



THE ARTIST: HEALTHCARE HEROES

ORLANDO HEALTHCARE HEROES



2

PUBLISHER'S NOTE: SECOND HALF OF THE YEAR DAY



3

THE LIVING ROOM OF LAKE NONA



4

UCF LAKE NONA MEDICAL CENTER NOW OFFERS INCISIONLESS BRAIN SURGERY



4

TOUGH THINGS TO TALK ABOUT: WHY THIS FOURTH OF JULY WILL BE LIKE NO OTHER



DOWNLOAD the new
Nona Connect app today!



Download it from
APP STORE

Download it from
GOOGLE PLAY



<https://nona.link/app>

REAL ESTATE MARKET STILL *Hot!*

PENDING 1 DAY ON MARKET



8727 LAUREATE BLVD, ORLANDO, FL 32827
3D Tour: bit.ly/8727LaureateBlvd3D

PENDING 1 DAY ON MARKET



12600 SNELL LN, ORLANDO, FL 32827
3D Tour: bit.ly/12600SnellLn3D

PENDING 2 DAYS ON MARKET



19701 QUARTERLY PKWY, ORLANDO, FL 32833
3D Tour: bit.ly/19701QuarterlyPkwY3D



Nonahood News LLC
6555 Sanger Rd
Orlando, FL 32827
PAID
CALLAHAN, FL
PERMIT NO. 4

Publishers/Owners

Rhys & Jenny Lynn

Editor-in-Chief

Demi Taveras

Director of Content

Nicole LaBosco

Production Manager

Kyle Hamm

Writers & Reporters

Camille Ruiz Mangual, Cindy Coffman, Daniel Pyser, Demi Taveras, Dennis Delehanty, Don Long, Emerson Walsh, Ethan Walsh, Felicity Mae Gomer, Katie Jasiewicz, Kelly Komisaruk, Natalia Foote, Natalia Jaramillo, Nicole LaBosco, Patricia Reber, Philip Long, Rodney Gage, Sharon Fuentes, Todd Campbell

Proofreading

Joe Henry

Layout Design

Marnie Brophy

Creative Director/Producer

James Rayner

Submissions

If you have news you would like to share with your community, visit nonahood.to/stories or email press@nona.media.

Advertising

For rates, deadlines, and specifications, visit nonahood.to/ads or email sales@nona.media.

Nona.media, LLC is an independent, privately owned company. All submissions become the property of Nona.media, LLC. All rights reserved. No portion of this paper may be reprinted without permission of publisher. All advertisements, announcements, and articles submitted are subject to refusal or editing at publisher's discretion. © 2021.

Nonahood News is a nona.media publication

NONA.MEDIA

EDITOR'S NOTE: SECOND HALF OF THE YEAR DAY

**WE'RE HALFWAY THROUGH 2021.
ARE YOU WHERE YOU WANT
TO BE? ME NEITHER.**

BY HEATHER SKUMATZ



July 1, 2021 is Second Half of the Year Day according to "Days of the Year," a website likely bookmarked by every morning radio DJ in the United States. (July 1, 2021 is also National Gingersnap Day and International Reggae Day, if you need an excuse to pull out your Bob Marley records.)

As the 182nd day of the year, July 1 is the midway point—a convenient spot to pause during on our collective journey through the calendar year.

An Independence Day audit?

There's never a bad time for self-reflection in my book. Early July, when many of us have additional time off for Independence Day, can be a great opportunity to examine our lives through a sort of "You are here" framework.

But *how* we take stock of our progress is even more important than the act of taking stock.

If you're like me, you probably don't think you need to do this; you already know that you aren't at all where you wanted to be.

But is that a bad thing?

Not exactly, says Sam Bennett, author of "Get It Done: From Procrastination to Creative Genius in 15 Minutes a Day."

Here are a few suggestions for ensuring you have a healthy-minded approach while evaluating your progress on your own personal goals. (Spoiler alert: none of them involve berating yourself for not doing "better" or being further along.)

Persistent desire is a good sign

Most of us can list plenty of things we want to achieve in our lifetimes. But identifying the exact way we will get there can be, well, trickier. Agonizingly elusive. Frustratingly nonlinear. Or just plain overwhelming.

No surprise, then, that we can find ourselves feeling a little less enthusiastic about the likelihood of achieving a particular goal on Day 182 than we were on Day 1.

However, stalling out is OK, according to Bennett—particularly when it comes to a goal, project or idea that has been nagging you for a long time.

This, she asserts, can be a sign that your goal/project/idea truly matters to you. "The truth is, procrastination is persistent desire," Bennett writes. (Wait, what?!)

And if it matters so much, why do we put it off?



To get big, think small

"If you find yourself procrastinating," Bennett writes, "your project is too big!"

Making a "could-do" list—notice, this is not a "should-do" or even a "to-do" list—can give you a boost. You may discover a few items that are so simple, that require so little effort, that, well, you probably *could* do them today. Right now. Perhaps even in the next five minutes.

This way, each action item becomes a tiny choice, not an obligation. (Oh. Huh.)

And devoting just 15 minutes a day toward your most cherished projects can bring about big changes over time, says Bennett.

If you started, say, practicing a new language for just 15 minutes, beginning today and continuing for the next six months, where do you think you might be on December 31?

Celebrate each achievement

Any forward progress should be recognized as a positive in and of itself. Unfortunately, the human brain isn't exactly wired this way, says Bennett.

"We're hunter-gatherers, so we're always on to the next thing," she explains.

And because the human brains was programmed with negative bias—meaning we are biologically compelled to remember the bad more easily than the good—keeping a list of weekly wins allows us to collect those tiny victories we'd otherwise forget.

"It's critical to take a moment to notice what's going right in your life—whatever that means for you right now," Bennett writes.

Accept the good

I'm sure your last six months (and mine) have been full of many, tiny, personal wins. Ah, if only we could remember them!

On this Second Half of the Year Day, take a moment or two to check in with yourself. Take stock of all of the good in your life.

Redouble your efforts, if necessary, regarding a goal that you know beyond all reason is truly important to you. Make a "could-do" list; see what items light you up like fireworks.

As for as the rest of it, just take it easy.

Here, have a gingersnap.



ELEVATE YOUR CARE

OneMed is your premium level of healthcare in one clinic centered around mind and body wellness with a multidisciplinary primary care and psychiatry physicians team offering 24/7 access, exclusivity, and personalized care.

**JOIN THE MOVEMENT
TOWARDS WELLNESS**



1-833-ONEMED1



www.onemed.clinic

FOLLOW US ON



enrollment form is on the website



THE LIVING ROOM OF LAKE NONA

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF THE LAKE NONA WAVE HOTEL



Everything you know about architecture, technology and hospitality are about to change with the reveal of the Lake Nona Wave Hotel. CoralTree Hospitality and the region of Lake Nona will bring a game-changing, show-stopping retreat to residents and visitors who wish to Work, Play and Live. As the living room of Lake Nona and as an architectural focal point, it is impossible to deny the whimsical extravagance of the Wave Hotel.

The Wave will feature elements and features inspired by energy. It will incorporate art and technology at every touching point to ensure that their guests are inspired and relaxed while also providing quick access to Orlando's many attractions as well as the great things Lake Nona has to offer: culinary adventures, high-tech sport training facilities, proximity to Orlando International Airport, and a hub for wellness and innovation.

The luxurious hotel offers 216 guest rooms, 16 one-bedroom suites, and two penthouse suites. Rooms will feature playful art, custom furniture, and dramatic wall coverings; on the technology end, the Wave will utilize touchless entry, View Smart Windows that tint using predictive intelligence, voice-automated in-room controls, TOTO smart toilets, Healthe Inc. Cleanse Solutions, in-room tablets, a robust mobile app from which most features can be controlled, and much more. The app can be used for requesting spare toiletries one may have forgotten, ordering food in advance, and finding local events to attend.

"There is simply nothing else like Lake Nona Wave Hotel in Orlando. We are excited to be bringing an entirely new and distinct experience to this area," said LNWH general manager Suzie Yang.



Blue Lantern Studios' design and Amy Parry Projects' art selections collaborate to present artistically astounding interiors in each of the Wave's rooms. The concept revolves around the usage of energy; every touch is thoughtfully curated and translated from real energy into interactive pieces like kinetic chandeliers and digital art. These "playful, unexpected moments to stimulate the imagination" are meant to inspire its guests whether in their work, their art, or their creativity in general.

On the Wave Hotel's front step is our beloved Town Center and upcoming Lake Nona Performance Club. Guests will have exclusive access to the elaborate exercise facility, complete with Chopra's Mind-Body Zone and Spa, ROX rock climbing, golf training by InClubGolf, and more state-of-the-art amenities. Leaving either location introduces you to the hub of the region: Town Center. Guests at the Wave will experience our robotic lawnmowers, autonomous vehicles, upcoming air taxi network, several upscale and unique dining options, and several recreational activities for the family such as USTA, Drive Shack, Nona Adventure Park, and more.



The interior and exterior of the hotel are equally artistic and lavish. Lake Nona's director of landscape architecture designed the outer spaces with a flair specific to the Wave. These outer spaces are as exciting and enjoyable as the art and energy-focused style within.

Event space will also be available at Lake Nona's newest lodging – 12,000 square feet fit to serve any needs that feature plenty of natural lighting, UV-filtered air filtration, Wifi 6, and other leading-edge technologies.

The Wave is home to two destination-dining restaurants and two mixology-minded cocktail bars. One of the eateries will overlook Town Center and be available for guests in the evenings while the second restaurant will be open for all three meals and overlook the pool.

This immersive and luxurious hotel is now available for reservations. Rates will begin at \$250 and guarantee a restful and top-of-the-line stay for visitors to Lake Nona as well as for our own residents.

"We invite guests to retreat to Lake Nona," said Yang, "where world-class wellness and culinary experiences are enhanced by thoughtful technological touches all at the heart of a beautifully designed community."

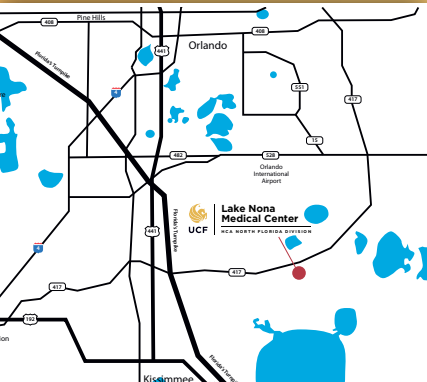


safe. ready. expert ER care.

When you need emergency care, come see us.

We have specially trained emergency experts and are taking extra safety measures.

No more wondering. Choose our ER and get the care you need now. We're ready to help.



Lake Nona Medical Center
HCA NORTH FLORIDA DIVISION

UCFLakeNonaMedicalCenter.com | (689) 216-8000
6700 Lake Nona Blvd. Orlando, FL 32827



TOUGH THINGS TO TALK ABOUT: WHY THIS FOURTH OF JULY WILL BE LIKE NO OTHER

BY NATALIA JARAMILLO

This year, the Fourth of July will look different. Yes, the pandemic will still have some influence over this year's Independence Day activities; however, the cases are decreasing, and new CDC guidance is allowing many to go maskless. President Biden will open the White House this year for fireworks, which signifies another step out of the pandemic.

President Biden has stated that a 1,000-person group of essential workers and military families will be on the South Lawn of the White House for a fireworks celebration on the 4th of July. The Biden administration even encouraged other Washington, D.C., leaders to hold similar celebrations. This is a very large step suggesting that the pandemic is not a cause to hold off on celebrations anymore.

This also suggests that gatherings are now acceptable. The impact that the last year has had on our ability to socialize makes this move by the current administration the most significant demonstration that we are almost back to normal. The U.S. is still behind on its goal to vaccinate 70% of adults by July 4th. However, Biden's move to allow the White House to open for a crowd points that we are heading in the right direction.

Another difference this year's Independence Day will have is the possible firework shortage. Phantom Fireworks, the country's largest consumer-based firework supplier, is encouraging people to get their fireworks early this year as they are predicting they may run out. Last year's Fourth of July also saw a shortage in consumer-based firework supply because more people stayed at home and watched their own fireworks instead of going to crowded events as they did years prior.

"Like many other industries, the fireworks industry has also experienced delays due to shipment challenges facing the global market," Alan Zoldan, Phantom executive vice president, said in a statement. "The good news is that we prepared early in anticipation of high demand again this year and are encouraging Phantom customers to do the same."

â°In combination with President Biden encouraging celebrations, there may be less of a demand for personal-use fireworks, but supplies are still lower than demand.



UCF LAKE NONA MEDICAL CENTER NOW OFFERS INCISIONLESS BRAIN SURGERY

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTO COURTESY OF UCF LAKE NONA MEDICAL CENTER

On June 8, UCF Lake Nona Medical Center became the first hospital in Central Florida to provide an incisionless brain surgery to treat essential tremor (ET) and tremor-dominant Parkinson's disease that is unable to be controlled with medication.

ET is a progressive neurological disorder characterized by tremor, often in the hands, trunk, voice, legs or arms. ET severely impacts patients' abilities to perform daily activities. The disorder affects an estimated 10 million Americans, which is 10 times the number of people living with Parkinson's disease. Tremors are the primary symptom of ET and affect about 10% of patients.

Employing focused ultrasound, guided by magnetic resonance imaging (MRI), the contemporary, scalpel-free therapy targets soundwave energy into the brain. This process treats the tissue causing tremors. This is an incisionless procedure and does not require anesthesia. Many patients experience instant improvement in hand tremor with minimal reported complications.

"For patients who qualify, MRI-guided focused ultrasound provides an incisionless treatment option, performed on an outpatient basis with short recovery time and often immediate results," said Dr. Nizam Razack, neurosurgeon at UCF Lake Nona Medical Center. "Not only are we the first hospital in Central Florida to offer focused ultrasound for essential tremor, we're also one of the very few centers nationally capable of providing the procedure. By expanding access to this treatment here in our region, we can help restore independence and provide relief for individuals suffering from debilitating and progressive tremors."

Jen Stratton, one of UCF Lake Nona Medical Center's first patients, underwent the procedure on June 4. Stratton was diagnosed with ET at the age of six. The most predominant tremor is in her hands, but she finds that if she is really nervous, she experiences tremor throughout her body. Throughout her personal and professional life, she has made adjustments for the tremor, but it has presented her with unique struggles. She hopes to encourage others with the same debilitating condition to believe that there is hope.

This procedure was approved by the U.S. Food and Drug Administration (FDA) in 2016 as an alternative to deep brain stimulation (DBS). DBS is a more invasive form of treatment. Benefits of MR-guided focused ultrasound include:

- Quicker recovery time with patients returning to activities within days
- Reduced risk of infection due to the incisionless procedure
- Substantial and nearly instant reduction in hand tremors

"When we opened UCF Lake Nona Medical Center in March, we made a commitment to the residents of Lake Nona and surrounding communities to not only increase access to excellent, patient-centered care in the region but also to bring innovative technology, treatments and tools to Greater Orlando," said Wendy Brandon, CEO of UCF Lake Nona Medical Center. "The launch of our incisionless brain surgery program demonstrates that commitment. We are proud to bring this revolutionary procedure to Central Florida and look forward to the tremendous impact it will have on improving the lives of our patients."



To learn more, please visit ucflakenonamedicalcenter.com/service/neurological-services.



GREATER ORLANDO BUILDERS ASSOCIATION ANNOUNCES 68TH PARADE OF HOMES

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTO COURTESY OF GOBA

The 68th annual Parade of Homes Orlando invites Central Floridians to experience more than 50 of the finest homes and apartment communities throughout Greater Orlando during the free, self-guided tour taking place Saturday, July 10, through Sunday, July 19.

Parade of Homes Orlando is the signature event hosted by the Greater Orlando Builders Association (GOBA) to showcase Central Florida's most exciting and inspiring home builders and designers. Guests are invited to discover innovations in homebuilding, architectural design, energy efficiency, smart homes, outdoor living, interior style, remodeling and pool design.

For the 2021 parade, GOBA – the educator and promoter of the housing and building industry – partnered with the Apartment Association of Greater Orlando (AAGO) to include six apartment communities offering a multitude of amenities and impressive floor plans throughout Central Florida.

Parade of Homes Orlando is open to anyone interested and enthused by stylish home design, whether you are looking for a new home or apartment, reimagining your current space, or in search of a spark for inspiration.

The 2021 Showcase Home for Parade of Homes is the Corbeil by Toll Brothers. The home features luxury in a relaxed environment at the company's Shores at Lake Whippoorwill community in Lake Nona. The architectural design emits contemporary elegance with emphasis placed on luxury and comfort. The home also boasts an extraordinary double-door entry into a two-story foyer with brilliant views to the outdoor living area.

The Corbeil home is a 5,029-square-foot, 4-bedroom, 3.5-bath home featuring an open



floor plan with a great gourmet kitchen at its center. The kitchen is complete with a large island and walk-in pantry, along with proximity to the great room, casual dining area, dining room, and covered lanai suitable for entertaining.

The Corbeil's primary bedroom was designed as a solitary retreat with a spacious primary bedroom suite that includes two walk-in closets and an opulent bath, highlighted by a large shower with two seats. The second floor features a kids' tech area and workspace as well as a fun bonus room, complete with table tennis. Perfect for enjoying the weather year-round, the home's outdoor living space includes a swimming pool and spa, a raised deck with a pergola, and a sun shelf. The Corbeil is the ideal living space for homeowners who hope to enjoy upscale Central Florida life.

Complimentary guidebooks are available for pickup at Parade of Homes Orlando entry locations and Trustco Banks throughout Greater Orlando from Monday through Saturday and daily at select Sherwin-Williams stores beginning July 6. A list of available pickup locations can be found on the Parade of Homes Orlando website.

Additionally, one lucky winner will be selected at random from official entries to receive a stainless steel Sub-Zero undercounter wine cooler or beverage center from Aggressive Appliances. For more information and online entry, visit www.paradeofhomesorlando.com/contest.

Check out Parade of Homes online to search for entries and plan your Parade route. Their website is the resource to find home and builder information, individual entry daily hours, guidebook pick-up locations, contest entry, and safety practices. For more information, follow @ParadeofHomesOrlando on Facebook, Instagram, Twitter and Pinterest.

LOOKING TO SELL A HOME

IN LAKE NONA?



REALTOR OF CHOICE IN LAKE NONA

As residents of Lake Nona, we are familiar with the area & are experts of the local market. Not only have we helped families find their dream home, but we also specialize in commercial property.

Call NOW to find out how much your house is worth! No obligations!



Limarys Hernandez, Realtor®

407-717-2464
LHernandez@theLizTeam.com
www.theLizTeam.com

4 JULY 2021

IT TAKES A VILLAGE TO RAISE A CHILD

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF THE ALFONSOS AND THE HUTCHISONS

Local efforts involving foster care are attempting to find a home for every foster child. Commission 127 (C127) offers an extensive program meant to support and ease the hardships of foster families and foster children as well as instill a sense of family and codependency in our local communities and churches.

The initiative provides training and resources to any church looking to implement a Family Advocacy Ministry (FAM) within their congregation. Commission 127 trains churches all over Florida and allows them to start their own FAMs with foster children in mind. According to Betsey and Rechaud Bell, founders of C127, “If every church commits at least one family to fostering, every foster child will have a home.”

C127 guides churches into forming Care Communities; these are groups of six to eight volunteers dedicated to serving the needs of foster families, with each volunteer in a specified role. They bring meals once a week, pray for the family, and provide other resources that aid in wrapping the foster child in a caring environment. Foster families are trained in caring for children who have been through terrible, traumatic things, but all children deserve to have a family.

The ultimate goal of foster care is reunification with their biological families – when appropriate. These programs seek to improve the lives of adults who had made bad choices, had unfortunate circumstances, or simply could not undertake parenting without help.

The around-the-clock assistance of your Care Community makes the lives of foster families and children much easier and encourages them to remain in the program with just as much enthusiasm and energy as when they first started. They enrich the lives of the kids and families so that the child is given a healthy, loving community of people around them. While over 50% of families stop fostering after just one year, the implementation of C127 has greatly improved the odds of retention.

“Our last survey found that after being connected to C127, 76% of the foster families kept their home open and said yes when they previously would’ve said no to receiving sibling groups,” said Betsey and Rechaud. “This is a huge win!”

C127 also offers CarePortal in addition to the Care Community Model. This virtual platform allows caregivers and caseworkers to submit requests for assistance, which are immediately received by participating churches nearby. This interconnected medium paves the way for collaboration with other churches and community partners who are looking to help out.

In Lake Nona, where not many churches reside, Harvest Community Church has taken the initiative to start a FAM. Executive pastor Micah Hutchison and his wife, Bethany, who works as the family advocacy director of the church, have a three-year history of opening their homes and hearts to foster children and adoptive children. They have partnered with Choices Women’s Clinic, Safe Families, C127, and Embrace Families in order to better serve and care for their community.

“As a pastor, I feel it is important to help the people of our church grow in the awareness of the needs of families and to likewise wrestle with ways they might be called to help meet those needs,” said Pastor Hutchison.

The Hutchisons are in the beginning stages of launching the FAM at Harvest but are excited to collaborate with these organizations and our Lake Nona residents who are interested in becoming part of the foster family community. They will set the example for neighboring churches who wish to participate. They are looking for what C127 refers to as the “church advocate,” who will be trained in starting a ministry. Volunteers can become part of a Care Community or contribute in a multitude of ways, including mentorship, babysitting, prayer, providing meals, offering respite care, tutoring, donating necessary items, becoming a guardian ad litem advocate, and many more.



them as well. Although they may only be in our home for a season, they will remain in our hearts forever.”

The Alfonsos’ experience with their Care Community has been nothing but a blessing to them. They provide dinner once a week, pray and check on them, and serve any other needs the family requires to take excellent care of their foster child.

“We see this as an opportunity to not only care for the child but also care for the family,” Naomi said.

“With training and guidance from C127, churches raise awareness in their congregations, direct families to receive training, and build volunteer Care Communities around them,” said the Bells. “With over 2,000 churches in Central Florida, it is our desire that even 10% of churches would engage in this work and have a vibrant FAM led by passionate lay leaders as part of the DNA of their church.”



Another Lake Nona couple, Naomi and Angel Alfonso, also have taken the dive into foster care. They had always discussed fostering, but Naomi’s passion for kids without true homes grew and grew. They completed the five full-day parenting classes intended to prepare parents on caring for children coming from difficult situations, a home study inspection, background checks, interviews, and paperwork – and, now, they foster.

“Our life is busier and may seem chaotic to some, but the reward is absolutely worth it. Foster care has allowed God to shape us individually and as a family,” said Naomi. “We have already seen changes in our biological children at ages 8 and 4 as they love selflessly and serve sacrificially, which has been beautiful to watch. The idea initially is that these foster children need us; however, we begin to realize that we needed

How To Be A Top Producer In Real Estate While Preparing For Slow Season

FREE AGENT HEADSHOTS, RAFFLES, REFRESHMENTS, AND CONNECTIONS!

LET'S TALK ABOUT THE CURRENT MARKET, FUTURE MARKET, AND HOW TO BE PROFITABLE IN A SLOW MARKET.

JULY 28, 2021 | 4PM - 6PM
EAGLE CREEK GOLF CLUB
10350 EMERSON LAKE BLVD., ORLANDO, FL 32832
REGISTER TODAY: [HTTPS://BIT.LY/2SVQIWN](https://bit.ly/2SVQIWN)

Zachary Bleznick
VP Of Biz Dev, NMLS #263783
Home1st Lending, LLC

Linda Guzman
Broker/Owner
LIV Realty Inc. & LIV At Nona

Miguel Mouriz
Regional Manager
New American Funding

Sabrina Serrano
Sr. Account Executive
Old Republic Home Protection

Susan West
President Eastern Florida Ops.
Fidelity National Title of FL, Inc.

DON LONG
President/CEO
Lake Nona Regional Chamber

TWIS LIZASUAIN
CEO; Osceola County
Assoc. Of Realtors

KEYNOTE SPEAKERS:

WORK WELL: WAKE UP AND MOVE YOUR BODY!

BY NATALIA FOOTE

We all lead particular lives with varied schedules, and each person you see has a completely distinctive body story or body history. The way I move in the morning and throughout the day differs greatly from the way my husband moves in the morning and throughout his day. We are both vastly different to how our children move in the morning and throughout their day. We all have jobs and responsibilities with varying degrees of sitting, standing and walking. Some of us have previous injuries that affect how we move throughout our day. And although we all live under the same home and share genetic traits, each of our body’s stories is quite different.

Moving our body in the morning allows for blood flow and mood stabilizing. It allows our resting muscles to wake up and primes our brain to function. However, the specific type of movement your body needs can only be determined by you.

Begin by analyzing your daily movement.

What do you do for most of your day? What is your normal routine? What repetitive movements can you identify? Taking account of your current daily activity or inactivity determines your course of morning movement.

Some folks find the morning as the best time to exercise. Although exercise should be a part of your daily routine, let the first morning movements be gentle. Make sure you allow your muscles to wake up with a mixture of static and dynamic stretches before vigorous exercise. Morning movements can take as little as three minutes.

Starting the day with gentle movement or a warm-up routine gets the body primed for the rest of the day’s activities. To be clear, morning movement is not what is considered traditional exercise. Morning movement should consist of gentle movements that allow the body to awaken and open. By incorporating gentle morning movement, you tell the central nervous system (CNS) that you need your muscles to allow for more range of motion for your everyday activities.

The CNS is in charge of your “flexibility.” The CNS determines your ability to stretch at any range based on your CNS tolerance to that range. A patient under general anesthesia can be manipulated to have full range of motion and then some! However, our bodies are not made of taffy that can be pulled and pulled until we reach the desired length. Our CNS is working to protect the body. The CNS needs to be trained to allow for more tolerance in range of motion. This can only be done if you and your body feel safe. Your mind may say you are safe, but your CNS is working to protect itself. Furthermore, our muscles respond to a “use it or lose it” system. If we aren’t telling our bodies in a safe way that we need to be able to reach, we begin to lose the ability to reach.

Recent evidence suggests that when static stretching is included in a full warm-up routine, short-duration static stretching, or stretching for less than 60 seconds per muscle group, may contribute to lower the risk of sustaining musculotendinous injuries, especially with high-intensity activities (e.g., sprint running and change of direction speed). Your morning movement should be dependent upon what the rest of your day will look like.

For example, if you are sitting most of the day, incorporating something to open the hip flexors will create space in the hip area. Sitting and running shorten the hip flexors and that can lead to back pain. Creating space in the hip space can begin to alleviate tension that has built up over time. Perhaps you wear heels for eight hours a day. Lifting the heel shortens the achilles and activates the calf muscles. Showing your lower legs some lengthening stretches is almost like a mini reset each morning.

Taking stock of your daily movements is the best way to create a quick three-minute morning movement routine. Let this be a morning gift to your amazing body.



The center of your financial life is all in the family

Let us help you take care of what matters most

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

Dunnivant, Baird & Associates

C.R. Dunnivant, CFP®

Wealth Management Advisor

321 559 5005

c.r.dunnivant@ml.com

Merrill Lynch Wealth Management


700 CELEBRATION AVE

Third Floor

CELEBRATION, FL 34747-4602

321 559 5005

http://fa.ml.com/Dunnivant_Baird



MERRILL LYNCH
A BANK OF AMERICA COMPANY

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

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

Investment products:

Are Not FDIC Insured


Are Not Bank Guaranteed

May Lose Value

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

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

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



Cardiovascular
Associates

Keeping Lake Nona heart healthy.

407-846-0626
www.cvads.com

Johnson Massey, MD;
Patrick Mathias, MD; Robert Barrett, MD; Thomas Kim, MD;
Mukesh Kumar, MD; Naushad Shaik, MD; Jooby John, MD; and James Warren, MD

NOBEL NOTABLE OF LAUREATE PARK: WILHELM ROENTGEN, INVENTOR OF THE ... ROENTGEN

ARTICLE BY DENNIS DELEHANTY
PHOTOS COURTESY OF WIKIMEDIA COMMONS

This is the 23rd in a series of articles that celebrates the lives of the Nobel Prize laureates whose names grace the 130+ streets of Laureate Park. These laureates are extraordinary individuals who through their lifetime achievements have made our daily lives immeasurably richer, often in ways not readily apparent.

Standing on a sidewalk on a bright December morning in Bern, Switzerland, I examined the medical order my doctor had scribbled out in German. My back ached terribly following a frigid evening of ice skating at the local Eisstadion Allmend, where I had made several turns around the rink carrying my one-year-old daughter in my arms. Relief would be nigh, the doctor assured me, once he had examined my Roentgen. Submitting to a Roentgen exam, whatever that was, hardly sounded appealing. If the procedure in question involved some sort of radiography, then why didn't the doctor say so?

One evening in November 1895, University of Würzburg professor Wilhelm Conrad Roentgen fiddled in his laboratory with a device called a Crookes tube, a crude precursor of the cathode ray tubes omnipresent, until recently, in televisions and desktop computers. This apparatus, invented two decades earlier by Englishman William Crookes, consisted of a glass tube containing a partial vacuum. At each end of the tube were installed electrodes. As electricity was applied to one of the electrodes, a stream of "cathode rays" flowed through the tube that were collected by the electrode at the far end. The precise nature of these "cathode rays," however, remained unknown. Observations had shown that Crookes tubes could produce occasional incidences of faint fluorescence outside the glass. But no scientist had yet applied serious study to these mysterious rays.

Employing a bit of lateral thinking, Roentgen hit upon the idea of encasing the Crookes tube in a black cardboard box to allow no light to escape the device. He then darkened the room, amped up the electrical current, and watched. By chance, in the corner of his eye, he noticed a faint glimmer of fluorescence flickering on a screen nine feet away that had been coated with the chemical barium platinocyanide. Cathode rays, he knew, could not travel that far. Am I observing a new kind of ray, he wondered, an unknown ray, an X-ray?

For the next several weeks, Roentgen enveloped himself in the loneliness of his laboratory, shut out all visitors including his wife, Bertha, and manically observed the effects of these curious rays. He held various objects before his fluorescent screen – metal, paper, wood, glass – and was profoundly shocked, at one point, to discover a clear outline of the bones of his hand with just a faint suggestion of the surrounding flesh. Finally, on December 27, Roentgen admitted Bertha to his lab and snapped the first recorded human X-ray, an exposure of her hand, which clearly showed the outline of her wedding ring on one finger. The following day, Roentgen delivered his first of only three papers on his discovery that he produced in his lifetime, a document entitled "On a New Kind of Rays." On New Year's Day, he mailed copies of the paper to fellow scientists in an attempt to dampen the inevitable sensationalism arising from his discovery.

Unlike the fast-paced life of our present day, we are often inclined to regard the 1800s as a century stuck in slow motion. But Roentgen's discovery of X-rays instantly ignited a firestorm of intense interest. Within two weeks after announcing his discovery, he was summoned to the Berlin court of Emperor Wilhelm II, to whom he demonstrated his findings. Within a year, X-ray devices were being used in Europe and the U.S. to locate bullets, bone fractures, kidney stones, and swallowed objects within human bodies. Thomas Edison and his associates, jumping into the fray, initiated experiments with alternative chemicals to improve upon the barium platinocyanide employed by Roentgen. But when one of those associates, 39-year-old Clarence Dalley, lost his life to radiation poison-

ing acquired during those experiments – the world's first such death – Edison dropped his work on X-rays. An understanding of the dangerous side effects of exposure to X-rays was slowly emerging.

The educational trajectories of Nobel laureates generally track a predictable path, from primary school to the conferral of a hard-earned Ph.D. or two. In contrast, Wilhelm Roentgen's academic career zigzagged. The obstacles he overcame would have broken a man of lesser determination. In his secondary school in Holland, Roentgen, unfairly accused of producing an unflattering caricature of a teacher, was summarily expelled. When his lack of academic credentials denied him entry to the University of Utrecht, Roentgen discovered he could pursue his studies by passing an exam for entry to the Swiss Federal Polytechnic Institute in Zurich, where he obtained his Ph.D. in physics in 1869. Roentgen's initial efforts to obtain a professorship failed, but he finally managed to secure a position as lecturer in Strasbourg. Later appointments brought him professorships in Hohenheim, Giessen, Würzburg and Munich.

We know of two accepted spellings for Wilhelm's family name, Röntgen and Roentgen. The double dots above the letter "o" in the first of these, the German spelling, produce an umlaut, which in English is normally replaced with the "oe" diphthong. Except, of course, at *The New Yorker* magazine, where superfluous umlauts – or more precisely, diaereses – adorn such words as "coöperation." Lake Nona, though, has devised its own unabashedly unauthorized spelling of that family name as reflected in the local street sign that reads "Rontgen Circle." In our neighborhood, we of course would never condone dalliance on the wrong side of the law, but if one or two residents of Rontgen Circle were to surreptitiously affix two small circles above the "o" on their street sign, we would be inclined to look the other way. No matter, though. Since his death in 1923, Roentgen's surname has been attached to objects and phenomena of various descriptions. For example, the abbreviation REM (no, not the 1980s rock band) stands for Roentgen Equivalent Man, a measurement to gauge the health effects of ionizing radiation on the human body. And Roentgen remains one of an octet of Nobel laureates after whom an element has been named, in his case the short-lived synthetic element 111, Roentgenium. Even more exciting – for some of us, anyway – a type of tulip also bears his name.

In the 125+ years since Roentgen's extraordinary discovery, X-rays have evolved to spawn such technological advances as computerized tomography (CT) scans, magnetic resonance imaging (MRI), and echocardiography. The countless dentist offices that crowd our neighborhood are all amply supplied with a modern version of the apparatus initially invented by Wilhelm Roentgen. For someone who contributed so much to our physical (and dental) wellbeing, shouldn't the name Roentgen be better known in this country? Especially in a town that harbors a Medical City? Wilhelm Roentgen, though awarded the first Nobel Prize in physics in 1901, did not initially know what the rays he discovered actually were, so he called them X-rays, the X to indicate "unknown." We now know a lot about X-rays, but we nevertheless retain a label for them that recalls our former ignorance. Perhaps our German-speaking friends across the Atlantic have gotten it right, calling the exam that employs the rays Roentgen discovered by a more appropriate name. That is, of course, a Roentgen exam.

6 JULY 2021

SUNTEK LAWN CARE: HURRICANE SEASON IS UPON US

TIPS TO PREPARE YOUR LAWN

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.

We are already one month into hurricane season, which runs from June 1 through Nov. 30. But despite Florida being spared from the storms so far, getting complacent in preparation can pose a significant risk.

This begs the question ... **is your yard hurricane ready?**

This season, as you stock up on flashlights, bottled water and batteries, Christopher Regis, CEO of Suntek Lawn Care, wants to share some of the company's favorite hurricane lawn care tips to ensure your landscape is storm ready, too.

Preparation Starts (Literally) From the Ground Up!

Regis explained that picking the right trees and other plants for your yard remains crucial for long-term property safety: "Native Floridian trees often provide increased hurricane resistance while also thriving in the tumultuous hot-storm-hot climates."

"Additionally," Regis continued, "inspecting your existing trees and shrubs for rot or damage can help you prepare. Dead branches remain exceedingly likely to fall, or worse, become a whipping hazard in heavy winds. As one of our additional hurricane lawn care tips, as you prune your existing trees and plants, ensure you keep wounds as small as possible. This will help you manage your greenery's health and prevent disease from infecting the plants."

Check Your Drainage

Before the storm, be sure to take a survey of your property and remove any debris from storm drains.

"Making sure the drainage paths remain clear is the best way to help storm waters flow correctly," described Regis. "With blockages and inadequate flow, you run the risk of experiencing worsening flood conditions when a storm hits. Standing water in your yard can make trees fall over after a storm. Everything may seem okay, but flooding will start to loosen root systems that support even the largest trees."

Clean Up Your Yard

According to Regis, one of the good things about Florida is that our municipalities as well as residents are no strangers to storm situations. When a hurricane watch is issued, we know



that this is a serious event (despite the hurricane parties).

"If you discover a hurricane watch in effect, this is the best time to take inventory in your yard. Look around for loose plants and hanging baskets in addition to any other loose items that could get tossed around by the storm's winds. Always implement a strategy to store these items in a garage or another area that can limit them from becoming projectiles," Regis stated. "This extends to loose-hanging fruit or nuts that adorn the plants and trees on your property as well. Heavy storm winds can tear off fruit and nuts and turn them into dangerous projectiles."

Safety Remains at a Paramount

As potentially the most important of all hurricane lawn care tips, Regis reiterated that safety should remain at the forefront during any storm situation. After all, you can replace the plants/trees in your yard, your belongings, and even your home. However, when your life or the life of a loved one is on the line, the situation is very different.

"Plan ahead while always remaining safe while pruning and cutting trees as well as when you survey your property. When a storm hits, implement your plan of action and remain aware of shelters and other emergency preparations."

As Lake Nona and Central Florida's lawn care and maintenance provider, Suntek Lawn Care understands hurricanes and tropical storms as well as anyone. When you need that little bit of extra assistance making preparations or addressing hurricane concerns, you can rely on the experts at Suntek.

To learn more about Suntek's hurricane lawn care tips and storm season preparation, contact them today!



Suntek is now offering maintenance, repairs and installation of irrigation systems. They also offer a very affordable quarterly maintenance program, which includes an inspection of the irrigation system and sprinklers to ensure there is proper irrigation of the grass and no water waste. Remember, wasted water means higher water bills! So, if you are in the market for a new lawn care service company that cares about the environment and lets you live your busy day with one fewer distraction, consider Suntek Lawn Care. Suntek offers 50% off the first mow for Lake Nona residents when they sign up. For more information, visit www.sunteklawncares.com or call (321) 396-2425 for a free quote.



CHOOSE EMERGENCY CARE CLOSE TO HOME.

Emergencies can happen to anyone, anytime, anywhere. That's why Orlando Health is introducing 24-hour ER care at Orlando Health Emergency Room - Randal Park. With experts you can trust right here in your community, convenient emergency care in the safest environment possible is closer to home than ever.

OrlandoHealth.com/RandalPark

ORLANDO HEALTH® | **Emergency Room**
Randal Park

A service of Orlando Health Dr. P. Phillips Hospital
This is not an urgent care. Its services and care are billed at emergency department rates.

NOW OPEN



LAKE NONA REGIONAL CHAMBER OF COMMERCE



FROM THE CEO

June was a great month for your chamber. Not only do we welcome several new members, we also welcome two new partners. OneMed Lake Nona enters our community as a Copper Partner and Verandah Properties, LLC (property management) joins us at the Bronze level. You can find out more about these new partners and our other new members by visiting our online directory at www.lakenonacc.org.

We are also grateful for the many renewing members who are celebrating their Chamber anniversary by supporting us for another year. Four lucky renewing members selected at random will be able to appear on the Ted Show with Ted Bogert of VIP Mortgage Group during the next month. The Ted Show reaches 10 to 17 thousand viewers with each online show. This is a great opportunity offered free of charge as a benefit to our renewing members' continuing support.

We all know July 4th is a national holiday but I fear we may forget that the actual holiday is Independence Day. Independence Day, established in 1941, celebrates the signing of the Declaration of Independence by the Continental Congress on July 4, 1776. On that day we became a nation free of monarchist rule and we continue to live free because of those great leaders' bravery and insight along with the sacrifices of the many freedom fighters of the revolution. Please enjoy a safe and joyful holiday, and thank you for your support.

Don Long, President/CEO

EVENT GALLERY



April 17, Nona Professional Ladies Luncheon: "Self-Defense" – Andrea "Andy" Tolbert of SaferAgent instructs our professional ladies on self-defense in an event led by our Diversity Committee at The Belfry Restaurant. Thanks to Cynthia Washington, chairwoman of the Diversity Committee, and the founding members of NPL: Goretti Garcia, Joselyne Muszynski, Maytel Bonham and Vanessa Perez. (Photo by Felicity Gomer)



June 1, First Tuesdays at Giovanni's Restaurant Boggy Creek: "Aloha Attire" – Giovanni's Restaurant Boggy Creek welcomes our chamber members and visitors with free appetizers and happy hour specials. John Kalish and Sandy Gillman win the best "Aloha Attire" award! (Photo by Felicity Gomer)



May 21, Business Luncheon with Tavistock Restaurant & Hotel Collections and Lake Nona Information Center – Suzie Yang and James Tattersall present on the upcoming Lake Nona Wave Hotel. Chamber members and visitors enjoy a series of presentations by the Tavistock Hotel Collection, Tavistock Restaurant Collection, and the Lake Nona Information Center. Dockside provided a unique menu prepared by the chefs at Canvas Restaurant & Market. Thank you to Suzie Yang and James Tattersall, executives at the Lake Nona Wave Hotel; Karli Markovitz of the Tavistock Restaurant Collection; Justin Nickerson with Tavistock event management; and Kelly McGinty with the Lake Nona Information Center. Peter Luu Real Estate was our luncheon sponsor. (Photo by Felicity Gomer)



June 10, Breakfast Connections with CareerSource Central Florida – CEO Pam Nabors of CareerSource Central Florida, Frank Jones of CareerSource, and the CareerSource Central Florida team share information on recruiting employees and interns. Culver's Lake Nona provided a delicious and unique breakfast menu and event space. (Photo by Felicity Gomer)



BUSINESS LUNCHEON WITH ALLEN JOHNSON, CHIEF VENUES OFFICER OF THE CITY OF ORLANDO'S VENUES DEPARTMENT

Friday, July 23
11:30 a.m. - 1:00 p.m.

Guestlist introduction: Terrell



NONA PROFESSIONAL LADIES LUNCHEON - SOCIAL GATHERING

Monday, July 19
11:30 a.m. - 1:00 p.m.

RIBBON CUTTING
Ceremony

Beep

Wednesday, July 21
11:30 a.m. - 1:00 p.m.

13485 Veterans Way, Suite 110

Sponsors provided courtesy of





Now accepting...

- TEAMS
- SPONSORS
- GIVEAWAYS FOR SWAG BAGS
- DOOR PRIZE DONATIONS



CHAMBER SWING

BY THE LAKE NONA REGIONAL CHAMBER OF COMMERCE

COMING NOVEMBER 5, 2021
EAGLE CREEK GOLF CLUB

SPONSORED BY:



NEW MEMBERS

Cleaning Florida Corporation
Jessica's Frituras Catering, LLC
Leslie Burke LLC
Movement Mortgage
Nona Scientific Laboratory

Orlando Credit Union
SupportingWater.Org - Emily Alexandra, Corp.
VIP Mortgage Group
Visium Resources, Inc.

NEW BRONZE PARTNER
OneMed

RENEWED PARTNERS

Ronald McDonald House Charities of Central Florida, Inc. - Bronze Partner
Starling Chevrolet Buick GMC of Saint Cloud - Gold Partner

RENEWED MEMBERS

Behavior Matters
Berlin & Denys Insurance
Bonefish Grill
Bozanich Photography
Charles Rutenberg Realty - Andrea Byrge Realtor/Investor
Chicken Salad Chick
CJ Johnson Insurance, LLC
Coach Chris
COD Protection Services, LLC
DMI Insurance Orlando

Firehouse Subs
Friends of Fisher House Orlando
Gold Star Title & Escrow
Goodwill Industries of Central Florida
KeyBella Homes
Pet Supplies Plus
Playbook Marketing Solutions
Regenerative Sport Spine and Spa
Shamrock Auto Body & Service Center
The Bodysmith Inc
Wild Florida

CHAMBER PARTNERS

DIAMOND



PLATINUM



GOLD



SILVER



BRONZE



COPPER



www.lakenonacc.org (407)796-2230

"The Lake Nona Regional Chamber of Commerce is not affiliated with, or sponsored by, Lake Nona Property Holdings, LLC or its affiliated entities."



LAKE NONA

SUMMER ADVENTURE CAMP

REGISTER NOW!

*LIMITED SPOTS AVAILABLE

- EDUCATIONAL
ENRICHMENT

- WEEKLY
FIELD TRIPS

- UNIQUE ACTIVITIES
"TRY IT FRIDAY'S "



#NEVERSTOPPLAYING

LET'S HAVE A BALL THIS SUMMER!



Introducing Two New Racquet Sports



Pickleball and Padel



USTA 
NATIONAL
CAMPUS

© 2021 USTA. All rights reserved.

SAM RIFFICE CAPS OFF AN INCREDIBLE MONTH OF TENNIS

ARTICLE BY DANIEL PYSER
PHOTOS COURTESY OF USTA

Sam Riffice is no stranger to the courts at the USTA National Campus, and that familiarity paid off recently as the Lake Nona resident concluded an impressive run at the NCAA Division I Championships, held last month at the facility minutes from his home.

Riffice moved with his family to Orlando when the campus opened in 2017. His mom, Lori, works as a national coach with USTA Player Development. At the time, Riffice was a top junior tennis prospect and spent his days training at the campus prior to committing to play college tennis at the University of Florida.

During his first season with the Gators, Riffice found himself competing in Lake Nona a number of times, whether it was at College MatchDay or at the 2019 NCAA Championships, where Florida advanced to the semifinals and Riffice made a surprising run to the singles quarterfinals – earning All-American honors as a freshman.

While the 2020 season was cut short due to the pandemic, Riffice was able to establish himself as one of the top collegiate players in the country, being named captain of the Florida team as a sophomore and ranking as high as No. 4 in the country in the ITA's singles rankings.

Heading into the 2021 season, Florida had high expectations with a talented roster, once again captained by Riffice and senior Duarte Vale, who played No. 1 singles alongside Riffice typically playing at No. 2. The Gators were ranked No. 1 for most of the season, en route to earning the No. 1 overall seed for the 2021 NCAA Championships.

Florida cruised to the program's first national title, never dropping more than one point throughout the tournament run, which included avenging their 2019 defeat against Texas in the semifinals and culminated with a 4-1 win over Baylor in the final. Riffice did not drop a singles match all tournament, earning All-Tournament Team honors at No. 2 singles.

The very next day, Riffice began the individual tournament, where he was seeded No. 6 in the singles draw. After a couple of tough three-set wins in his first two matches, Riffice found his groove, cruising to easy straight-set wins in the Round of 16 and quarterfinals, including defeating the No. 4 seed Val Vacherot of Texas A&M, 6-3, 6-0, to advance to the semifinals. In the semis, Riffice knocked off the No. 1 seed Liam Draxl of Kentucky in three sets to reach the final against No. 2 seed Daniel Rodrigues of South Carolina.

Riffice earned another three-set win to clinch the NCAA men's singles title, the third Florida Gator in history to do so, and added his name to an impressive list of players to win both the team and singles national championship in the same season.

But Riffice was not done there. His recent level of play earned him a wild card into the USTA Pro Circuit ATP80 event held at the USTA National Campus from June 6-13. In the first round, Riffice upset Italian veteran Paolo Lorenzi, who has been ranked as high as No. 33 in the world, and went on to win his next two matches without dropping a set to reach his first ATP Challenger Tour semifinal.

Despite losing in the semifinals to fellow American and eventual champion Christopher Eubanks, a college standout himself at Georgia Tech, Riffice concluded the event with his best-career professional result and capped off an incredible month of tennis on his home courts in Lake Nona.



DMI Insurance

Contact us for all of your
Insurance Needs!

Hablamos Español

(407) 573-6100

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

www.dmiinsuranceorlando.com



TO NONA & BEYOND: THE PARTIAL LUNAR ECLIPSE

BY EMERSON & ETHAN WALSH

The lunar eclipse on May 26 may not have reached totality in Florida, yet local observers were still greeted with an amazing celestial display. At the eclipse's maximum point from Lake Nona, the Earth's umbral shadow covered over half the moon! Moments later, the moon set on the horizon, and the sun rose promptly after. We were at Lake Nona photographing the entire process so that we could share this incredible event with you. Emerson captured the eclipse with the beautiful surrounding landscape. Meanwhile, I directed my focus on capturing a sequence of photos to create a stacked image, which shows the progression of the eclipse.

If you happened to miss this eclipse, don't worry – there is another opportunity to view one later this year! There will be a partial lunar eclipse on Nov. 19. In Lake Nona, it will begin around 1 a.m. and reach its maximum at 4 a.m. The next total lunar eclipse visible from Florida will be on May 16, 2022. This one will take place at a more reasonable hour, starting around 9:30 p.m. and reaching totality at 11:30 p.m. We are excited to see these future eclipses and hope you are able to view them as well.



Progression of Lunar Eclipse by Ethan Walsh



Reflection of Lunar Eclipse by Emerson Walsh

KATIE'S CUCINA: BEEF, ASPARAGUS, CHERRY TOMATO AND MUSHROOM KABOBS

BY KATIE JASIEWICZ, [KATIESCUCINA.COM](#)

Summer in the Nonahood marks dinner on the grill just about every night. I love to put together a simple dinner that not only packs a lot of flavor but doesn't take a lot of effort to make. Although I do love to cook, I would rather spend my free time with my family than spending hours in the kitchen cooking for them.

I love making kabobs during the summer months as an easy way to get both protein and vegetables done together. Whenever I make steak kabobs, I'll ask the butcher at Publix to cube the meat for me. This is a great way to save time in the kitchen. Or you can easily cut the steaks into cubes yourself. Just make sure they are even in size so they cook the same.

When cooking steaks, I always tend to gravitate toward Montreal steak seasoning. Just 1-2 teaspoons goes a long way. After testing a few times, I found that drizzling extra virgin olive oil over the kabobs locked in the flavor and juices. Of course, you can always add additional salt and pepper if desired. But cracked black pepper on top of the kabobs was all my family found it needed.

I served the Beef, Asparagus, Cherry Tomato and Mushroom Kabobs on a bed of brown rice. I also like to pair this meal with a fresh summer salad. This meal could easily feed four adults and is ideal for entertaining. I like to prepare the kabobs ahead of time. Once the guests arrive, I'll fire up the grill and cook the kabobs. If you are looking for something different to make for dinner this summer, I hope you'll give this beef kabob recipe a try.

BEEF, ASPARAGUS, CHERRY TOMATO AND MUSHROOM KABOBS

Yield: 10
Prep Time: 25 min.
Cook Time: 10 min.
Total Time: 35 min.

Ingredients

- 1 lb. sirloin steak, cubed
- 2 teaspoons Montreal steak seasoning
- 24 cherry tomatoes
- 24 whole baby bella mushrooms

- 12 asparagus spears
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh parsley, chopped for garnish
- Cracked black pepper to taste

Instructions

1. Preheat the grill to high heat. Clean the grill, then reduce the heat to low.
2. Using kitchen shears or a sharp knife, begin to cut the sirloin steak into bite-size cubed pieces (about 1-2 inches). Place the steak pieces in a bowl. Sprinkle the Montreal steak seasoning on the steak. Mix well until all of the steak has the seasoning on it.
3. Begin skewering the vegetables and steak, alternating between steak and vegetables. Once all the skewers are ready for the grill, drizzle with extra virgin olive oil and season with cracked black pepper to taste.
4. Place the skewers on the grill. Cook for 8-10 minutes, turning once during cooking. Check the internal temperature of the meat on the skewer. For medium steak (140 degrees Fahrenheit), cook 5-7 minutes. For medium-well (150 degrees Fahrenheit), cook for 8-10 minutes.
5. Remove the skewers from the grill. Place on a serving platter and garnish with chopped fresh parsley. Enjoy immediately!

Notes: Pre-soak wood skewers in water for at least 30 minutes before grilling to avoid wood burning.



Premier | Sotheby's
INTERNATIONAL REALTY

There has never been a better time to sell your property



REDDICK | OCALA AREA

8720 West Highway 318 \$16,500,000
Tasha Osbourne 352.613.6613



SAINT CLOUD

1795 Pine Grove Road \$6,500,000
Miranda Cady 407.340.7016



WINTER GARDEN

7579 Green Mountain Way \$2,950,000
Tatiane Aponte & Karri Belich 305.804.4366



ORLANDO

103 Elion Street \$1,430,000
Peter Luu 321.917.7864



ORLANDO

10582 Royal Cypress Way \$899,000
Tatiane Aponte & Luciana Neveleff 305.804.4366



LAKE WALES

4365 Canal Road \$799,000
Tatiane Aponte & Luciana Neveleff 305.804.4366



ORLANDO

12037 Rambling Oak Boulevard \$725,000
Peter Luu 321.917.7864



SAINT CLOUD

3700 Chaplain Road \$431,800
Kim Marie Horvath 980.621.6379

Visit or call us for a private consultation
[ListWithUsToday.com](#) | 877.539.9865

SOUTHEAST ORLANDO | 407.480.5014

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

SUNNY SIDE UP: THE BEACH, PART 2

BY PHILIP LONG

On the lighter side of the Nonahood, this is a column about the humorous realities of life in Central Florida. We must choose to laugh and sweat rather than cry and sweat.

I’ve written a few articles on the beach already. But, in my defense, the beach does have us surrounded.

For some reason, whenever it starts getting warm again kiln-baking hot, we flock to the beach like Palmetto bugs to honey.

So my little family of roaches packed up with some friends to hit Cocoa Beach last week-end. When we arrived at our friend’s house, the wives decided that it’d be a good idea to all pack into one van rather than taking two. Being a writer, I had premonitions, but that’s all I had. I didn’t have my fellow husband to back me up because he’s chosen a vocation that requires him to work in the middle of the week. Poor sap, making all that money.

Don’t get me wrong, our friends had a nice van and could fairly easily seat the eight of us. But let me propose this idea. What if eight people (five of them kids, aged six to 14) decided to get into a walk-in closet for an hour?

And why is it that when kids get into a small space, their voices don’t adjust accordingly? Little thoughts like, “Hmm, I can’t wait to go to

the beach,” jumped up and down on my ear-drums like Mario on a mushroom. So when I heard, “Mom, Mark is pinching me!” I thought about how my wife gets on me about wearing ear protection when I’m making knives in our garage.

But a universal principle of life is that if you are on a road trip and you have a younger sibling, they will pinch you. I’m the oldest of four, and I’m still in therapy over it.

Then, I heard, “Mr. Phil, can you help me inflate this?” I looked back to see six-year-old Mark holding a deflated beach ball. That’s just what we needed at this moment.

Then, I looked at what the kids were drinking – cherry Coke. If I could harness that energy coursing through their bodies, I imagine I could power up my cell phone. I have a terrible cell phone.

I tried to distract the kids from screaming booger-butt jokes by asking them what they were most looking forward to at the beach: “Using the sea as my toilet.” That’s my son.

A more sensible voice from the back, a female voice of the cutest among us, parried with, “It’s not a potty, David. Well, it sort of is for fish but not for us.” I’m pretty sure while she may tell booger jokes, she’d never tell a booger-butt joke. She’s doing pretty well considering she’s sandwiched by male siblings.

When we finally got there, we unload enough coolers and boogie boards to have made a rescue raft big enough to save the Titanic. Next, each kid takes precisely one boogie board and sprints for the beach.

When we’ve finally paid for parking, hauled food, beverages, towels, suntan lotion, a few umbrellas, a tent, an assortment of plastic

sand tool toys that would make Tim the Tool-man proud, and a few more boogie boards (why not?!), we adults finally arrived.

No sooner had our toes hit the water when nature, which is definitely a younger sibling with long fingernails, strikes. As the storm blew in, the kids yelled and scurried around like hunting dogs on a tame goose chase. The kids took off for the car, the moms rolled their eyes, and we began to pack up. I, with utmost generosity, offered to watch our stuff and ride out the storm.

Lest you think too highly of my courageous generosity, I had my eye on a high embankment in which I managed to dig a cozy, shaped hole in minutes. (Funny. There were all these signs with turtles and words on them I had to move.) When I’d snagged a sandwich and a LaCroix, I nestled in, ready to ride this sucker out in some sweet, sacred, solitary silence. Poor moms stuck in the car with all the yelling, I thought. Or I would have thought if I wasn’t so blissfully happy.

And lightning? That’s nothing. If I was struck, I wouldn’t have to help drive home.

Eventually, my wife came and hollered at me that I must come now. Apparently, one of the kids was yelling about my safety. The pinchy one. If he only knew how safe I really was. There’s physical safety, and there’s mental health safety. On the sliding scale between the two at the moment, my scale was heavily weighted to enjoying the storm from my little Hobbit hole.

Sadly, some things are just too good to last, like kids. They’ll grow up, and someday I will miss them. When they do, I’m going to the beach, and it’s going to be amazing.



Philip is a father and husband, who coaches soccer with Coerver Coaching, and freelances as a writer, illustrator, and carver. He's constantly sniggering to himself whilst whittling spoons and toys in the kitchen (hey, it's way too hot outside). To his wife's chagrin, the kids track wood chips around the house. He would love to hear from you at plong3510@gmail.com, either to giggle with him about something silly he wrote, or for any carving, illustration, or writing needs. Oh, and please remind him to sweep up.

THE ARTIST: HEALTHCARE HEROES

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF ORLANDO HEALTH



As we reach higher levels of progress since the pandemic began and enjoy a much different summer than last year’s, we must hold close to our hearts the sacrifices of our healthcare workers and the mountains they’ve overcome to stop the spread of this virus. In the interview below, take a moment to see how self-taught artist and Orlando Health employee Nelson Cárdenas paid tribute to the healthcare workers in our community.

Nonahood News: How did *Healthcare Heroes* come to fruition?

Nelson Cárdenas: *The Healthcare Heroes* project began at the start of the COVID-19 pandemic in 2020. Bernzomatic, a company that I have worked with on previous projects, wanted videos that demonstrated the technique I use and artwork that paid tribute to, and recognized, healthcare workers. The interest was sparked by their public relations agency in New York, experiencing the worst of the pandemic at the time. There was a desire to use these videos on their social media platforms to honor healthcare workers.

I suggested creating portraits of actual healthcare workers, who were in the trenches battling the pandemic in various areas of the hospital. Bernzomatic loved the idea and asked me to create three portraits, which I completed in 10 days. They were impressed with how fast I completed the series and requested another three pieces. When the series was finalized, Bernzomatic asked me what I wanted to do with the portraits. I explained that, being a healthcare worker myself at a hospital, I would love to donate the artwork to Orlando Health, Dr. P. Phillips Hospital, where I work as a cook. The six pieces were hung on a fence at the entrance to the hospital’s emergency department to serve as inspiration for staff and visitors.

An additional seven



pieces were created this year following a request and donation for supplies from Dole. The 13 portraits of hospital staff who provide direct care to COVID-19 patients now hang in the atrium of the Orange County Regional History Center in downtown Orlando. I recommend that the public go view these portraits of an infectious disease physician, chaplain, respiratory therapist, patient food attendant, housekeepers, and nurses now through Aug. 15.

NHN: What inspired you to create this art exhibition?

NC: My inspiration for this series of 13 paintings were the people I painted. Also, I was driven by capturing the feelings they displayed in their eyes – especially given that, during the height of the pandemic, we were all wearing masks and the eyes were mostly what you saw. Their eyes told a story of struggles, triumphs, and a variety of other emotions.



NHN: How long have you been an artist? And how long have you been a part of the Orlando Health family?

NC: I have been a self-taught artist for close to 30 years, and I have been working at Orlando Health, Dr. P. Phillips Hospital, for seven years.

NHN: Approximately how long did it take until the completion of *Healthcare Heroes*?

NC: The first series of six paintings was completed in three weeks in 2020. The second series began in 2021, and the seven paintings took seven weeks to complete.

NHN: Tell us a little bit about the style and technique in which the portraits were created.

NC: The technique I use is called pyrography, and it utilizes fire. I paint an impression of the image with a blowtorch, like creating an initial underpainting on a canvas, just my style is with fire on wood. I enhance the work with oil paint to create detail, tones, depth and color.

NHN: How were the 13 portraits selected?

NC: The first six portraits were friends and coworkers that volunteered to be painted. The second set of seven are all team members at the Dr. P. Phillips Hospital, who work in various areas that are in direct contact with COVID-19 patients.

NHN: How do these portraits showcase the type of individuals who work at Orlando Health?

NC: The portraits represent a group of individuals with different skills, training and talents. They range from an infectious disease physician to a patient food delivery as-

sistant; a registered nurse in the emergency department to a housekeeper in the intensive care unit. All of these heroes have different roles, but they each play an equally significant part in caring for COVID-19 patients. For the past 15 months, they have worked even closer together and tirelessly to help the community and all those in need.

NHN: What does it mean to you and the rest of the staff at Orlando Health to see the *Healthcare Heroes* portraits unveiled?

NC: When the portraits were unveiled for the first time, the first series of six gave me motivation to continue. The second series of seven symbolized a light at the end of the tunnel, and everyone’s reaction was a celebration of hope. I feel privileged and honored to have been given the opportunity to create these portraits. I see myself as a visual messenger telling a story with my artwork of how dramatically our lives changed because of the pandemic. My work represents a symbol of hope after a period of confusion, endurance, struggle, leading to a new normal. Ultimately, I’m optimistic that a lesson was learned and that something as simple as hugging our loved ones should not be taken for granted.

President of Orlando Health, Dr. P. Phillips Hospital, Thibaut van Marcke: I am very proud of Nelson. The last 15 months, especially earlier on, proved to be challenging for our patients, their families, and the team here at the hospital. With the tribute Nelson has created and this meaningful collaboration with the Orange County Regional History Center, our community can feel some joy.

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

CREATIVE CITY PROJECT DAZZLES WITH NEW 2021-22 SEASON

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF IMMERSE

Creative City Project returns to downtown Orlando for the 2021-22 season of their spectacular performing arts takeovers in the city. Featuring remarkable events like “IMMERSE,” “Dazzling Nights,” and “Re: Charge,” alongside theatrical and musical shows “JOYBOX,” “Dragons and Fairies” and “The Seasons,” the 2021-2022 season holds unforgettable experiences for any guest.

“Coming off the heels of our latest sell-out success, ‘Down the Rabbit Hole,’ we are thrilled to keep the momentum going,” said Creative City Project executive director Cole NeSmith. “This upcoming season allows us to bring back IMMERSE and continue to bring original programming to Central Florida all year long.”

He continued, “COVID-19 hit the arts community hard. At the same time, it pushed us to adapt, evolve and get even more creative. We are proud of the safe, memorable, inspiring and meaningful events we’ve created, and we look forward to audiences of all ages enjoying what’s to come.”

Creative City Project’s 2021-2022 season features the following events and shows:

Re:Charge

A reprised event from 2020. Bring a pillow and blanket to lay down in an individual 6’x8’ square. A live ensemble of orchestral musicians plays a 75-minute concert of peaceful and reflective music. Leave feeling refreshed.

When: July 23-25, July 30-31 and August 1. Two shows per night at 7:30 p.m. and 9:30 p.m.

Where: Colonial Promenade

Ticket price: \$35

JOYBOX

Presented by Orlando Health Orlando Regional Medical Center, JOYBOX is an interactive art exhibition designed around everything happy, featuring art installations inspired by common catchy phrases about happiness. The “Don’t Worry, Be Happy” room is illuminated with black lights and full of piles of shredded neon paper. Guests are invited to write one personal worry on a piece of paper, run it through a paper shredder installed in the walls, and celebrate the release of that worry. “Step into the Light” features a giant 8’ circular light sculpture in a large room. In the “Count Your Blessings” room, guests are invited to message life’s blessings into the Blessing Counter where large LED scrollers display guests’ blessings on the walls.

When: September through October

Where: Downtown Orlando

Ticket price: \$20

IMMERSE 2021

Also presented by Orlando Health Orlando Regional Medical Center, 10 city blocks of downtown Orlando will be transformed with creative encounters, impressive performances and interactive art. Feature activations include:

- JOYBOX, an immersive and interactive art exhibition that brings joy to life.
- X Factor, presented by Stax, immersive photo environments in shopping containers encouraging guests to embrace their X-Factor.
- EA SPORTS Zone featuring Orlando City and Orlando Magic: EA SPORTS celebrates their move to downtown Orlando with this lively activation. Orlando City provides the fancy footwork of a soccer ball juggling team. The Orlando Magic’s dynamic entertainment, Magic Beatz and The 407, will also be sure to stun audiences throughout the night. The EA SPORTS Zone will also feature a fascinating mural painted by kicking and throwing paint-covered balls at the walls.

Feature performances include:

- High-energy acrobatic performances on a large scaffolding structure in the middle of Orange Avenue.
- A Celebration of Diversity, in partnership with the Holocaust Memorial Center, featuring musical and activist Daryl Davis and numerous local musicians.
- Orlando Ballet.
- Orlando Philharmonic Orchestra.
- Central Florida Community Arts and so much more!

A new experiential event at IMMERSE 2021, COLOR DAY invites guests to become the canvas. Colored powder fights, paint explosions, and bright eruptions of foam encourage guests to get colorful.

When: Oct. 15-17

Where: Streets of Downtown Orlando

Ticket price: Prices range from \$11.35-\$44.47+ depending on desired experience

Dazzling Nights 2021

Presented by AdventHealth, Dazzling Nights has been completely redesigned this season. Immerse yourself in the awe and wonder of the holidays in this ¾-mile path of light and fun. The path features epic lighting installations, fun photo moments, live entertainment, and delicious food.

Dazzling Dining Packages are available for 2021. Guests can enjoy the Dazzling buffet while projections animate the tables, elves play around your plate, and a snowstorm drifts across the tables.

When: Nov. 19-Jan. 9, 2022

Where: Harry P. Leu Gardens

Ticket price: \$22 off-peak nights, \$25 peak nights, Dazzling Dining options available for purchase.



Dragons and Fairies

Brought to you by the creative team that produced 2021’s sellout event “Down the Rabbit Hole,” this event invites guests to embark on a journey through a forest of light and meet magical fairies and larger-than-life animatronic dragons. This family-friendly show is suitable for guests of any age. The timely story features live actors and explores the friendly relationship between dragons and fairies and what happens when we embrace those who are different from us.

When: January-March 2022

Location: Harry P. Leu Gardens

Ticket price: Options coming soon

The Seasons

In partnership with Orlando Philharmonic Orchestra, a multi-sensory exploration of Vivaldi’s “The 4 Seasons” features a live orchestral ensemble playing the symphony accompanied by large-scale projections and sensory elements like wind, falling leaves and other surprises. The musical experience is accompanied by small bites and cocktails inspired by each season.

When: May 20-22 and 27-29, 2022

Location: To be announced

Ticket price: \$45

For more information about all events, updates and links to purchase tickets online, visit www.CreativeCityProject.com.



Chirag J. Patel, MD, FACS

Krishma Patel, PA-C

Astrid Irizarry,
Medical Aesthetician

Facial Aesthetics & Boutique Medical Spa

Cosmetic Eyelid Surgery

HydraFacial

Botox

Juvederm

Restylane

ZO Skin Health

Morpheus8

Microneedling

Lasers and Tattoo Removal

Compassion. Community.
Cutting-Edge Care.

#EYEpromise

Lake Nona
OPHTHALMOLOGY
Med Spa

NonaEyeMD.com
407-974-3297

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

9685 Lake Nona Village Place Suite 204
Orlando, FL 32827

BRAVOMarkets

Much more than your neighborhood Supermarket!

The finest Domestic & International Grocery Brands

Catering and Work Lunch services by Chef Herminio

Great selection of wines at The Nona Winery



FOLLOW US ON



@bravonarcoossee



@bravonarcoossee

13024 Narcoossee Road, Orlando



Mega End of Summer Sale!

If you want your business to get noticed, you've got to **THINK BIG!**

In August and September only
GET 30% OFF
ALL FULL-PAGE ADS



sales@nona.media

DON'T MISS OUT ON THIS LIMITED TIME OFFER.
CONTACT A SALES REPRESENTATIVE TODAY!



STEAM IS ESSENTIAL FOR A 21ST CENTURY EDUCATION

(407) 495-2325 | aexplorers.com



ENROLL NOW! FOR JANUARY 2021

PRESCHOOL & VPK

FOREIGN LANGUAGES

S.T.E.A.M.

AFTERSCHOOL ENRICHMENTS



ITALIAN, SPANISH, ENGLISH, FRENCH, AND PORTUGUESE

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

HOW BEST TO TRAIN DOGS: A SIMPLE ALLEGORY

BY TODD CAMPBELL, CPDT-KA

Scenario 1: Little Johnny is seven years old and is having a little problem with his math, so his parents have decided to hire a tutor to get him up to speed on his addition, subtraction and simple fractions. Once the lesson starts, Mrs. Griffiths, the tutor, goes through the lesson and then gives him a 10-problem test at the end. For every problem that Johnny got wrong, Mrs. Griffiths whacks Johnny on the wrist. In this case, he got seven wrong, so he got seven painful whacks. Mrs. Griffiths gives him homework and tells him to study hard to avoid getting so many hits.

Next week, he comes back and only gets five wrong, so he gets five painful whacks. And the following week, he only gets three wrong, three whacks. So, he is definitely learning by having the constant threat of punishment looming over his shoulder.

Scenario 2: Little Johnny is seven years old and has a slight problem with his math, so his parents have decided to hire a tutor. Once the lesson starts, Mrs. Griffiths goes through the lesson and then gives him a 10-problem test at the end. For every problem that Johnny got right, Mrs. Griffiths gives Johnny a piece of chocolate. In this case, he got seven wrong, so he only got three pieces of candy. Mrs. Griffiths gives him homework and tells him to study hard so he can get more candy.

Next week, he comes back and only gets five wrong, so he gets five pieces of candy. And the following week, he only gets three wrong, seven tasty

treats.

Looking at both scenarios, you'll see that Johnny is learning either by punishment or by reward. But consider the side effects of both ways of teaching. In Scenario 1, each week, Johnny is becoming more stressed because he never knows when he will get hit. The long-term effects of Johnny learning this way is that he hates Mrs. Griffiths, has resentment toward his parents for bringing him there, despises math, and has long-term mental illness in the form of PTSD. His learning ability could be compromised everywhere because of this.

Considering Scenario 2, Johnny is becoming more excited every week because of the potential number of treats he can win for his correct answers. The long-term effects are that Johnny loves Mrs. Griffiths, willingly jumps into the car when his parents say it is time for tutoring, loves math, and goes on to become a brilliant mathematician or has a general love of school and learning.

Oh, and did I mention that Mrs. Griffiths only speaks a little English and primarily Welsh, and Johnny only knows English? So Johnny has to navigate a language barrier during both scenarios as well.

This is the exact dilemma that dogs go through when their owners have to choose Scenario 1 or 2. In addition, dogs have to figure out what we are trying to get them to do with the added challenge of an extreme language barrier.

In light of this, take time to get into your dog's head and empathize as to how



your dog may react to your training methods. Keep in mind these points:

- Keep training fun, and use lots of rewards to habituate certain behaviors. Once the dog realizes that doing a sit or stay is rewarding in itself, you can start to back off on food rewards methodically.
- Remember that, just like children, your dog will learn better by teaching tasks in smaller increments. You don't start kids in first grade with algebra or calculus. You teach simple addition and subtraction problems interspersed with play.
- Empathize that your dog might not know what you are trying to say to him/her. In light of this, always make sure your dog is successful at every level of training. Your dog won't know what the word or concept of "stay" is until you show them first. Instead of saying "stay" and walking all the way across the room where the dog will most certainly fail, take a half step back and show them what stay means, followed by a treat. Build up your distance over time.

Positive, reward-based training is the way to go. Your dog will be less stressed, and you'll have fun because your dog will love learning.

LIVING WELL: 50 IS NIFTY

BY CINDY COFFMAN

This morning, I woke up asking myself this question: How long have I lived in denial? You may wonder how this question came to be. Well, my husband and I did something that we said we wouldn't do ever again ... we moved ourselves into our new home. After several days of boxing and unboxing, dismantling and reassembling beds and dressers, and carrying living room furniture that was originally delivered by big, burly men, we hurt in places we didn't know existed.

Was it because of ego? Were we just being cheap? Why did we put ourselves through such torture? I liken it to childbirth. Yes, it hurts like crazy to push something the size of a watermelon out of an area the size of a grape. However, when that precious newborn is swaddled in your arms, you don't really remember the pain. But there is a lingering truth here: I am not getting any younger.

I have just turned (cue the announcing trumpet melody) 50 years old. Fifty. Years. Old. That is half a century. For kicks and giggles, I looked up items that share a birth year with me. Fruity Pebbles, Count Chocula, and Hamburger Helper all came to be in 1971. I guess I am in good company.

I lived with my grandparents a good part of my childhood. I remember thinking they were old, didn't do much away from the house, had plastic covers on all their furniture, and smelled funny. How ironic that the scent of Vics Vapor Rub and Ben Gay now bring me joy! What I didn't realize back then is that my grandparents worked very hard (and without complaining) to provide a roof over our head, three home-cooked meals a day, and unconditional love for a household of eight. My grandparents were ordinary and amazing at the same time.

As I look back to the '70s and compare that time to 2021, things are so incredibly different. For example, back in my day, we didn't have the ability to watch television 24 hours a day sucking your brains dry with 2,456 channels. We had five TV stations that actually turned off overnight. Do you remember that annoying high-pitched musical note that played behind the video color bars until morning?



Back in my day, we didn't have social media platforms that invaded every area of our lives all day long – often leading to cyberbullying, social anxiety, depression, and poor self image. We were taught to work hard, respect others (even when you didn't agree with them), and in everything, do your best. I know, I know – it all sounds idyllic and maybe even archaic, but life seemed just more ... simple.

Don't get me wrong, I love the fact that I can simply ask Google any question and get an answer within milliseconds instead of pulling out a four-pound encyclopedia. And I think it's awesome that Alexa can tell me the weather in Timbuktu and turn off my household lights in a single command. I guess what I long for is to still be relevant without being a relic.

I recently read an article about folks who did great things after 50. Listed among the many were Colonel Sanders, who created the finger-lickin' good KFC chicken chain, and the incredible Grandma Moses, who turned out her first painting at age 76. These folks, like many others, didn't let their age limit the opportunities for greatness. Fifty isn't just a number, it's a lifetime of experience.

Sophia Loren once said, "There is a fountain of youth: It is your mind, your talents, the creativity you bring to your life, and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

I am learning to not use my age as an excuse to slow down but rather to see my worth as I continue this journey we call life. Live well, my friends.



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

BAXTER WINDOWS AND DOORS LLC

407-930-1599

Family Owned & Operated

www.BaxterWindowsAndDoors.com

3301 Bartlett Blvd Orlando FL 32811

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

The Future is Here.

See the Difference in 20/20



Laser Cataract Surgery

Advanced Lens Implants

Lake Nona
OPHTHALMOLOGY

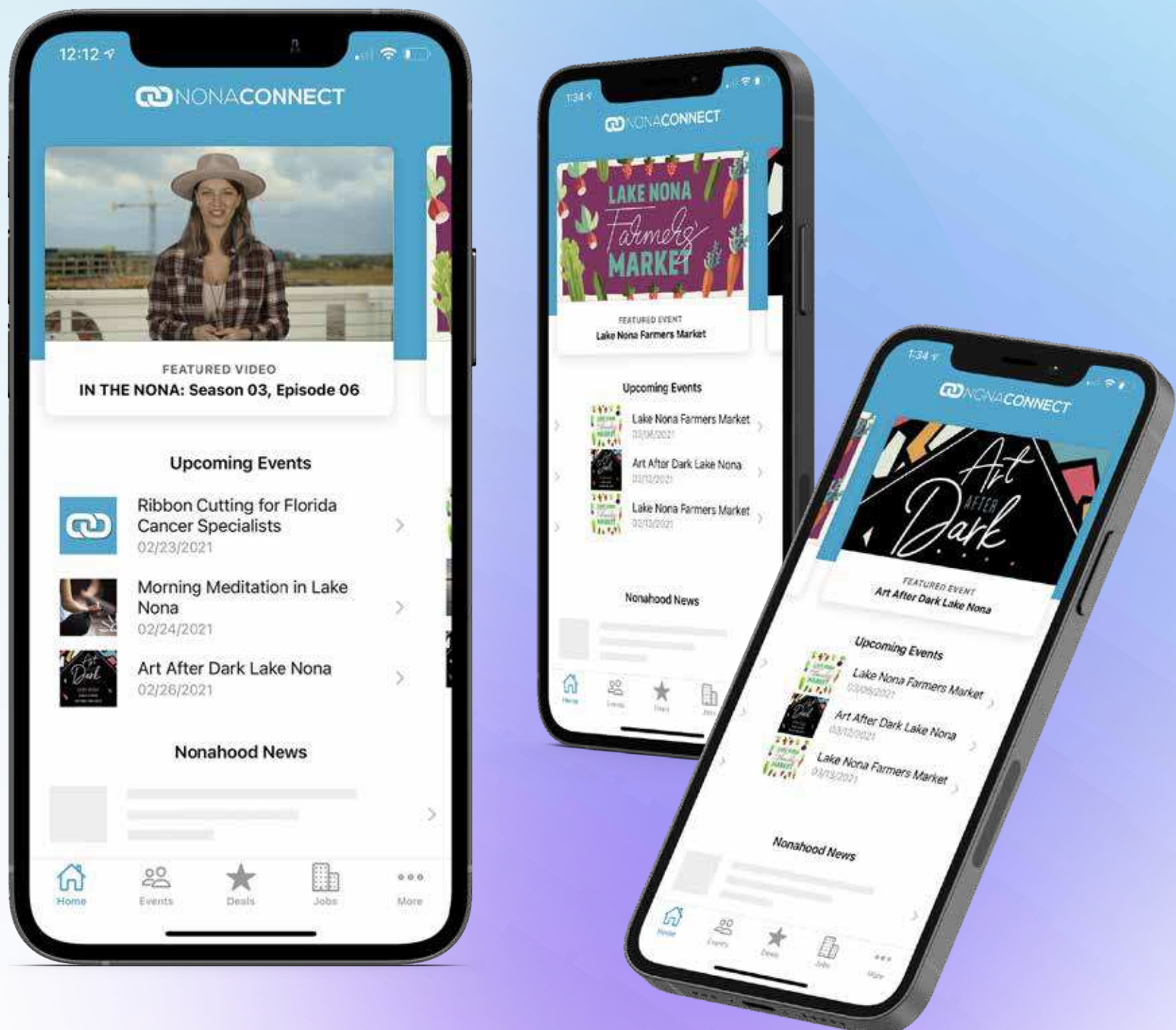
NonaEyeMD.com
407-863-3230

9685 Lake Nona Village Place Suite 204
Orlando, FL 32827

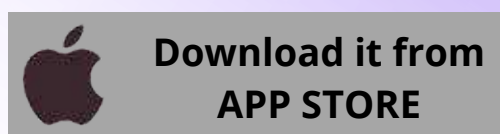


The moment you have been waiting for is here!

Get your local news, upcoming events, deals,
and job opportunities right at your fingertips.



DOWNLOAD the new
Nona Connect app today!



<https://nona.link/app>