability to positively impact local businesses and push them forward, which we are always trying to support." nona.media is currently on set filming for another project coming soon.

*Life's Rewards* premiered on May 1 at The Sunscreen Film Festival in St. Petersburg and is now streaming on Amazon Prime Video, [VisitFlorida.com](http://VisitFlorida.com), Places.Travel, and GoUSATV.

# BEST FRIENDS IN THE NONAHOOD: YOU CAN CALL ME CHARLIE

ARTICLE BY PATRICIA REBER  
PHOTOS COURTESY OF HILARY KROMBEL



**T**he word "no" was not an option for Ernesto and Hilary, a physician and physician's assistant who are the proud parents of Charlie, a two-year-old, all-white Goldendoodle. Each time they visited their friend and saw this little

runt of the litter, they became more and more attached. Although their work hours were demanding, they were not in the market for a dog – well, you know the rest. Charlie now owns Ernesto and Hilary!

When they brought Charlie home, she was instantly integrated into the family with two cats, Steven and Johnny, who welcomed her with delight and even "groomed" her curly hair upon arrival. Charlie lives at Pixon and is quite well-known around their neighborhood. In fact, the staff at Foxtail saves treats for her. Charlie won the pooch contest at Pixon and is often referred to as the Pixon Pup. I am sure she'll have her own agent soon!

Hilary immediately had Charlie socializing by bringing her to the dog park to play with the other pooches. Charlie wiggled fast and furiously at the entry gate to the park waiting for Hilary to catch up to her and open it. The other PAW-RENTS looked at each other with a bit of fear. How is this little dog going to handle running with the big kids? Well, Charlie surprised everyone! She flew into the park like a bolt of lightning. Her short legs didn't stop her at all. When she is finally done running after quite some time, her white fur paws now brown from the dirt, Charlie goes home and runs to the shower. Charlie loves shower time – nothing like settling in for a relaxing evening. Charlie is ready!

Charlie and her family will soon be moving to Baltimore so Ernesto can move on to his fellowship. Everyone will surely

miss this adorable, spunky pooch who has captured the hearts of so many. We wish you the best as we all say, "Goodbye, Charlie!"

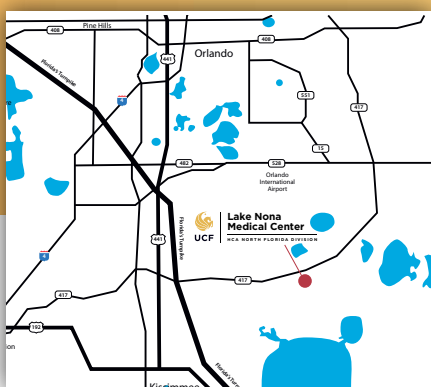


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# NONA YOUR NEIGHBOR: DR. ARCHITA PATEL

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF DR. ARCHITA PATEL

**D**r. Archita Patel is an emergency medicine physician at AdventHealth Lake Nona and a Nonahood resident. Read our interview with her below!

## Nonahood News: What is your job?

Dr. Archita Patel: I am an emergency medicine physician. I work in the emergency department (ED). I see anybody that presents at the ED and evaluate them. From there, I determine the next steps that need to be taken.

## NHN: Do you have a day-to-day schedule?

AP: Not really. With emergency medicine, my shifts are assigned. So it's not a regular schedule. From a given week, I could work two to three ... to five shifts. You never know what kind of patients you're going to get or what [Emergency Medical Services] is going to bring through the door.

## NHN: Do you enjoy having an atypical schedule? Or would you prefer a consistent schedule?

AP: No, I enjoy not knowing what's coming next. I do like that. It's fast-paced. There's an unpredictable nature.

## NHN: What is the most challenging aspect of your job?

AP: Not knowing what you're going to be walking into each day. You don't know how many patients are going to be in the waiting room and the department itself, what kind of severity of the symptoms they'll have.

It's the unknown. That's the challenge, but it's also why I chose the specialty.

## NHN: What is the most rewarding aspect of your job?

AP: You tend to develop a relationship, whether it's with the patients or their families. And while it's for a short time, during their stay at the emergency department, you form that bond. You also get to work with an amazing team that includes the nursing staff, the technicians, the different specialists. You get to build relationships with everybody you work with.

## NHN: What got you interested in doing your current job in this area?

AP: I've always known I wanted to go into medicine. I chose emergency medicine after doing my rotations in medical school. Now, in terms of why I chose Lake Nona, I always knew I was going to work in the Orlando area. I met my husband, who is from Orlando, and I knew I was going to come back to Orlando. We chose to purchase a home in Lake Nona, and when my employer found out that I was settling down in Lake Nona, they were able to find a position for me here to make the commute and everything easier on me.

## NHN: Where are you from originally?

AP: I grew up in Lakeland. I moved to Lakeland from New Jersey when I was really young. I left Lakeland for school and training and residency. I was able to come back to Florida after I was ready to settle down.

## NHN: Where do you see yourself in the next five years?

AP: I'll probably be right here. I'm hoping to stay at my current job. And we found our dream home. So, I'm pretty sure I will be right here in five years. I'm also hoping to add a few kids to our family.



## NHN: Do you have any hobbies, collections or interests?

AP: I recently graduated residency. While you're in school, you don't really have time to focus on your hobbies as much, but my husband and I had started traveling before the pandemic hit. I haven't been to too many places, but we did go to Seattle and [did] a few hikes there. We've mostly just traveled domestically. My next place would be Europe. We also enjoy outdoor activities. We like to go hiking, biking. We have our seven-year-old dog, so we love going to parks with her. I try to also get in my quiet time as much as possible.

## NHN: When did you move to Lake Nona?

AP: Last year, September.

## NHN: What is your favorite thing about Lake Nona?

AP: When we were first checking out the area, we visited often to see the restaurants, the farmers' market in the Town Center on Saturdays. With the pandemic, it's been a little different. I do like how family-oriented the area is. There are a lot of great restaurants and a lot happening in Lake Nona. I'm excited to explore it. Also, before we bought our home, we met a few of our neighbors. Everyone is really sweet and friendly.



## NHN: What would you say to anyone who is considering a move to Lake Nona?

AP: I would say it's something that they should do. I think the best thing to do is just explore the area, and they'll get to see for themselves how great it is. Especially with all the new fitness facilities that are going up and lots of outdoor activities. Lake Nona is very family-friendly. And while we don't have any kids right now, the hope is to add a few kids. Lake Nona is a perfect place for a child to grow up.

# SUNNY SIDE UP: SMELLY SHIRT

BY PHILIP LONG

**T**o live in Florida is to sweat. If it were up to me, we'd go clothless, as in survival situations where modesty takes second place. That's why I'm upset with clothes that promise a similar experience, like dry fit.

Dry fit comes in a variety of brands – Clima-Cool™, thermaskin, permafrost, silly string – but these clothes exact a cost. I remember buying my first dry-fit shirt in the mid-'90s and the salesman saying that the fabric doesn't smell. He must have been a hardened criminal because he couldn't have fabricated less truly about this fabric. An honest person would have said that dry fit smells like Hades.

This putrid, rancid horror has plagued me ever since we moved to Florida. And, I ask you, how in the world am I to keep my shirts from smelling while sweating 50 times a day?! And, and, so far as to the "sweat-wicking" properties of these fabrics, the manufacturers must derive devilish delight in leaving those out!

When I work out, I become a human fountain, and the fabric really comes into its own. Once the fabric is triggered, other sufferers flee the gym clutching bloody noses. My own eyes stream in pain as I scramble to get the shirt off, but the shirt doesn't want to leave. It clings to my slippery back like a sucker fish, stretching to impossible distances.

I believe the fabric is part mildew. And now all of my shirts possess a mildew activation point. All that they need to activate is a slight rise in temperature. For me, this could be a look from my wife, saying something like, "Did you really not eat the last of the ice cream?" In an instance like this, I can turn a white shirt into a tie-dye blouse, with accompanying mushrooms and fungi.



And the smell of me is death. I call the smell "skunk envy," positively not to be sold in stores. I imagine bars could use these shirts for closing time, "Get your free dry fit at 1 a.m.!" They could add a little ditty like this:

*At the bar and can't go home,  
Feeling sad and all alone,  
Find you a shirt and a smile,  
People will smell you for a mile.  
Tum-ti-tum-tum, yes-sir wee,  
Tum-ti-tum-tun, no-sir woe,  
We will turn you out tonight,  
Please go out, you smelly blight!*

I imagine there being other uses for this horrid fabric, like chemical warfare. But my wife and I started our own futile war to rid this fabric of mildew (preposterous, I know). Our war escalated quickly after multiple lackluster washings. We tried vinegar, baking soda, dish soap, toothpaste, coconut oil, kitty litter, and the kitchen sink. We beat my shirts with sticks, danced wildly upon them, smoked them over a fire, and dipped them in acids. Oh, the vanity! Muriatic acid actually got rid of the smell, though it left us with a small blob of congealed goo.

Turning to goo may be what this fabric wants. At some point, it was deep underground in an oil well, living a perfectly happy life as a slimy little substance. And hey, it smelled great (I'm one of those people that likes the smell of oil). I can see it bobbing around in a state of bliss, dreaming of the day it gets to ignite and blow up the next oil well. It was never meant to become clothing. Something so foreign to its existence must have made its stomach churn. I mean, would you want to become a fabric worn by humans? Doesn't the idea give you a little gas, too?

Here I must pause for a brief moment and let the thought of the odor clear. I met a man the other day who said he didn't know what I was talking about. He claimed that his shirts didn't smell. After checking his pulse to see if he was lying and/or a human being, I realized that perhaps the fabric is choosy. This disturbs me. Why was I chosen? What is it that I ever did to it? And what is its endgame?

While the answers to these questions elude me, I take comfort in the fact there are answers to questions I may not want to know. And I suppose the mystery of the horrid odor that emanates from this insidious fabric is simply beyond humanity's ability to unravel.

# TOUGH THINGS TO TALK ABOUT: ONE YEAR AFTER THE GEORGE FLOYD BLACK LIVES MATTER PROTESTS

BY NATALIA JARAMILLO

**I**t's been a year since last summer's Black Lives Matter protests that were sparked by the murder of George Floyd. The trial of Derek Chauvin, the police officer who knelt on the neck of Floyd for over nine minutes, came and went, and he was found guilty of Floyd's murder. In the last year, there have been many police reforms across the country. The George Floyd Justice in Policing Act was introduced in Congress but has yet to be finalized and voted on by the Senate. The act would limit officers' protection from lawsuits and establish a national registry of police misconduct throughout the country. In Florida, we have also amended many different laws related to last summer's Black Lives Matter protests.

Gov. Ron DeSantis signed a bill into law in May often called the "anti-riot" law, which increases law enforcement's power over civil unrest. Many civil rights groups called the law "an infringement on the first amendment rights to peaceful protests," according to *The Orlando Sentinel*. The law also allows for tougher penalties for anyone who participates in violent protests in Florida. A non-profit group called the Legacy Entertainment & Arts Foundation filed a lawsuit against

DeSantis regarding the "anti-riot" law and the group's belief that the law infringes on people's first amendment rights, according to WESH 2 News.

State lawyers will independently review officer-involved shootings along with the Florida Department of Law Enforcement. This brings more independent reviews of officer-involved shootings than ever before.

There are also many police reform bills awaiting approval in the Florida Legislature. One bill will try to outlaw the arrest of children under seven after a video went viral of a 6-year-old Orlando girl being arrested following a tantrum and punching a teacher at her school.

There are many other bills that reform policing by creating databases to share widespread abuse of power and by enforcing officers to wear body cameras. These reforms are just the beginning of fixing the problem across the country and within our own communities. In Florida, Orange County Sheriff John Mina took time last year to hold virtual community round-table conversations where policing and race were discussed.

The increased discussions among different communities and the increased rate of police reform bills that still have yet to pass are just the start. Change is still needed, and there is still work to do. Since last summer, police shootings have not stopped. Recently, police officers have fatally shot 16-year-old Ma'Khia Bryant, 42-year-old Andrew Brown Jr., and many more who have not been named yet. The investigations are ongoing, and the police reforms still aren't coming fast enough to ensure we are all safe in this country because it continues happening.

A year after George Floyd's death, there have been more outcries for reform. But while many states, including Florida, have listened and attempted to begin the change in our legislation, there is still a long way to go to actually pass those bills into laws.

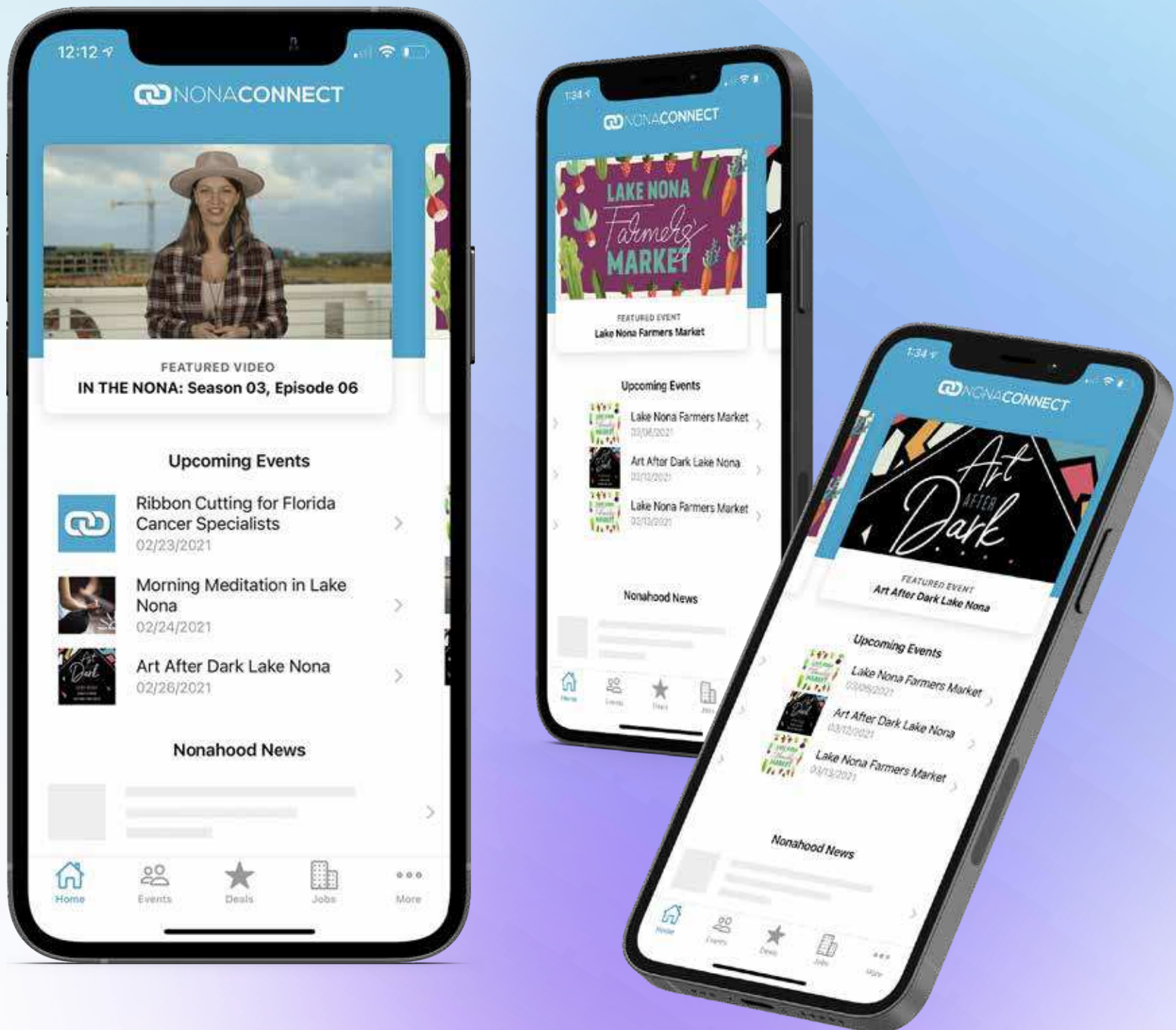




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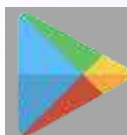
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