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## LIBRARY BOARD VOTES TO WORK WITH THE CITY AND COUNTY ON BRANCHES IN LAKE NONA AREA AND HORIZON WEST



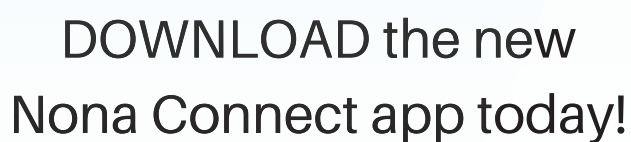
## DISNEY TO BRING THOUSANDS OF EMPLOYEES TO LAKE NONA



**SPLASH INTO A 5K AT THE NEW RUN NONA  
H2O & NEMOURS KIDS' RUN**



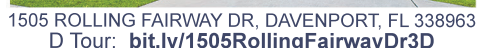
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## MAGICAL DINING AND MAGICAL NIGHTS TO BEGIN AUG. 27

**THIS ANNUAL FUNDRAISER IS SO POPULAR PARTICIPANTS ARE ENCOURAGED TO MAKE DINING AND HOTEL/RESORT RESERVATIONS RIGHT AWAY.**

BY HEATHER SKUMATZ

For the past 16 years, tourism association Visit Orlando has been helping the community and supporting local businesses with its annual Magical Dining program. The 2021 event runs from Aug. 27-Oct. 3.

More than 80 fine dining restaurants are participating this year, and diners are encouraged to make reservations for the three course, prix-fixe dinners as soon as possible.

Prix-fixe dinners cost \$37 plus tax and gratuity. The participating restaurants' menus are available on the Magical Dining website.

Takeout options will be available again this year, and vegetarian and vegan menu options are available at some restaurants.

Six new restaurants have been added in 2021. These include 310 Lakeside, 310 Park South, Adega Gaucha, Aurora at the Celeste, Russell's on Lake Ivanhoe, and RusTeak at Thornton Park.



#### New Website Features

MagicalDining.com has been streamlined so visitors can more easily explore restaurant options, keep track of favorites, and view and share a customized map.

Website filters allow users to narrow down dining choices by dietary need (e.g., gluten-free), the type of cuisine (e.g., Japanese), geographic location (e.g., Restaurant Row), whether the restaurant offers takeout or outdoor seating, and more.

Diners may click on each listing to find a particular restaurant's hours, maximum group size, and parking information. They can also preview all of that restaurant's Magical Dining menu options and book a reservation.

#### Magical Nights

This year, Visit Orlando has expanded to offer a companion experience called Magical Nights. Magical Nights includes exclusive hotel and resort pricing for those who want to combine a Magical Dining evening meal with an overnight stay.



More than a dozen lodging facilities, including the Rosen Plaza Hotel, Ramada Plaza Resort and Suites International Drive, and Walt Disney World Swan and Dolphin Resort, are participating in Magical Nights.

Some hotels and resorts have special combination packages. Others are discounting bookings by up to 40%. To view the hotels and offers, go online to [visitorlando.com/offers/magical-nights](https://visitorlando.com/offers/magical-nights).

#### Giving Back to the Community

"Magical Dining is an important program for our community because of both the money raised for charitable organizations and the support it provides to our local restaurants, who are still working hard to recover from a challenging year," said Casandra Matej, president and CEO for Visit Orlando.



Visit Orlando contributes one dollar to charity for every meal served through the program. This year, the Central Florida charities that will benefit from Magical Dining are Pathlight HOME and IDignity.

Pathlight HOME provides affordable housing and an employment resource center to assist individuals and families experiencing homelessness. IDignity works with disadvantaged individuals to secure the legal identification documents needed to access employment, healthcare, housing, banking and education.



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# LIBRARY BOARD VOTES TO WORK WITH THE CITY AND COUNTY ON BRANCHES IN LAKE NONA AREA AND HORIZON WEST

BY ASHLEY CISNEROS MEJIA

Local residents are closer than ever to having a public library in the Lake Nona area. On Thursday, July 8, the Orange County Library System (OCLS) Board of Trustees voted unanimously “to direct staff to pursue working with Orange County and the City of Orlando for libraries at both locations: Horizon West and Lake Nona.”

The board took this action after hearing a joint presentation delivered by representatives from Alex Feinman, assistant manager of the Orange County government's real estate management division; Laurie Botts, real estate division manager for the City of Orlando; and Laura Carroll, real estate agent/appraiser at the City of Orlando.

The city is offering to design and build a Lake Nona area library at a site on Dowden Road in conjunction with its forthcoming government center expected to include a police substation, permitting office, commissioner's office and meeting space. The construction will be managed by the city's experienced project managers and will occur at the city's cost with no upfront capital outlay required by the OCLS.



Upon completion, the library building would be leased back to OCLS by the city. OCLS would be responsible for all of the furniture, fixtures, equipment and supplies; the library CFO affirmed that the library system will have the funds to cover this expense.

Since the city is taking care of upfront costs associated with the Lake Nona area library, a significant amount of money is freed up that the OCLS can direct to costs associated with designing and building the Horizon West branch. Originally, the OCLS was looking to spend about \$4.1 million to buy a 17-acre (12 of which are buildable) parcel of land that is co-owned by the county and city.

As part of the new partnership, the county would offer OCLS an opportunity to lease only the actual land needed for the branch. OCLS would be responsible for paying for the design and construction of the building, access road and parking lot. This arrangement saves taxpayers about \$4.1 million plus future maintenance and security costs that would have been associated with the upkeep of the 17 acres. There are additional cost savings through economies of scale and shared purchasing power of building the branches together.

Both libraries are expected to be about 20,000-square-feet, one-story buildings. The city and county will hire outside appraisers to determine the value of the land (Horizon West) and new Class A building (Lake Nona). Both branches are expected to be 30-year leases with three 5-year options. If everything goes well, both leases will be signed at the same time, and officials estimate that both will be developed and completed simultaneously.

Library executive director Mary Anne Hodel expressed appreciation to the governmental entities for their efforts in creating an innovative, collaborative proposal.

“There have been some real positives that have come out of this – the ground lease by the city and county in Horizon West and the building lease by the city at Lake Nona frees up very precious dollars for the construction of both libraries,” Hodel said. “The offer of the ground lease in Horizon West means that we don't have to purchase the entire 17-acre parcel so we can concentrate on the construction cost and design. The offer of the city of the design firm and the considerable talent of the city's project manager is a huge bonus for the library, saving us dollars that can be spent on the actual construction.”

The July vote is a big first step, but many other details need to be worked out including

surveys, appraisals, lease negotiations and approvals. This part could take anywhere between six to 12 months.

While the timeline of the Horizon West branch will be determined by the OCLS in coordination with the county, the city is ready to begin paperwork on the Lake Nona Area branch now. The Lake Nona timeframe is expected to be accelerated as the city has been ready to begin on the government center for a while now, Botts said.

“The City of Orlando is holding up its design-build RFP for you. It is that important to the residents in the Lake Nona area that we're holding it up,” she explained.

While there remains a long road ahead of negotiations, the trustees expressed optimism about the development of both branches. Board chairman Crockett Bohannon called the presentation “outstanding.”

“The opportunity is what's important ... we could wait five years, and the prices will be higher,” Bohannon said of the Lake Nona proposal.

Trustee Lizannette Tam said of the city and county offerings: “I think this is just a bonus of getting another library in another community. If it works out, fantastic. I support that.”

The Lake Nona area branch must be approved by the OCLS Trustees and the City Council. The Horizon West branch must be approved by the OCLS Trustees, the Board of County Commissioners, and the City Council. Both City Commissioner Jim Gray and County Commissioner Maribel Gomez Cordero were in attendance and spoke at the meeting.

“We are aligned with you and aligned with the county because it's what our residents want. You have my commitment,” Commissioner Gray told the trustees. “I know there's some details, but we will get them figured out and come back to this board. ... I'm telling you, as a city commissioner, I'm committed to doing them both.”

Commissioner Cordero thanked everyone involved for their work and shared that she

and Commissioner Gray have been working on the library effort behind the scenes.

“I have also been meeting with some of you, including Mary Anne, since day one when I came into office because this library was requested from the community since then or before then,” Cordero said. “I love the library. It's amazing, and it's very needed by our community.”

There was standing-room-only attendance at the board meeting with at least 35 Lake Nona area residents participating. Local student Justin Sabitsch, age 10, traveled to the meeting with his mother, Dr. Wendy Bray, and shared that there's nothing like holding a real book.

“I prefer getting books at the library for two reasons. First, I can try and test out the books that I don't know about and sit and read them and see what I think. Second, I prefer getting a real book instead of reading it online or on a screen,” Justin told the trustees. “I think there's a big opportunity for the possible library, and I would really love to have a library in Lake Nona.”

In addition to Justin and Bray, other residents who spoke included Phelycia Marsh, a school psychologist; Kevin Kendrick, a realtor and community leader who sponsored the Lake Nona library bookmark campaign; Dr. Tammy Esteves, Troy University e-campus MPA professor; Chadwick Hardee, a business owner and county PTA board member; and Raaya Rehman, a third-grade student.

Director Hodel said that her team can't wait to get started on working with the city and the county on both libraries.

“We hear so much these days about dysfunction in government, and ‘they can't get anything done’ – but here we have a wonderful example of local government agent entities working together to solve community problems. That's what I think taxpayers expect, and I'm very happy that all three entities can move forward on this project in the spirit of cooperation that has been evidenced here so abundantly tonight,” she said.

To support the effort for a library in the Lake Nona area, sign and share the petition at [change.org/nonalibrary](http://change.org/nonalibrary).

You can also attend the next Library Board of Trustees Meeting scheduled on Thursday, Aug. 12, at 6 p.m. at the Orlando Public Library: 101 E. Central Blvd., Orlando FL 32801.



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# TOUGH THINGS TO TALK ABOUT: WHAT’S HAPPENING IN CUBA?

BY NATALIA JARAMILLO

After over 60 years of Castro’s strict regime, the Cuban people have had enough and have begun to protest. The combination of an economic crisis and the pandemic’s hardships led to these protests. The Cuban government has responded harshly to these protestors by halting telephone and internet capabilities on the island and by deploying military and police to the streets. According to the Washington Post, over 100 Cuban protesters have been arrested.

The Cuban government and Prime Minister Manuel Marrero attempted to stop the chaos by allowing goods brought to the island that would no longer have to be subjected to customs duties in an effort to give the people what they wanted. This response was prompted when the people of Cuba demanded a solution to the food and medical services shortages.

Throughout the protests, many Cubans were heard singing a popular Afro-Cuban reggaeton and hip-hop song that was released in February of this year called “Patria y Vida,” which directly translates to homeland and life. The song was performed by Yotuel Romero, Alexander Delgado, Maykel Osorbo and El Funky.

“No more lies. My people demand freedom. No more doctrines,” were just a few lyrics from the song that advocates for the Cuban people.

The situation in Cuba reflects the longstanding difficult relationship that the U.S. has had with the Caribbean country. Since the Cuban missile crisis, the U.S. has had a rocky relationship with Cuba. It could all be up in the air again, according to President Biden.

“There are a number of things that we would consider doing to help the people of Cuba, but it would require a different circumstance or a guarantee that they would not be taken advantage of by the government,” President Biden said at a press conference. “For example, the ability to send remittances back to Cuba – we would not do that now because, the fact is, it’s highly likely the regime would confiscate those remittances or big chunks of it.”

Remittances are the practice of U.S. residents sending money to their relatives in foreign countries. President Biden is worried that if the U.S. allows people to send money to relatives in Cuba by halting the internet censorship that the Cuban regime enacted, the government would steal the money.



To further the conflict between the U.S. and Cuba, President Miguel Díaz-Canel stated in a press conference that sanctions placed on Cuba by the U.S. were the reason for the economic conditions on the island.

Previously, under President Obama’s administration, the relationship between Cuba and the U.S. was slightly less chaotic. U.S. embassies in Cuba were opened, and tourism to the island was allowed. After the administration of President Trump took away those liberties and placed harsher rules on Cuba, the current Biden administration hasn’t acted to remove the rules.

The problems between Cuba and the U.S. aren’t likely to dissipate soon. There were even protests calling for President Biden to help the Cuban people here in Orlando on Semoran Boulevard. Florida has the largest concentration of Cuban-Americans who naturally want to see their island survive and prosper.

# DISNEY TO BRING THOUSANDS OF EMPLOYEES TO LAKE NONA

*NEW LAKE NONA REGIONAL CAMPUS WILL BE HOME TO  
2,000 PROFESSIONALS EMPLOYED BY  
THE WALT DISNEY COMPANY*

ARTICLE BY HEATHER SKUMATZ  
PHOTO OF TOWNCENTER, COURTESY OF LAKE NONA



Walt Disney World Resort has been a draw for Orlando for generations, and recently, the Walt Disney Company announced it will move employees from its Parks, Experiences and Products Division in Anaheim, California, to Lake Nona.

The company will build a new regional campus in Lake Nona and relocate more than 2,000 Disney employees. According to Forbes.com, the 2,000 workers comprise less than five percent of Disney’s staff in California.

Many of these jobs are expected to be employees who work in publishing, shopDisney merchandise, and the Disney Cruise Line. There’s also speculation that some of the creatives who work in Walt Disney Imagineering will be relocated to Lake Nona. Disney’s film and television divisions are expected to stay at the current offices in Burbank, California.

The location and opening date for the new Disney workspace in Lake Nona has not been released, but Disney’s plans to expand to Lake Nona have been ongoing since 2019 and are expected to occur over the next 18 months.

The historic announcement was welcomed by local economic development executives.

“It’s a big day for Lake Nona,” said Tim Giuliani, president and CEO of the Orlando Economic Partnership.



“By choosing to build a new regional campus ... Disney will become part of this smart city where cutting-edge ideas turn into realities,” said Nick Beucher, president of Tavistock Development Company, the owner/developer of Lake Nona.

With an annual average salary of \$120,000, the incoming Disney professionals will make a considerable impact in Lake Nona’s economy.

In a letter to employees, Disney Parks, Experiences and Products chairman Josh D’Amaro labeled Lake Nona a vibrant community and said, “This new project will create a dynamic environment to support our expanding businesses.”

Disney appears to be coming back online strongly after a rough 2020. Although the global pandemic shuttered theme parks around the world and forced layoffs for 6,500 Disney workers, both Disneyland and Walt Disney World continue to increase capacity at theme parks, water parks, golf courses and hotels.

Over the next year, two new fireworks shows and multiple attractions are set to open at Orlando’s Walt Disney World Resort.

*Walt Disney World Resort opened its doors on Oct. 1, 1971. By 2018, the average annual attendance was 58 million visitors. The theme park will celebrate its 50th anniversary this fall.*

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SPLASH INTO A 5K AT THE NEW RUN NONA H2O & NEMOURS KIDS' RUN

BEAT THE HEAT AND EXPERIENCE THE EXCITEMENT OF LAKE NONA AT THE NEWLY REVAMPED RUN NONA H2O!

ARTICLE BY NATALIE CASEY  
PHOTOS COURTESY OF TRACK SHACK EVENTS

On Saturday afternoon, Aug. 28, the Lake Nona community welcomes back Run Nona H2O for participants of all ages. Runners and walkers will have a “splashing time” as they explore Orlando’s coolest community. Events and activities include the Nemours Kids’ Run, where kids run distances between 100 yards and one mile. After the kids’ run, the 14th Annual Run Nona 5K begins. The 3.1-mile run/walk starts at Lake Nona Town Center and winds through the beautiful streets of Lake Nona. Along the route, you will have the opportunity to take part in splash zone activations to keep you cool throughout the race.



This year, Lake Nona’s signature race will transform into a family-fun water festival right in Lake Nona Town Center. There will be ice-cold treats, live entertainment, and several unique, H2O-inspired activations. Once the sun goes down, join us at the Beacon for a one-of-a-kind party like you’ve never seen before! (Warning ... it’s a major splash zone.) You’ll also be able to enjoy curated food and beverages by the culinary team of Boxi Park throughout the event in our “splash-free” designated areas.



The exercise pros at Lake Nona Performance Club have designed 5K training guides to help runners and walkers finish the event feeling accomplished. A Beginner Training Guide will help first-timers enjoy the 3.1-mile experience. The Perform Better Training Guide is for athletes looking to achieve a personal best. Download a free 5K Training Guide at RunNona.com.



All participants in the 5K and Kids’ Run receive a T-shirt and finisher medal. Using chip timing, awards are presented to the top 5K finishers overall and in age group categories. Bragging rights are up for grabs as the fastest male and female Lake Nona residents receive a special community award!



In the spirit of friendly competition, rally your co-workers or civic group to Run Nona H2O. One company or civic group with the most participants (minimum: 15) wins an award and a \$500 donation to their charity of choice, a 501(c)(3) organization. Our current champion – the Lake Nona Soccer Academy has won the team competition two years in a row. It’s easy to form a team and have some fun at Run Nona H2O!



Crossing the 5K finish line is just the beginning of a fun-filled afternoon! Join us at the new post-race dance party at Boxi Park. Grab your family, friends and neighbors and meet up at Lake Nona Town Center for a splash-tastic day of festivities! Having this much fun never felt so good. Event proceeds benefit the Track Shack Youth Foundation and the Tavistock Foundation.

For more information or to register, run to RunNona.com.



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ALBERT WILSON FOUNDATION COORDINATES TOUR EXPERIENCE FOR YOUTH

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF TYRELL WALLACE & ALBERT WILSON FOUNDATION

The Albert Wilson Foundation (AWF) — founded by Miami Dolphins wide receiver Albert Wilson, who grew up through the foster care system, to enrich the lives and change the destinies of children in foster care — coordinated for 17 teens from the Boys & Girls Clubs of St. Lucie County to visit Lake Nona’s leAD Sports & Health Tech Accelerator on June 17. The tour was offered to teens who elected to participate in AWF’s Shark Tank-like contest during Life Skills & Leadership Day on May 22. When contest winners were announced, participating teens were surprised with an invitation for all participants to tour and experience leAD Lake Nona and other local businesses as well as getting a VIP experience to an upcoming Miami Dolphins game during the 2021 season.



The trip offered teens a great opportunity to have their voices heard and learn about entrepreneurship, business development, get feedback, and gain experience. The visit included a tour of the leAD Sports & Health Tech Accelerator facility, one-on-one Q&As with founders at leAD including Phlex, Ager-



ate and NESTRE Performance, youth Shark Tank entrepreneurship pitches, and tours of a handful of Lake Nona businesses.

Teens also participated in a virtual fireside chat with Horst Bente, co-founder of leAD and grandson of Adi Dassler, founder of Adidas. The chat was a unique experience for teens to hear about a company that had a modest beginning and grew to become an iconic brand. Throughout their visit, youth were transported via Beep and given a tour of the company as well as a tour of WHIT House and GuideWell Innovation Center. The Beep, WHIT House and GuideWell tours opened the teens’ eyes to the future of technology and innovation. Beep and WHIT House in particular demonstrated cutting-edge ideas and applied technology to real life. The day ended at Drive Shack, where the teens participated in friendly games and competition before heading back to St. Lucie County.



a quality experience for a tremendous group of young people. We look forward to hearing about the great things this group will create in the near future,” stated Dr. Shavers.



“It was an honor to interact with these bright and inspiring minds,” Bente stated after the fireside chat. “Their curiosity and enthusiasm reminded me of the same passion I saw my grandfather put to work every day. I hope our story did fuel their belief in themselves that they have the power to achieve their dreams and wish them all the best for their future!”

Originally, the idea for an entrepreneurship contest came about in conversations between co-founder and executive director of

AWF Jamaal May and Lake Nona resident and founder/CEO of NESTRE Dr. Tommy Shavers. May and Shavers were discussing ways they might collaborate to bring more resources to youth and teens regarding mental health and wellness. During that conversation, the two discussed entrepreneurship, innovation and how exposure leads to expansion.  
Dr. Shavers, an inaugural member of the cohort program, has been pushing for greater diversity initiatives and striving to create pathways for more minority founders. May and Shavers decided to partner together to provide access to resources and business skills for a Shark Tank-like contest for the teens. This contest would provide them with the experience and skills needed to create a new business or community initiative and allow the teens to present their ideas in a formal presentation during Life Skills & Leadership Day. The intention was to give teens a platform for their ideas and voices

In preparation for AWF’s Shark Tank-like entrepreneurship contest, youth participants collaborated with leAD Sports & Health Tech Partners to gain experience in startup spaces. This collaboration reiterated AWF’s dedication to supporting youth from underserved communities and fostering youth by providing the mentorship and resources needed to compete and succeed. Various founders from Lake Nona to Berlin collaborated with the teens to provide them the tools and expertise needed to execute their ideas.

Ideas presented included everything from an eco-friendly, solar-powered water park to a two-in-one glue stick, a community hub for teens and adults, and a current business operated by one of the teens for a sneaker design company.

“We had an outstanding experience spending time with the young, incredible minds from the Boys & Girls Clubs and Albert Wilson Foundation. Our goal was for the group to have memorable learnings in the areas of Leadership, Innovation, Vision and Entrepreneurship. Our Lake Nona partners for the event were incredible and helped us provide

While this was the inaugural year of AWF’s Life Skills & Leadership Day, the event will take place again next year. The hope is that more teens choose to participate in the contest and are given the opportunity to tour and experience leAD Lake Nona. As the program continues to evolve and develop, AWF hopes to build on relationships with local businesses in the Lake Nona area and include new businesses in supporting teens in the coming years. The biggest takeaway from this tour was the access to people and information.

Lake Nona residents can stay up to date on upcoming events and ways to participate in AWF’s programming and future opportunities for collaboration by following Albert Wilson Foundation’s social media pages @albertwilsonfoundation on Instagram and Facebook.



# NAMASTE WITH NATALIA: YAMAS AND NIYAMAS, THE FIRST TWO LIMBS OF YOGA PHILOSOPHY

ARTICLE BY NATALIA FOOTE  
PHOTO BY KELLY RODRIGUEZ

Yoga is more than flexibility. Yoga is more than postures. Yoga is more than movement and breathwork. Yoga has many facets, and in the Yoga Sutras of Patanjali, an eight-limb path is delineated. By following and practicing the eight-limb path, one is illuminated with wisdom and enlightenment.

The Yamas and the Niyams are the first two limbs in Pantanjali’s eight-limb path. Asana, or the yoga postures we practice in class, is the third limb. The term for eight-limb is ashtanga, and Pantanjali is considered the first to write down what had been passed down verbally for hundreds, if not thousands, of years prior.

The importance of understanding the eight-limb path is recognizing the many aspects of yoga. We practice asana, or the postures (aka warrior 1, down dog, shoulder stand), and all the while we should also practice the other limbs. Especially those two limbs that come prior to asana, or yoga practice.

The very first limb are the yamas, or the restraints or self-regulations. There are five yamas:

- Ahimsa: Non-harming
- Satya: Truthfulness, or honesty
- Asteya: Non-stealing
- Brahmacharya: Remembering the divine
- Aparigraha: Non-greed or non-hoarding

The very first is ahimsa. Although each yama is important, the placement of non-harming, or non-violence, as first makes it perhaps the most important aspect of the eight-limb path. In essence, non-harming is kindness. Non-harming is not just of others; it is also of oneself, of all living beings, and non-harming of objects. Many yogis become vegetarian as a result of showing ahimsa. Kindness is considered the king in yoga. The next time you practice yoga and beat yourself up because you fell out of a balancing posture, practice ahimsa toward yourself.

If kindness is king, satya, or honesty, is queen. In the Yoga Sutras, it states that if you are truly honest, all

you speak will come true. Being fully honest means not even telling a small white lie or seeing the truth for what it is, in life and within. Honesty with yourself is part of satya.

Asteya, or non-stealing or non-hoarding, seems simple enough as well. Most of us pay for our items, but do we steal others’ ideas? Or perhaps you steal others’ energy without even knowing. You may take showers and “steal” unnecessary water from Earth and beings who may also need it. The deeper you delve, the more you see what you may or may not be stealing.

Brahmacharya, or remembering the divine, has several meanings and can sometimes be misdefined as abstinence. Unfor-

tunately, when dealing with an ancient language like Sanskrit, multiple meanings arise. Currently, brahmacharya is defined as traveling a path with the divine in mind or walking in awareness of the highest reality. By doing so, you attain courage and vitality.

The final yama is aparigraha, or non-indulgence or non-greed. This is non-attachment. Perhaps we hold on to things because we are attached to the sentiment, not the item. By holding on to an item, we are hoarding or showing attachment for the item. By letting go of things or attachments, it allows us to let go of the past and live presently in the moment.

The second limb is the niyamas, or the practices necessary for daily living. There are five niyamas:

- Saucha: Purity of body and mind
- Santosha: Contentment
- Tapas: Training of the senses or heat
- Svadyaya: Self study, or reflection
- Ishvara Pranidhana: Letting go into one’s source

Saucha can be as literal as cleaning our bodies, teeth, tongues, eyes, nails, bowels. But saucha can also mean a clear and pure mind, clearing out the ruminations.

Contentment, or santosha, is similar to observing gratitude and savoring what is present. Practicing santosha by savoring your morning coffee, pausing to listen to the birds, or stopping to observe the gorgeous sunset cultivates contentment and boosts joy.

Tapas, or training the senses or heat, also means discipline and burning with enthusiasm. It means the desire to train, work or build. It is the fire behind the work and the enthusiasm to continue to practice.

Self-study or getting to know yourself is svadyaya. By practicing svadyaya, you get to understand yourself better. Meditation and journaling give us insight into ourselves. Svadyaya also allows us to see ourselves for who we are.

Ishvara pranidhana is the belief and study that something out there is greater than us. It is the understanding that there is a higher source, surrendering to what is, and allowing a bigger picture to emerge with trust of a higher source.

The yamas and niyamas are the restraints and observances practiced throughout life. It is a basic guide on how to live in harmony with ourselves and with others.



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## FROM THE CEO

Welcome to summer. Life is great here in Lake Nona when the days are long and we have more daylight to enjoy what Central Florida has to offer.

This past month, we are fortunate to welcome our newest partner to our list of business members who choose to take advantage of enhanced participation in our chamber as a Copper Partner. Join me in welcoming Northwestern Mutual with their numerous financial advisors to our family. Please see our four renewing partners in our welcome back list on this page. We encourage your support of these influential members of our community.

We recently participated in a unique Chamber Mingle, where we met the key players in almost 20 other chamber organizations in our region. We look forward to the opportunities that working together with these community-minded organizations can bring to the region. Stay tuned.

Please enjoy a safe and continuing summer, and thank you for your support.

*Don Long, President/CEO*

## EVENT GALLERY



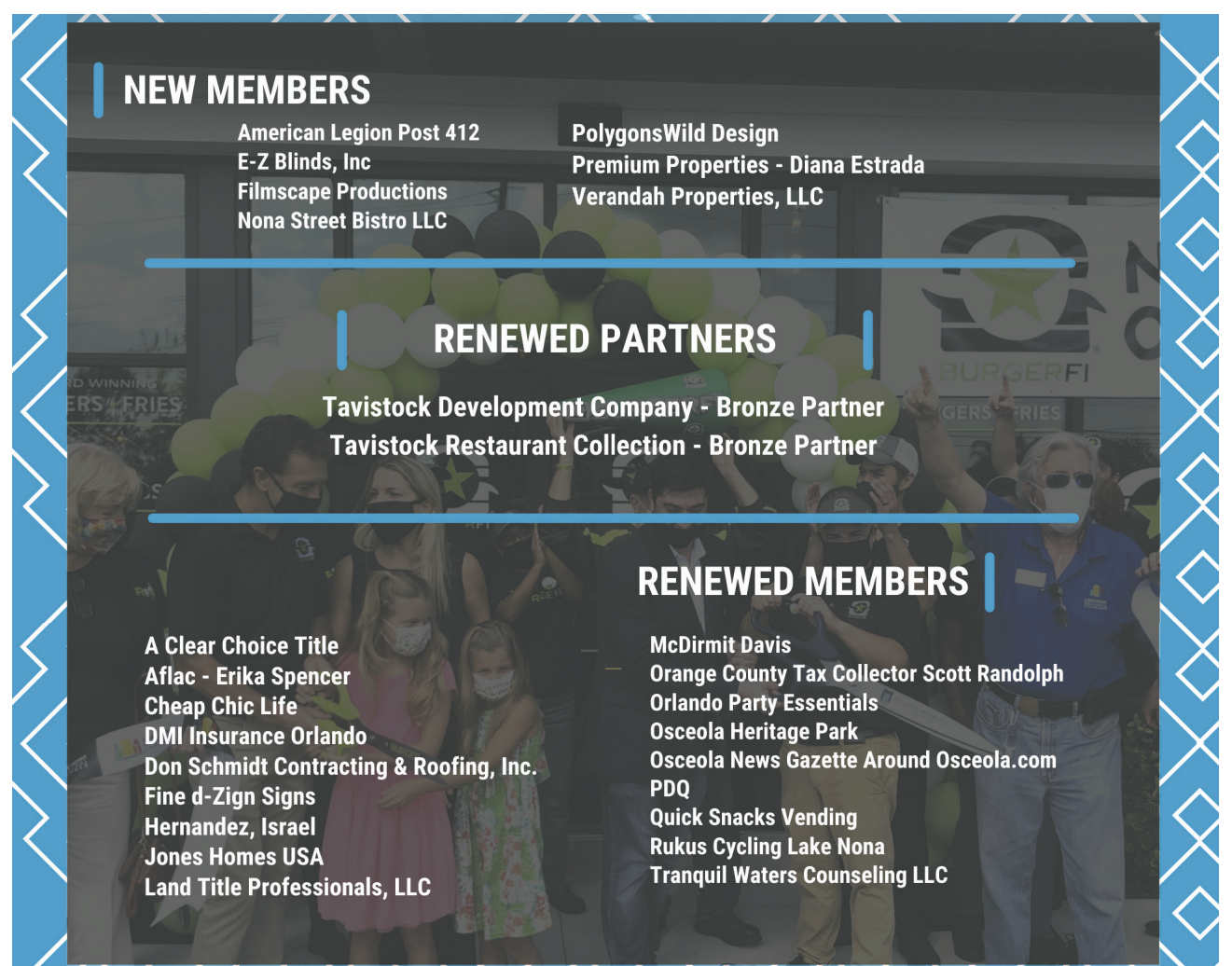
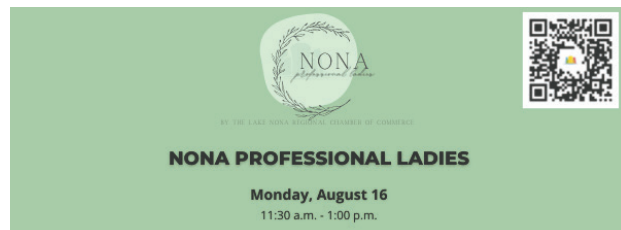
**June 21, Nona Professional Ladies Luncheon: "Leadership" With Dr. Linda Travelute** – Dr. Linda Travelute of Travelute Leadership and People Development presents on "Leadership" to our Nona Professional Ladies monthly luncheon at Eagle Creek Golf Club & The Belfry Restaurant. (Photo by Felicity Gomer)



**June 25, Business Luncheon With Amazon** – General Manager Jeff Neville of Amazon MC01 presents Amazon's latest developments to Chamber members and guests at Wycliffe Bible Translators with sponsor Visium Resources. (Photo by Felicity Gomer)



Our July Ambassador of the Month is Nicole Euler, sales executive at BEEP!



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## USTA: THE TOKYO OLYMPICS 2020

ARTICLE BY DANIEL PYSER  
PHOTOS COURTESY OF USTA

This summer features two of the biggest sporting events in the world as the postponed 2020 Olympics and Paralympics take place in Tokyo, Japan. The 2020 Olympic Games begin July 23 and conclude Aug. 8 while the 2020 Summer Paralympics begin Aug. 24 and conclude Sept. 5.

The U.S. will be represented by a talented crop of 18 tennis athletes in both the Olympic and Paralympic competitions, a number of whom have ties to Lake Nona and Orlando. Both the Olympic and Paralympic squads have scheduled training sessions at the USTA National Campus before they head to Tokyo.

Of the 18 selections, three are former medalists – Bethanie Mattek-Sands, Rajeev Ram and David Wagner – while 11 will be competing at the Games for the first time.



The Olympic team will consist of 11 players – five women and six men – with four singles players and two doubles teams per gender. First-time Olympians Jennifer Brady, Jessica Pegula and Alison Riske will compete in the women's singles competition. In women's doubles, Nicole Melichar, also a first-time Olympian, will partner with Riske. They will be joined in the women's doubles' draw by 2016 mixed doubles gold medalist Mattek-Sands, who will partner with Pegula. The women's Olympic team will be led by coach Kathy Rinaldi, who also captains the U.S. Billie Jean King Cup team. (Note: Coco Gauff was originally selected to be a part of the team but was forced to withdraw from the competition following a positive COVID-19 test.)

Brady is a Lake Nona resident, and Rinaldi is based at the USTA National Campus as part of USTA Player Development.

The men's singles team also includes four players making their Olympic debuts, with Tommy Paul, Frances Tiafoe, Tenny Sandgren and Marcos Giron all looking to climb the medal podium. Ram, the reigning mixed doubles silver medalist, will return to the Olympics for the doubles competition, this time partnering with Tiafoe. Austin Krajicek, another first-time Olympian, will be teaming with Sandgren. The men will be led by coach David Nankin, who is also Orlando-based.



The Paralympic team will consist of seven players across the women's, men's and Quad events. Four-time Paralympian and eight-time Paralympic medalist Wagner will lead the U.S. Paralympic Team into Tokyo. Wagner will look to claim a Quad medal for the fifth consecutive Games, with his current career medal count including three doubles gold medals (and one silver) as well as two singles silvers and two singles bronze medals.



Wagner will be joined again at the Paralympic Games by Dana Mathewson, Emmy Kaiser and Shelby Baron in the women's field and Bryan Barten in the Quad field, all of whom competed in Rio four years ago. Casey Ratzlaff and Conner Stroud will be making their Paralympic debuts in the men's field, and the Paralympic team will be led by coach Jason Harnett.

Mathewson and Baron live in Orlando and train at the USTA National Campus, with Harnett based at the campus as well.



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# BUSINESS SPOTLIGHT: LAUREATE INSURANCE PARTNERS

BY COTE LEWIS

After going remote and closing their physical office the past year due to COVID, Laureate Insurance Partners and their team of “insurance geeks” are back open and ready to help the Lake Nona community! Just in time for hurricane season, Laureate Insurance is equipped to help keep you and your family safe with storm preparation resources and by finding coverage and deductible options that best fit your situation. They are giving away free hurricane preparation guides and disaster supply checklists in their office.

Having an “insurance geek” in your corner will come in handy as you move through the different stages of your life. The knowledge that a licensed expert has your back can be very reassuring. That is the reason Laureate Insurance was created – to keep their clients protected from risk and give them peace of mind. Living and working in the Lake Nona community, the Laureate team understands the importance of being a trustworthy neighbor and being there for their clients not only when things are well but also in case an unfortunate event occurs. This makes their clients feel protected and allows them to focus on their dreams, purpose and passions.

Launched in 2018, Laureate Insurance Partners was designed to fulfill the unique needs of Lake Nona and its residents. They are thrilled to be a part of our close-knit community. Unlike other insurance companies that provide impersonal transactions, Laureate Insurance takes a holistic approach to crafting unique coverage plans specific to those living in the Lake Nona community. They offer protection for your home, vehicle, business, boat, golf cart, investment properties, jewelry and much more.

### Meet the Team

**Julie Newman, Senior Risk Consultant** – Julie is a Florida native and received her bachelor’s degree from the University of Central Florida. She has nearly 10 years of experience in property and casualty insurance and over 15 years of experience in customer-oriented environments. In her free time, Julie enjoys hanging out with her family, especially her toddler who loves animals just like her.

**Crystal Gunn, Personal Risk Advisor** – Crystal is a Florida native and has over 20 years of experience in the insurance industry. She started working building claims at her father’s adjusting business. After seeing so many claims being settled improperly, Crystal knew she wanted to be on the other side of the equation in order to help clients secure the proper coverage they needed.

**Star Deen, Client Relations Analyst** – Star is originally from New York City and brings to the team over six years of experience in the insurance industry. Recently, Star passed her Florida 2-20 licensing exam! In her free time, Star enjoys watching the latest movies and trying out local food spots in and around the Lake Nona community.

**Glori Harley, Personal Risk Advisor** – Glori is a Florida native and is a graduate of the University of Central Florida. She brings over 30 years of experience in the insurance industry and recently joined the team in 2021. In her free time, Glori enjoys Florida beaches, walking nature trails, and spending time with her family.

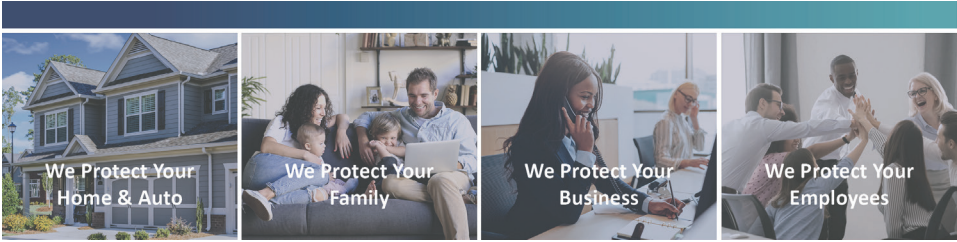
When you work with Laureate Insurance, you’re matched with a licensed professional that will get to know your personal risk exposures and help you to select an affordable, tailored solution that complements your current lifestyle and protects your future. Julie Newman has been with Laureate Insurance since its start in 2018 and is enthusiastically active in the Lake Nona community.



# LAUREATE

INSURANCE PARTNERS

Newman told us, “I love meeting new people and helping others. Every person has a different life story, situation and insurance needed, so it keeps my job very interesting. Most people don’t understand how much or what kind of coverage is sufficient for them and their lifestyle. That’s why I find it fulfilling to educate and advise my clients as well as giving guidance on what policies best fit their needs and what options are available to them.”



Community commitment is a vital part of the business for Laureate Insurance; they strive to be involved through volunteer and fundraising efforts. Laureate Insurance’s community-focused approach and specialized expertise enables them to go the extra mile to help individuals, families and local business owners.

Laureate Insurance wants to make the community better by helping their clients and neighbors stay educated about the risks in our area. They’re passionate about educating the community of Lake Nona on the basics and intricacies of insurance. Using customized products that best fit Lake Nona residents, Laureate Insurance is the go-to resource for those who have any questions about insurance or their coverage options. Be sure to check out their website where you can find informative blogs, risk tips and educational videos, such as Hurricane Preparedness and Homeowners Insurance 101.



*Laureate Insurance is located inside Laureate Park at 13630 Sachs Ave., Suite 100, Orlando, FL 32827. If you are interested in more information or would like a quote, you can visit their website at [LaureateInsurance.com](https://www.LaureateInsurance.com) or call (407) 675-3880 to speak with a licensed insurance professional.*

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# CAR ACCIDENT CAUSES LAKE NONA RESIDENT JESSICA PINTO TO LOSE HOME-GROWN BUSINESS

BY CAMILLE RUIZ MANGUAL

Jessica Pinto's passion for cooking started when she was a little girl. Jessica's mom was a police officer who worked long hours, and her stepdad wasn't in the house much; it often fell upon Jessica, as she grew up, to figure out how to feed herself and her sister. She started by making rice and beans, even though she didn't have instructions or a recipe. Sometimes the rice was hard; other times, the beans were watery. No matter what Jessica created in the kitchen, though, her mom encouraged her to keep cooking.

"I remember once I was on the fire escape, and I took the leaves from the tree. I combined the leaves with flour and sugar and thought I could eat it," Jessica says. "I went into the kitchen and started frying it like it was a pancake. M kept cooking. I just love cooking," she expressed.

At 23, Jessica became pregnant with her first child. She maintained the dream of cooking professionally, but she didn't know how

to kickstart it into motion. She was working at Home Depot when she started making empanadas for the people around her. Later, she had her second child. Around that time, she noticed that many people were asking her to cook food for them, but she didn't have a license to sell her food. Instead, she cooked food for people's parties and families, free of charge. Again, her friend, Carlos, encouraged her to take the steps to be able to make a profit off of her food. Jessica obtained the necessary licenses to be able to sell her food and started marketing herself on Instagram. With the help of her friends, Jessica's business, Jessica's Frituras Catering, was officially born.



Jessica was saving to either purchase a hall or a food truck when she became pregnant with her third child. She had also just become a single mom. Her full-time job at Home Depot paid the bills, but Jessica couldn't stop dreaming about cooking. Even her coworkers at Home Depot encouraged her to cook. Jessica was hesitant to leave her full-time job, worried that she wouldn't be successful or that she wouldn't have the resources to

support her three kids. But she still believed in herself and her dream. She started catering weddings and investing every penny she could right back into her business.

Two years ago, Jessica moved from New York to Florida. Here, she encountered a variety of food trucks that solidified her dream in a more concrete sense; she knew she wanted to own a food truck. She met a man who helped her save to achieve her dream, and by cooking and committing to selling her food, Jessica was able to design a truck that could fit her business' needs and represent her.

"My food truck was very personal for me because I'm a Lupus warrior. It resembled everything about it. It resembles where I was born and raised, resembles where I'm from, resembles my Lupus warrior stuff," Jessica stated. Her dream had finally come true.

However, on their way to their very first event at Nona Adventure Park to show off her food truck, her dream shattered. An unknown driver in a BMW was racing on the highway and decided to cut off the truck pulling the food trailer. In an attempt not to collide with the car in front of them, the truck swerved, causing the trailer to rotate, snap off the hitch, and turn over three times on the highway. In it, the brand-new appliances, plumbing system, and food for Jessica's debut event retained unsalvageable damage.

Jessica lost everything.

"It's sad because I worked really hard. I sold empanadas and Southern plates; I did whatever I had to do, and now it's gone," Jessica said. "I'm not giving up. I'm still selling plates. It's not going to be easy to get back up because it's a really, really big loss ... years of saving. But it's time to continue."

Despite the disappointment, Jessica is still cooking, putting unique twists on classic dishes and selling her plates via weekly menus posted to her Instagram. Though she doesn't know how to make everything her customers ask of her, Jessica is willing to learn and grow her expertise. She's made plates ranging from empanadas to gumbo to lomo saltado and a variety of pasta dishes. Jessica is determined to come back from this accident stronger than ever before.

***If you are interested in supporting Jessica as she rebuilds, please attend the fundraiser at Wycliffe Discovery Center in Lake Nona from 5:30-7:30 p.m. on Aug. 12. The fundraiser will premiere a video made by volunteer videographers about the events from Jessica's accident. There will also be raffles, a silent auction, and dining options provided by Jessica's Frituras Catering. No tickets are required to attend, but an RSVP is required to manage room capacity. To RSVP for the fundraiser, please visit <https://bit.ly/2W6kX2X>. Donations to help Jessica rebuild her dream are also accepted via GoFundMe. You can find Jessica on Instagram at @jfrituras\_catering.***

## THE ARTIST: CREATING A FANTASY WORLD

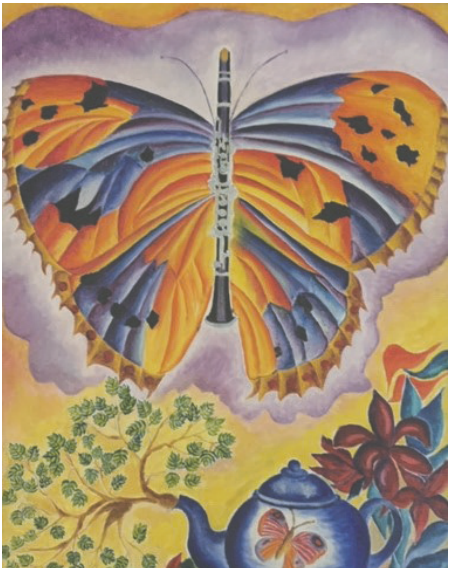
ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF GALINA CROSBY CREESE

Our August artist Galina Crosby Creese moved to the Lake Nona area with her family 12 years ago from London, England, where she was born and spent a majority of her life. Doubling as both artist and pilot, she keeps an active lifestyle and stays involved in several sporting activities around the community. You can check out her artwork in-person at The Barefoot Spa Orlando later this month.



**Nonahood News:** Tell us a little about your artistic background. What drove you to become an artist?

Galina Crosby Creese: I've been painting since I can remember, maybe from about age three.



**NHN:** Do you have any other passions besides art?

GCC: Yes, flying airplanes, love of animals, and sports.

**NHN:** How often do you find yourself creating art?

GCC: Most days. If I'm not painting, I find myself doodling and creating designs on anything I can find.

**NHN:** How long did it take you to discover your artistic style?

GCC: I developed a unique style when I was a child.

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

GCC: Some of the pet portraits were challenging as I had to work extra hard on getting an exact rendering of the soul of the pet.

**NHN:** Did your grandfather, George Keyt, have any influence in your artistic journey?

GCC: To an extent. I inherited a talent from him. I felt an expectation to be good at art, which wasn't always a good thing.

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

GCC: Everyday sights inspire me. As a pilot, I see some unusual sights from the air. Other times, I get inspired by images of sunsets, nature, particular glimpses of the world. Music plays an important part, and I sometimes include instruments in paintings to create a particular mood. I like to create a fantasy world with beautiful images that will be uplifting.



**NHN:** Future goals/plans?

GCC: To get my work out to a wider audience so they can get pleasure from and enjoy the paintings.



For additional information or to take a look at more of Galina Crosby Creese's work, visit [fineartbygalina.com](http://fineartbygalina.com).

**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](http://nonahood.to/artist).





# NOBEL NOTABLE OF LAUREATE PARK: PETER DOHERTY, A VETERINARIAN FROM THE LAND OF OZ

BY DENNIS DELEHANTY

*This is the 24th in a series of articles that celebrate 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. The author wishes to thank Dr. Otto Phanstiel, professor of medical education at the University of Central Florida's College of Medicine, who contributed to this article.*



PHOTO COURTESY OF THE PETER DOHERTY INSTITUTE FOR INFECTION AND IMMUNITY

If you have ever seen the Broadway play *Wicked* or read the book of that name by Gregory Maguire, you may have marveled at the variety of creatures that populate the dominion of Oz. Such an abundance of beasts, you would think, should necessarily require the services of a competent veterinarian. No veterinarian, though, shows his or her face (or snout) in either book or play, and neither does an animal doctor of any description make an appearance in *The Wizard of Oz*, the 1939 film retelling the original novel by L. Frank Baum. Wouldn't you think that Elphaba, aka the Wicked Witch of the West, could have benefited from the services of a professional caregiver to watch over the hundreds of winged monkeys in her aerial army?

The Land of Oz, of course, is a special country, the fauna found there like nowhere else. But Oz is a fictional country that burst forth from Frank Baum's overactive imagination. Another quite real country on our own planet also harbors scores of unique animals found nowhere else. To name a few, there's the kangaroo, koala, platypus, dingo, wombat and wallaby. That country, often nicknamed Oz, is of course Australia, a paradise for practitioners of veterinary science and home of octogenarian Peter Doherty, the first and only person degreed in that field to have won a Nobel Prize.

Growing up in Brisbane, the melanoma capital of the world, young Peter took pains to protect his fair skin, spending much of his time indoors with his head in a book. His extensive reading of the classics would later serve him well as clear and coherent writing is of special importance in assembling scientific papers. In his youth, one of Peter's role models was his older cousin, Ralph Doherty, who had started a promising career in medical research. Chance brought the teenage Peter on a visit to the University of Queensland's School of Veterinary Science, where, perhaps influenced by his cousin, that field of study grabbed his attention. By 1966, Doherty had earned both bachelor's and master's degrees from that institution. To pay back his tuition, he took on a requisite five-year stint as a state veterinary officer, initially servicing livestock in rural Queensland, the Australian state that is bigger – believe it or not – than Alaska. Peter Doherty was about to leap into a career as a veterinarian. Suddenly, though, his scientific interests shifted as he was unexpectedly transferred to the state's veterinary laboratory to carry out experiments in diagnostic pathology.

In that lab, Doherty discovered his real passion: immunology. But what path to take next? Having repaid his Queensland university loans, Doherty decided to seek a doctorate in that discipline at the University of Edinburgh. In that northern clime, the frequent cloud cover offered welcome relief for his sensitive skin and ample opportunity to enjoy the outdoors. Returning four years later to his home country, Doherty, now supplied with a Ph.D., dove into a researcher job at the John Curtin School of Medical Research in Canberra, where he teamed up with the Swiss biologist Rolf Zinkernagel to study viruses in different strains of mice, specifically the mechanics by which their immune systems react to viruses.

Let's attempt to unpack the innovative work accomplished by Doherty and Zinkernagel in their Canberra lab in 1973.

We all know that viruses infect cells and reproduce inside them. The role of the immune system's killer T-cells is to

destroy the viruses, but to do so, the T-cells must first identify them. In their initial experiments, the two researchers observed that

T-cells taken from another strain of mice failed to destroy the targeted viruses. This result surprised them. Further experiments revealed that the T-cells of a given strain of mice could destroy a targeted virus if they recognized both the virus antigen and a molecule of the major histocompatibility complex residing on the surface of the infected cell. The major histocompatibility complex, or MHC, is a set of proteins that

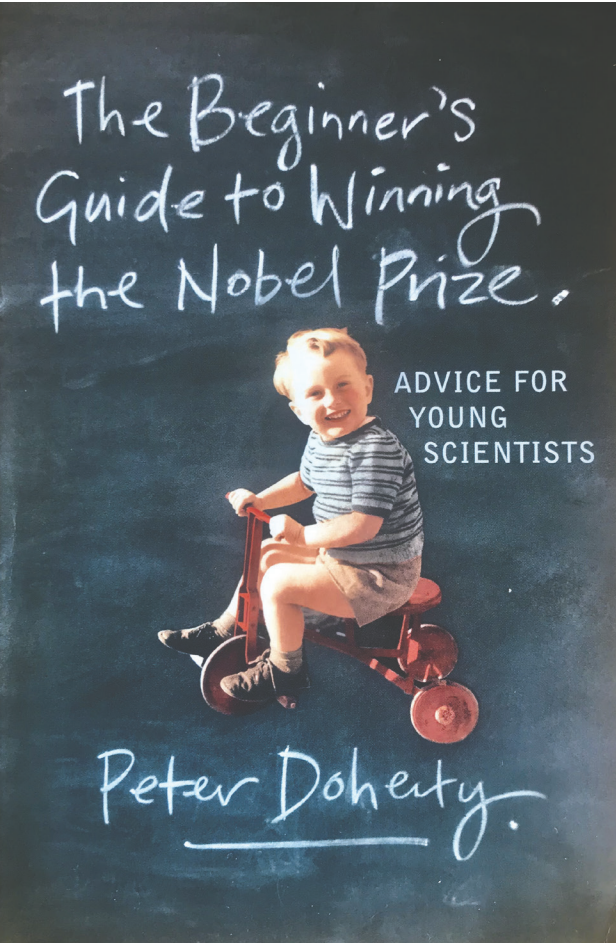


allows the immune system to identify other proteins as either compatible ("self") or foreign.

Doherty and Zinkernagel posited that in order to identify a cell as "self" or "non-self," the receptors on T-cells must recognize the corresponding signals expressed by MHC molecules on the surface of the infected cell. "Non-self" cells – those necessarily containing viruses – would be slated for destruction. The duo's findings published the following year in the scientific journal *Nature* provoked serious interest among immunologists worldwide. And by expanding our knowledge of the workings of the immune system in mammals, Doherty and Zinkernagel gave us a fuller understanding of the causes for tissue rejection in human organ transplants. In the words of Dr. Anthony Fauci, this was "an extraordinary discovery, one that ranks among the most important in the field of immunology because of its influence on subsequent research in infectious diseases, autoimmunity, transplantation immunology, rheumatology and cancer research."

Following this major breakthrough, Doherty and Zinkernagel went their separate ways, each pursuing separate avenues of immunological research. In 1975, Doherty accepted a professorship at the Wistar Institute in Philadelphia, where he focused on the causes of influenza, rabies and multiple sclerosis. Seven years later, he returned to the John Curtin School in Canberra before moving on in 1988 to a position as chairman of the Department of Immunology at St. Jude's Children Research Hospital in Memphis, Tennessee. There, in 1996, Doherty got the phone call from Stockholm announcing that he and his colleague of two decades past, Zinkernagel, had won that year's Nobel Prize for medicine.

Normally, it is easy to keep up with a man who has already celebrated his 80th birthday, but not if that man is Peter Doherty. After winning the Nobel Prize, Doherty for many years divided his time between his job as professor at the University of Melbourne and his work at St. Jude's, shuttling back and forth between Australia and America. In the early 2000s, Doherty launched a serious, long-term campaign to make use



of his status as Nobel laureate to educate the world about immunology and, more generally, to advocate for science.

In 2006, he published his first semi-autobiographical book, *The Beginner's Guide to Winning the Nobel Prize*, which offers useful tips for budding scientists, and he has followed up since with further books on such diverse subjects as climate change, the risks of pandemics, and how birds can foretell threats to human health. Even now, Doherty regularly issues dozens of tweets and, as founder of University of Melbourne's eponymous Doherty Institute, writes a weekly column on topics of global scientific and political interest. This month, his latest book, *An Insider's Plague Year*, is scheduled for release. The man's intellectual energy seems limitless, almost supernatural. Something magical has suffused Peter Doherty's long and productive life in science, and he has our profound gratitude for sharing much of that Ozian magic with us.



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## FAMILY SHIFT: SEVEN BE'S OF EFFECTIVE PARENTING

BY RODNEY GAGE

Raising children is one of the most challenging yet rewarding joys and responsibilities we will ever have in life. However, the most significant disadvantage we have as parents is that our children are not robots. If they were robots, we would benefit from reading the operation manual on how to make them do what we want them to do. Fortunately, our children are uniquely different and one-of-a-kind.

Even though our children are different, the goal of parenting remains the same. It is to launch children into adulthood with confidence, strong moral values, and the skills to succeed in life. I genuinely believe that, as adults, our most significant contribution to the world may not be something we do but someone we raise.

One of the blessings of doing what I do as a family coach is meeting so many wonderful parents. Just as our children are unique individually, so are we as parents. We all have different perspectives and life experiences (good and bad) that have influenced how we see the world and raise our children.

In working with parents for over 30 years, I have seen a consistent pattern of highly-effective parents. These parents are certainly not perfect or free from experiencing problems and pain in their lives. However, I have observed that they chose to prioritize their commitment to raising their children by displaying seven common characteristics that resulted in rock-solid kids and a close relationship with each other as a family. Here is the common thread I have seen displayed by highly-effective parents.

### 1. Be Observant.

Listen with your eyes as well as with your ears. Watch for negative signs and symptoms (consistent patterns) that might indicate negative peer influence, academic stress, unmet emotional needs, chemical imbalance, eating disorders, chemical dependency, etc. The signs and symptoms can be endless. However, our goal is to be proactive by being on the "lookout" and staying "in touch" with our kids.

### 2. Be Available.

A Focus on the Family study revealed that the average parent spends less than 14 minutes a week in meaningful conversations with their kids. Being available doesn't mean being a full-time Uber driver that drives our kids to all their activities. Instead, effective parents make it a priority in their hectic schedule to be intentional by entering into their child's world spiritually, morally, emotionally, academically and relationally. Remember, the best way to spell love is TIME.

### 3. Be Kind.

In our busy, stress-filled lives, it is easy to lose our patience with those we love by saying and doing things that are counter-productive and, at times, hurtful. Remember, the way we see our kids is the way we treat them. And the way we treat them is the way they often become. You can't go wrong by practicing the golden rule: "Do for others as you would have them do for you."



### 4. Be Demonstrative.

In a recent study, 68% of mothers give hugs, kisses and pats to their fifth graders, but only 44% physically pamper their ninth graders. Fifty percent of fathers show physical affection to fifth graders as opposed to 26% to ninth graders. The statistics drop even further for older teenagers. Isn't it ironic and tragic that kids struggling with their identity and feeling in need of affection receive it less when they need it the most? Communicate your love to your kids both verbally, physically, and in genuine and appropriate ways.

### 5. Be Wise.

Wise parents do not see their kids as they are but as they can be. Make it a priority to notice and compliment your children's positive qualities and strengths and help them to develop those strengths. When kids succeed at combining their strengths with their passions, they are on their way to discovering their purpose. Remember, kids who lose their "why" will eventually lose their way.

### 6. Be an Example.

As a parent, are you modeling the message? What do your kids see as they view your life? What values are you holding up in front of them? Kids may doubt what you say, but they will always believe what you do. Like the old saying, "Actions speak louder than words."

### 7. Be Courageous.

It takes courage to stand against the negative influences that our kids are exposed to in today's world. As a parent, it's easy to feel guilt or remorse that we haven't done a good job at doing the very things this article points out. Stay encouraged! You are doing better than you think you are, and you matter more than you think you do. It is never too late to start living with greater intention as a parent. Make a new commitment to be strong and courageous. Our kids need us now more than ever.

Rodney Gage is a family coach, author, speaker and the founding pastor of ReThink Life Church that meets at Lake Nona High School. His passion is to help families stop drifting and start living with greater intention. To learn more, check out [familyshift.com](http://familyshift.com) and [rethinklife.com](http://rethinklife.com).

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# ONE DATE AT A TIME: TEE FOR TWO, OR MAKE THAT FORE!

BY SHARON FUENTES

Did you know that double dating could be the secret to a long and successful marriage or serious relationship? A study done by the University of Maryland found that maintaining healthy friendships with other couples can help to solidify a couple's sense of themselves as a unit and can even increase partners' attraction to one another. Not to mention that in today's fast-paced world where free time is limited, it is a great way to spend time with your sweetie and socialize with some friends. This was exactly why my dear friend, Odette, and I decided it was time for our husbands to join us on one of our crazy adventures.



Having been friends with Odette for several years, our huddies knew each other but mostly in a casual way. Odette and I knew they would get along be-

cause they both have the same sense of humor, common backgrounds, and – let's face it – great taste in wives. But for some reason, we just never had a chance to bring the two together. We changed all that recently when we went on a fun, lowkey double date together at a glow-in-the-dark mini golf course called Putting Edge.

Putting Edge is located off of International Drive in a place called Dezerland Park. Dezerland itself is a must see. What used to be an old, run-down mall now claims to be Florida's largest indoor attraction. "IT NEVER RAINS AT DEZERLAND PARK" is the motto of this 800,000-square-foot indoor venue, which officially opened in May. (Although many attractions, such as the BOND Experience and restaurants, are not open yet.)

Admission to enter the building is free, and if you are a car fan, you can spend a decent amount of time just walking around admiring the massive collection of vehicles from all around the world and/or featured in TV and films. Odette and I enjoyed watching how excited our "big little boys" became when they saw them all! Besides the car museum, you will find a movie theatre, bowling alley, electric go-karts, a trampoline jumping area, arcade, axe throwing, and Putting Edge. (Each attraction has their own admission costs. Insider Tip: Check out Groupon for great deals for most of them. We saved about \$20 using one for Putting Edge.)

Putting Edge is not excessively big but still manages to host 18 different black-lit holes inside. (Note that the lobby and sitting area is wheelchair- and stroller-accessible, but the course itself is not.) From the moment we checked in (reservations are required and can be done through their website), I could not help

but smile because the place is so bright and colorful. The website says, "...you will be immersed in a kaleidoscope of dazzling 'Glow-in-the-Dark' colors, images and sounds, rocking your senses in unordinary, inevitable ways." And they aren't lying.

The artwork is beautiful, and we had so much fun traveling under the sea, into the forest, back to medieval times, and beyond. It was a little warm in there, but the music was so upbeat, and we were having so much fun we didn't mind. It took us about 50 minutes to play a round, and the actual golf holes were just the right amount of difficulty to keep things competitive but not discouraging. In fact, three of our party of four even got a hole-in-one. We made the other pay for dinner afterwards!



What we discovered is that when it comes to dating, sometimes more is better! Our double date was a chance for us as a couple to go to a place that was fun yet offered us the chance to socialize with good friends, too. We are already planning another double date soon!

**Putting Edge can be found inside Dezerland Park at 5250 International Drive Orlando, FL 32819. For attraction hours and more information, visit their websites at <https://dezerlandpark.com/orlando/> and <https://www.puttingedge.com/orlando/>.**

# CURBSIDE CIRCUS BRINGS ACROBATIC SHOWS TO YOUR HOME

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF CURBSIDE CIRCU

In April 2020, Zachary Miller and his business partner, Csaba Szilagyi, received the news that they had been furloughed. Miller and Szilagyi own the company WeFlip and, under normal circumstances, perform acrobatic shows at theme parks such as SeaWorld and Valleyfair. Due to the COVID-19 pandemic, their clients began to cancel. Around June 2020, Miller and Szilagyi were looking for something else to do when a friend of theirs mentioned that she knew of people who were going door-to-door and putting on performances. Upon hearing this idea, Miller and Szilagyi began to discuss purchasing a trailer, loading it with all of their performance gear, and pulling up to houses to put on their show. Securing a trailer in October, Szilagyi built out the inside and laid it with carpet, reinforced the top to make a stage, put in shelving, and made sure all of the audio equipment worked. From there, Curbside Circus was born.

Curbside Circus opened officially in April of this year and has already performed over 70 shows. Curbside Circus has two different types of shows: the One-Man Acrobatic Show and the Two-Man Acrobatic Show. Both versions involve driving up and beginning with a dance warm-up for the audience. Then, performers produce an acrobatic picture moment, in which the performers do their acrobatics but also video tape, take photos, and involve the audience. Audience members go home with a picture of their participation in the Curbside Circus show.



The One-Man Acrobatic Show and the Two-Man Acrobatic Show differ after the initial warm-up. In the One-Man Acrobatic Show, the audience sees things like spinning wheels and cubes on the ground. Then, the performer goes on top of the trailer to do balancing acts, such as balancing on a cylinder. Then, they stack chairs, one on top of the other, on top of the trailer. The stack totals to about 18-20 feet in the air. The Two-Man Acrobatic Show is similar, but the audience gets to see the signature act: the teeterboard. The teeterboard is an eight-foot-long piece of wood resembling an adult seesaw. Performers stand on either side and propel each other into the air and do flips back to the board.

Since their debut, the response to Curbside Circus has been very positive. Most people are surprised that a show like this can come to their door, and it's all thanks to Lake Nona residents.



"We did all of our testing in Lake Nona," Miller stated. "We set up 20 free shows in Lake Nona for residents, and they were the ones that helped shape the product, from the website to the show. We took all of their feedback, and we put it back into the show."

Right now, Curbside Circus is performing in the Greater Orlando area, including Davenport, Wedgefield, Winter Garden, Lake Nona, Kissimmee, Winter Springs and Ocoee. Although their website brands them as "Orlando's best kids party entertainment," Curbside Circus is available for any type of an event. They perform at summer camps, birthday parties, preschools and more. Setting up for a Curbside Circus show is simple. They pull the trailer up to the house, open the windows, stabilize the trailer, pull out the props, set up the music, and get ready to perform. It only takes a few minutes!

If you are interested in booking a show, please visit <https://www.curbside-circus.com/>. You can also follow Curbside Circus on Facebook or on Instagram @curbsidecircus.

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

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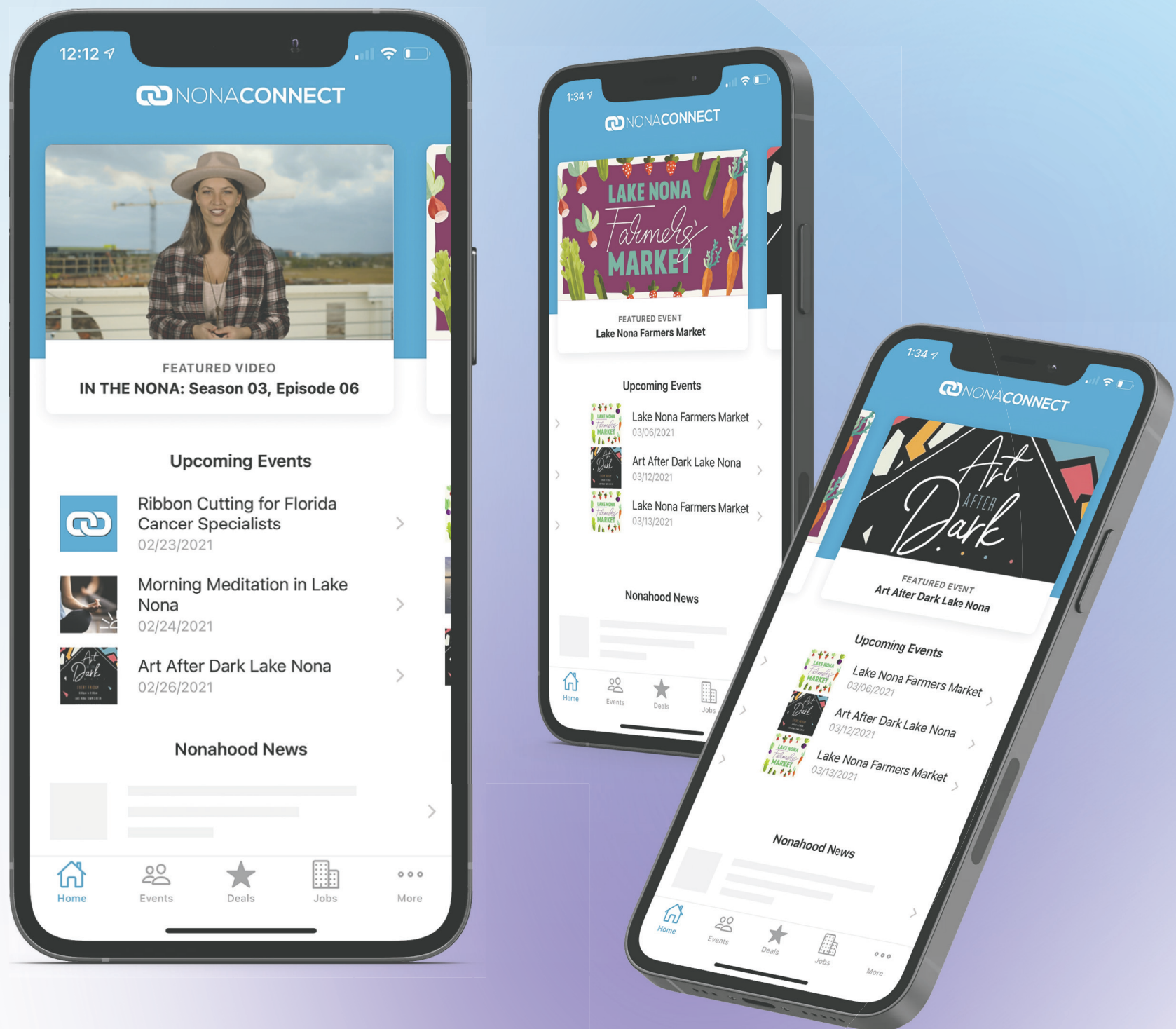
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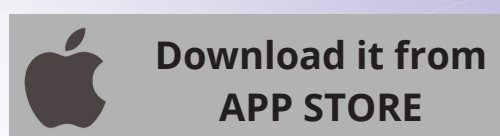


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