



## THE ARTIST: CREATING THINGS THAT DIDN'T EXIST BEFORE

12

ARTIST: MATTHEW GONZALEZ  
PHOTO BY BOZANICH PHOTOGRAPHY



3

CRYSTAL LAGOONS BRINGS RELAXING BEACH LIFE TO ORLANDO



4

NEMOURS CHILDREN'S HEALTH  
ARCADIA PUBLISHING RELEASES IMAGES OF AMERICA PHOTO BOOK ON THE HISTORY OF NEMOURS



5

JOHNSON & JOHNSON'S LAKE NONA EXPANSION



13

LET'S TALK LAKE NONA: FALL FAVORITES



## DOWNLOAD the new Nona Connect app today!





<https://nona.link/app>

## REAL ESTATE MARKET STILL *Hot!*





Peter Luu  
SIGNATURE GROUP

321.917.7864

Premier | Sotheby's  
INTERNATIONAL REALTY

PeterLuu.com



**Publishers/Owners**

Rhys & Jenny Lynn

**Editor-in-Chief**

Demi Taveras

**Director of Content**

Nicole LaBosco

**Writers & Reporters**

Camille Ruiz Mangual, Daniel Pyser, Demi Taveras, Dennis Delehanty, Don Long, Emerson Walsh, Ethan Walsh, Felicity Mae Gomer, Katie Jasiewicz, Kelly Komisaruk, Mike Mills, Natalia Foote, Natalia Jaramillo, Patty Reber, Philip Long, Rodney Gage, Sharon Fuentes

**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](https://nonahood.to/stories) or email [press@nona.media](mailto:press@nona.media).

**Advertising**

For rates, deadlines, and specifications, visit [nonahood.to/ads](https://nonahood.to/ads) or email [sales@nona.media](mailto: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: THE PEAK

BY DEMI TAVERAS, EDITOR-IN-CHIEF

A few months ago, I took advantage of my then-recent vaccination and went on a trip with a few friends to Puerto Rico. I had been once before when I was a kid, and I could remember how beautiful I thought the cobblestone streets of San Juan were and how fabulous I felt having a (virgin) piña colada underneath the upside-down umbrellas. So, I was psyched to go back, especially with friends who knew the island pretty well.

Among the many activities we did during the vacation, one was a hike in the national forest, El Yunque. It's always a must; I had seen a few waterfalls there the trip before, but I was excited to do a more rewarding hike this time. We all decided on a route called "The Peak." My friend, Denisse, described the route and its length to us, and it sounded absolutely breathtaking. I remember thinking, Ah, so what if it's a long hike? Why not, right? When in Puerto Rico!

I think I must have had too many actual piña coladas while she was describing it to us to realize what a hike called "The Peak" might signify to someone who is afraid of heights.

So I made the connection about an hour and a half into the hike. We had gotten caught in a little rain, but morale was still high. Then, the path started to get narrower and narrower, not to mention slippery from the rain. Denisse, leading the pack, started pointing out the spectacular views to us. When I finally peeled my eyes away from the path, I saw about a billion green leaves just blowing in the wind, pulsating at me as if the leaves were all breathing in unison. Oh, and I think I remember seeing the coast of the island in the far distance; I could only look out about three seconds at a time because I was getting a little lightheaded. Instead of calling it quits right there, I told myself to keep going, that all was okay, and that we had already conquered such a good chunk of the hike. There was no turning back now.

But there was a turning back, and it was approximately 10 minutes before the end of the route and the peak of El Yunque. I knew my friends had to keep going because we were oh-so-close, so I pivoted by myself (after recovering from a small anxiety attack) and started to make my way back down. Luckily, being in the blessed year of 2021, the forest had excellent cell phone service, and I was able to make sure I didn't get Taken (2008) thanks to FaceTime. My friends eventually met up with me near the bottom, and we booked it out of there to make sure we got out safe and sound before the park rangers closed the gates for the day. I wanted to kiss the ground.

All in all, I am proud to say that I experienced the hike. Although it was a traumatic lesson, the hike taught me so much about myself. No, I didn't make it to the top of the mountain, but maybe it's not about making it to the top. Maybe it's about almost making it to the peak, admitting to myself I'm not really a mountain gal, and being resilient enough to find a way to get myself down.

And now, you will find me where I belong: at all the nice, very flat and smooth beaches that the world has to offer. Good thing I live in Florida, right?



## 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](https://www.onemed.clinic)

FOLLOW US ON



enrollment form is on the website





# CRYSTAL LAGOONS BRINGS RELAXING BEACH LIFE TO ORLANDO

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF CRYSTAL LAGOONS



The multinational water innovation company Crystal Lagoons is bringing Caribbean beach life, turquoise waters, white sand beaches and aquatic sports to Orlando.

Crystal Lagoons is a U.S.-based company whose technology allows lagoons of unlimited size to be built and maintained at exceptionally low costs anywhere in the world, using a minimum amount of additives and energy. According to Iván Manzur, Crystal Lagoons corporate senior VP of sales, these lagoons use up to 100 times less chemicals than conventional swimming pools and consume only 2% of the energy needed by swimming pools' filtration systems. Crystal Lagoons has more than 1,000 projects around the world in various stages, six lagoons in operation, and, in the U.S., five projects in total. The global technology company has developed the patented concept and technology to create crystal-clear lagoons of unlimited size anywhere in the world.

Crystal Lagoons and distinguished hospitality asset manager ADELON Capital consolidated a master agreement for the development of at least five Public Access Lagoons™ (PAL™) projects accessible to the public by purchasing tickets. One of their forthcoming projects – currently in the design and planning stage – will be in Lake Nona.

“This important partnership with such a respected developer represents a new landmark for Crystal Lagoons in a region that is ideal for our globally-known lagoons. We chose Orlando because we believe this iconic Central Florida city can be revolutionized by our crystalline waters, which have been lauded in the press as being at the ‘helm’ of the amenity craze,” Manzur stated. “This agreement confirms that PAL™ projects are the future of our business. Investors are interested because of their cost effectiveness, safety, low risk, and stability facing health and economic concerns brought by COVID.”

The first project is expected to open in 2023. All planned PAL complexes in Orlando will offer picturesque beach life and entertainment, hotels, multi-family development stores, restaurants, wedding areas, conferences, concerts and much more. The lagoons and their accompanying amenities will be located across Orlando in Lake, Orange, Seminole, Osceola and Sumter counties. All lagoons as well as the year-round entertainment possibilities will be accessible to the public through ticketed entry.

Orlando has more than 75 million visitors each year, and for the first time, residents and visitors alike will be able to experience the one thing missing here: a year-round tropical beach with turquoise water, white sand beaches, water sports and many other activities. The facilities will allow residents and visitors to spend time with family and friends by renting a paddleboard or kayak, going to a restaurant, and shopping at retail stores.

Jonathan Cohen, ADELON Capital founder and co-chairman, said, “We are very happy with our strategic alliance with Crystal Lagoons, one of the world’s most innovative companies. With their technology, we will bring Orlando the only thing it is lacking: a beach lifestyle.”

Crystal Lagoons sets itself apart with its environmentally-friendly technology. Crystal Lagoons can use any type of water, including seawater, freshwater or brackish water, depending on its availability. In rainy conditions, excess water is collected in the lagoons and used for other purposes. Adding



to their environmental consciousness, lagoons are filled only once and operate in a closed circuit. The lagoons are sanitized with controlled pulses of tiny amounts of safe additives in specific patterns. This way, the lagoons use significantly less chemicals than traditional swimming pools, reducing cost and environmental damage. To compensate for evaporation, the amount of water required to maintain one of these lagoons is only half of what is normally used, for example, to irrigate a golf course of the same size. With this concept, people can avoid traveling by plane or car to reach equally luxurious destinations and instead opt to visit one of these publicly accessible lagoons.

Crystal Lagoons also has Hot Reef™ Technology that makes it possible to keep the bathing area warm during the winter months and cool during the summer months. Lagoons can also be complemented with a removable dome that allows guests to relax in the lagoon no matter the weather.



Crystal Lagoons is making waves throughout Florida, Alabama, Texas, California, Arizona, North and South Carolina, Georgia, and Washington, D.C.. The company currently has 221 real estate and PAL™ projects in various stages of development by investor groups and developers across the U.S. Some of their projects include Epperson, Sole Mia, Balmoral, Lago Mar, Windsong Ranch, Section 31, Southshore Bay, Mirada, Avenir and Sierra Vista. Their success can be seen in Epperson and Lago Mar (Florida and Texas), which register tickets that sell out weeks in advance.

For more information about Crystal Lagoons and their upcoming projects, please visit [www.crystal-lagoons.com](http://www.crystal-lagoons.com). You can also follow them on Instagram @crystallagoons.

ADELON is a multi-asset investment group with a proven track record and expertise in the ownership, acquisition, development, management and disposition of hospitality, multifamily, and mixed-use assets. ADELON combines its operational expertise with rigorous analysis of current and potential assets to generate attractive and stable returns for its clients.



## CREATIVE AND INDIVIDUALIZED EDUCATION



- Challenging, individualized curriculum that maximizes learning capabilities through critical thinking, creative problem-solving and hands-on education.
- Nurturing educators certified in child development, with more than 50 years of combined education experience.
- Fun, interactive learning environment with low student-to-teacher ratios and modern classrooms.
- Outstanding range of subjects including languages, art, music, science, public speaking and character development.
- Expansive indoor/outdoor play areas featuring a gym and playground equipment.

### NOW ENROLLING!

East Orlando  
2 Years - 2nd Grade:  
(407) 431-0085

Winter Garden  
12 Months - 5th Grade:  
(407) 391-3780

Preschool | Elementary School | Camps | After School\*  
\*Available at our Winter Garden location only



# ARCADIA PUBLISHING RELEASES IMAGES OF AMERICA PHOTO BOOK ON THE HISTORY OF NEMOURS CHILDREN'S HEALTH

ARTICLE BY DENNIS DELEHANTY  
PHOTOS COURTESY OF NEMOURS CHILDREN'S HOSPITAL



We Lake Nona residents often proudly point out to visitors Nemours Children's Hospital on Nemours Parkway. We so admire that stunning teal and butterscotch structure, but isn't *that* an odd

name, Nemours? Where did that name come from? To answer that question, we have to peek back – believe it or not – to the French Revolution.

In the spring of 1794, a singularly accomplished nobleman named Pierre Samuel du Pont de Nemours sat in a prison in Paris, somberly awaiting his turn to be carted away to the guillotine. A true product of the Enlightenment, Pierre had initially studied medicine but shifted his intellectual energies to economics, diplomacy and statecraft, rising to serve as advisor to Louis XVI, who ennobled him, appending “Nemours,” his home province, to his last name. An abbreviated account of Pierre's achievements would fill books. While his writings on economics influenced Adam Smith, Pierre helped to negotiate the 1783 Treaty of Paris ending our War of Independence, befriended Thomas Jefferson, and served on the committee that dispatched Napoleon to Elba.

More importantly, Pierre was blessed with luck. Days before his expected execution, the revolutionary leader who had him arrested, Maximilien Robespierre, suddenly met his own political downfall, and Pierre was saved. He and his two sons lingered in Paris for a few years but in 1800 emigrated to Delaware. There, the younger son, Éleuthère, founded a gunpowder business that would become the DuPont company. By then, Pierre, reflecting on his earlier medical studies and

the hardships of the French Revolution, had instilled in his sons a commitment to alleviate human suffering.

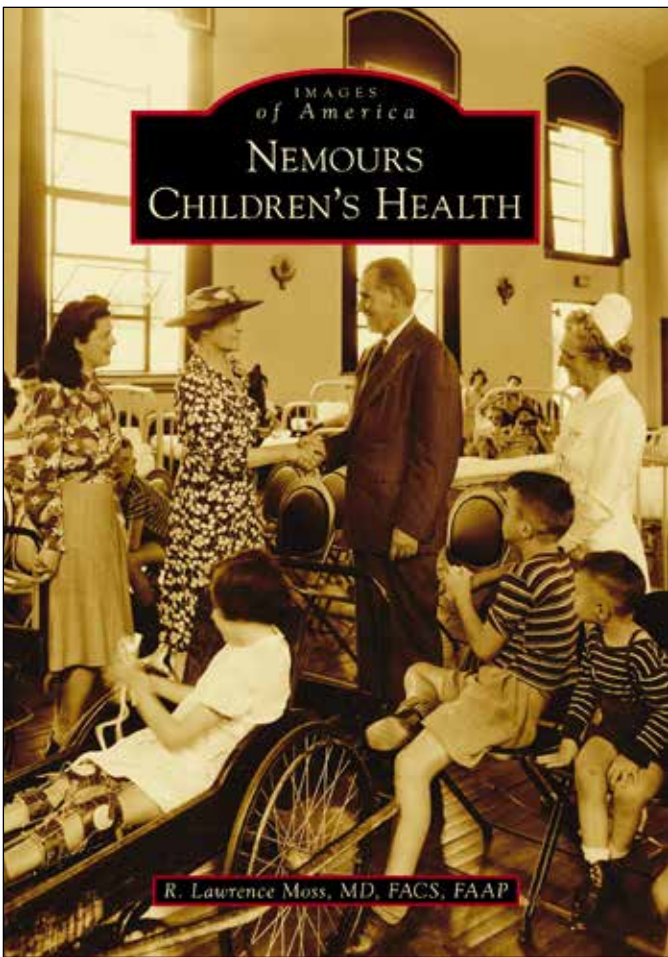
Fast forward 221 years. This summer, an *Images of America* photo history penned by the current president and CEO of Nemours Children's Health, R. Lawrence Moss, MD, FACS, FAAP, lands on our desk. In this volume, Dr. Moss and his collaborators trace the story of the DuPont family and the origins and growth of the foundation that fashioned Nemours Children's Health while dropping hints about future directions for that organization. Pierre's life and adventures occupy merely the first page of Dr. Moss' book; his son's founding of the DuPont company merits another page. But we soon come to the 1860s, when the real star of the Nemours story enters the scene. This is Alfred I. duPont, Éleuthère's great-grandson, the man who founded the organization and whose spirit, to this day, is embodied by Nemours Children's Health.

Alfred was a cut apart from the other members of the privileged DuPont clan. As a child, he preferred the company of the family firm's mill workers, and following two years of study at MIT, he joined the family's gunpowder business as a common laborer. Through hard work and consummate mechanical skill, Alfred rose through the company ranks, earning in the process, with his 200 patents, a reputation as one of the nation's foremost gunpowder experts – as well as considerable wealth. His first marriage, which produced four children, ended in divorce, but in 1907, he remarried to a second cousin, Alicia Bradford, and built for his new bride a 77-room

home, the Nemours estate in Wilmington, Delaware. Sadly, the couple lost two infant children, and tragedy struck thrice with Alicia's death in 1920. But during their happy marriage, Alicia had steered her husband toward a commitment to philanthropy and nurtured in him an enduring interest in bettering the lives of afflicted children. Grieving the loss of his wife, Alfred drafted a will that called for the construction of a “Nemours Memorial Home for Crippled Children” on the grounds of the Nemours estate.

In his third wife, Jessie Dew Ball, Alfred found a soul equally dedicated to caring for children's health and a partner destined to play a key role in the Nemours story. For financial and personal reasons, Alfred moved his principal residence to Jacksonville. Having separated himself from the DuPont family businesses, he began investing in Florida banks and continued to amass great wealth.

At the age of 70, Alfred





## Keeping Lake Nona heart healthy.

**407-846-0626**  
**www.cvadrs.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



passed away but left in his will an urgent task for his widow Jessie: to establish a foundation that would build a children's hospital in Wilmington. Jessie set immediately to work, and in June 1941, the Alfred I. duPont Institute opened to receive its first young patients. The goals of the institute initially focused on “patient care, education, research, and post-graduate training,” with a special emphasis on orthopedics. For the first director of the institute, Jessie oversaw the selection of noted orthopedic surgeon Alfred Shands, which became a position he held for the next 32 years.

Dr. Shands not only laid a secure basis for the medical and research work of the organization but expanded both the healthcare and geographical scope of Nemours Children's Health, which now operates in six states. Over the past several decades – to cite a few of its achievements – the foundation has built flagship hospitals in Delaware and Florida; launched Kidshealth.org (the most Googled website worldwide for children's health); cemented a pediatric residency partnership with the prestigious Thomas Jefferson University in Philadelphia; and constructed numerous children's clinics. From an aspiration tersely expressed in Alfred duPont's 1935 will, Nemours has grown to become a world-class medical network to care for children, among the best of its kind anywhere. Having accomplished so much over the past eight decades, what direction does Nemours take now?

Dr. Larry Moss is a man on a mission. A mission to direct the resources and sweep of Nemours to redefine children's health in this country and, in his words, to move “well beyond medicine.” Currently, he tells us that our nation's healthcare system focuses on two main goals: volume and complexity of medical services. This system does an outstanding job in saving the lives of children who suffer from rare or difficult-to-treat illnesses. But this same system performs miserably in safeguarding the overall health of children in this country. The United States ranks well below the achievements of other developed countries in delivering satisfactory

health to our nation's children, for example, in such indicators as life expectancy, infant mortality, and management of asthma and diabetes. In this country, we tend to equate health with medical care, but about 85% of children's overall health is determined by multiple societal factors, such as education, food security, and freedom from poverty. For Dr. Moss and his colleagues, it is imperative that we “change the meaning of health to something bigger, more expansive, and more needed and wanted by our families.” A monumental task if there ever was one.

Nemours Children's Hospital stands in a corner of Laureate Park, tucked against the Lake Nona Boulevard interchange with Route 417. This architectural marvel reflects openness and flexibility, a result due in part to the active involvement of parents and children in the design of the structure. But there is one design detail that exemplifies both the hospital's caring attention to its patients and its close engagement with the community. Each evening, the hospital's windows radiate a kaleidoscope of delicately dappled lights, in blue, green, orange, yellow and violet. In Lake Nona, we love color on every structure we build, but the evening lights on Nemours Children's Hospital are something special. Doctors tell us that children who enter hospitals fear most of all a loss of control. At Nemours, each child can choose at will the color of the lights that illuminate his or her room. Thus, the children admitted to Nemours not only gain a measure of control over their new surroundings but also send forth small beacons of hope to the community that add so much to the beauty of our neighborhood's nightscape.

As this century's third decade opens, Dr. Moss and the 8,500 dedicated associates at Nemours face ever-increasing challenges to secure the health and wellbeing of our children's healthcare, challenges in which as a nation we all share. To find our way forward, it is often helpful to study the past to see where we have come from. We find that history of Nemours in Dr. Moss's engaging new *Images of America* volume.



# JOHNSON & JOHNSON'S LAKE NONA EXPANSION

ARTICLE BY FELICITY MAE GOMER  
PHOTO COURTESY OF JNJ.COM

Having made their debut in Lake Nona with their Human Performance Institute, Johnson & Johnson has announced that they will be moving their headquarters to Lake Nona with the construction of an \$18 million facility. The campus will be another addition to a robust collection of entities in Medical City.

The Johnson & Johnson addition will house a multidisciplinary training center and focus their efforts on continuing research and development toward improving the ability of a human's energy to perform, be resilient and adopt leadership. They aim to utilize science-based approaches in widening a person's capacity for energy. Construction for their expansion will be completed toward the end of this year.

"At the Johnson & Johnson Human Performance Institute, we are passionate about our mission to enable individuals to identify their purpose and sustain peak performance. With this investment, we are accelerating our ability to impact human wellbeing globally," said Lowinn Kibbey, global head of the Johnson & Johnson Human Performance Institute. "In creating this world-class training environment, right in the heart of a vibrant community for medical care, research and education, the new facility will anchor our efforts to help individuals and organizations unleash their potential and their capacity for peak performance and wellbeing."

The new facility will bring innovation, jobs, and a state-of-the-art hub of research to the region of Orlando and beyond.

"Johnson & Johnson's decision to invest to further expand their footprint in Lake Nona is a testament to our city's success in diversifying our economy and building infrastructure that drives Orlando's reputation as a desired location for corporate expansion," said Orlando Mayor Buddy Dyer. "We welcome the company's new facility as it will create quality employment opportunities and provide a number of targeted and specialized services to our community."

In addition to having a new home for their headquarters in Lake Nona, Johnson & Johnson plans to transform their brand expression. Their website will relaunch shortly and will provide case studies, research and other recent insights into their mission of sustainable human performance. The company is generally transforming along with their physical addition and exhibits their values in living well to perform well across all mediums.

"I am especially proud of the expansion of the Human Performance Institute's new facility in Orlando – the same city we have called home for more than 20 years. There has never been a greater need – from those starting out in their careers to the upper reaches of the boardroom – to develop vital energy-management skills," said co-founder of the Johnson & Johnson Human Performance Institute Jack Groppel. "As our world grows more complex and frenetic, our research continues to prove that discovering and living your personal purpose brings energy, fulfillment and wellbeing to your life. Living a life of character brings energy, fulfillment and wellbeing to the lives of others as well."



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.

Dunnavant, Baird & Associates

C.R. Dunnavant, CFP®

Wealth Management Advisor

321 559 5005

c.r.dunnavant@ml.com

Merrill Lynch Wealth Management

700 CELEBRATION AVE

Third Floor

CELEBRATION, FL 34747-4602

321 559 5005

http://fa.ml.com/Dunnavant\_Baird



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

# 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](https://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





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

## TO GEN Z: HOW TO HONOR 9/11

BY NATALIA JARAMILLO

Every American should know the significance behind the date of September 11, 2001. It was a day not many people want to remember due to all the pain and suffering that it caused, but if you were too young to remember the day or weren't even born yet, you have to learn to honor this day. It's an important date in the history of the United States, and this year marks the 20th anniversary. Remembering 9/11 is not only respectful and inescapable but also necessary to understand how this catastrophic event affected the United States, especially when it comes to foreign policy.

9/11 is the day when Al-Qaeda terrorists hijacked commercial planes filled with innocent people and crashed into the Twin Towers in New York as well as other national locations in the United States. The details of 9/11 are the aspects of that day that you don't know but should know as a young person to truly understand what exactly happened that day and how greatly it altered the future of our country.

After the first plane hit one of the Twin Towers, many people believed it was a freak accident; they didn't know it was a terrorist act as soon as it happened. The fall of the Twin Towers after the collision was broadcast live on television for all Americans and the world to watch. On this day, it was the first time in United States history that all planes were grounded for fear that there would be more hijacked planes. In the months and years since 9/11, many first responders have died due to cancer or respiratory diseases caused from the attacks. A study by the medical journal JAMA Network Open found that the first firefighters on the scene on 9/11 were 44% more likely to develop cardiovascular disease than the first responders that arrived the next day to help. It took over eight months to finish the cleanup and rescue efforts of the Twin Towers.

Now that you are more aware of some of those details that really show the magnitude of 9/11, it's important to commemorate. Many schools or offices hold a few minutes of silence every 9/11. Another way you can commemorate is through participation in a 5K run or stair climbs that honor the victims of that day who couldn't make it out of the Twin Towers. Another way to honor the victims of this day is through a visitation of the Twin Towers memorial in New York City.

This year marks 20 years since 9/11 happened; therefore, bigger commemoration ceremonies throughout the United States will likely occur in-person and virtually. Participating is important, but participating after doing the research to understand the events of 9/11 and talking to people who remember how they felt that day are some of the most respectful ways to commemorate the lives that were lost but never forgotten.



## SUNNY SIDE UP: SWISS FAMILY ROBINSON

BY PHILIP LONG

People always talk about summer reading, but I've never really believed in it. I think it's because of the stupid book lists I'd get in high school to read while I was away. Yeah, right. "What I did during my summer was read what you gave me, and now I'm back. It was great." But this summer, I decide to overcome my aversion to that book list feeling, with its corresponding smells of linoleum and pubescent body odor, and read a classic, *Swiss Family Robinson* by Johann David Wyss. And I'm going camping.

My parents have the idea to camp, so my siblings and I, along with our spouses and progenies, descend on a poor camping site like a flock of turkey buzzards. Thankfully, my parents live in the Pacific Northwest, so it's unlikely that we'll combust due to overexposure to that searing fireball we call the sun.

I survive the first night, despite a root trying to spoon a couple of my ribs, and I meander around our campsite looking for a paper plate.

From what I've read so far this morning, I don't at all feel like a Robinson. After the first few nights "shipwrecked," I think they'd already scavenged their ship like three times and come up with not only one but two sets of silverware. I look for my assigned spork.

As I scratch my belly and look back at my dwelling, held together with stretchy string and a few radio antennas, I compare it to a Robinson dwelling. They build a treehouse and eventually hollow out the tree trunk just to build an indoor staircase with windows. Their home is like the Berenstain Bears' house with an addition of the Weasleys'

home from the *Harry Potter* series. That is, of course, if the Weasleys were filthy rich or had a shipwreck nearby.

Chewing on my instant oatmeal, I think about the flamingo stew the Good Mother (as Mr. Robinson calls his wife) serves for breakfast. And I think (not very well) about how bankrupt my knowledge is in comparison with Mr. Robinson's bottomless knowledge of absolutely everything. I guess if you know everything and you're shipwrecked and the ship is full of absolutely everything you could ever need — herb garden, anyone? Oh, here are some cows, pigs, dogs, guns, forge (yes, a forge), axes, hammers, nails, more guns, matches — oh, wait, we don't need matches because Mr. Robinson will down a tree that will split perfectly down the middle, take the pith (the weird stuff in the middle of trees), and tap two pebbles together to start a bonfire.

I snigger about know-it-alls and how someday they'll get what's coming to them as I begin scrounging around in our plastic tubs full of food-stuffs and the occasional diaper. There it is, instant coffee.

Ha! The Robinsons scoff at my pitiful bag of whatever it is that makes up gross coffee. While my family huddles around our gas-powered, fake fire pit thingy, the Robinsons would be discovering a yacht inside their ship! Then, they'd set sail.

We go surfing. Standing in the ocean, I attempt to pry one of my niece's frozen fingers off of a surfboard. I think I might die out here.

Speaking of dead things, the Robinsons approach to nature is this: If it's not tameable in the first five minutes, kill it. If it's a threat, kill it. If it's pretty, kill it. If it's just sort of casually hanging out, bang. They're a blood-thirsty family. My family finds a snake near the bathroom, and we run for our lives. Now we use the woods.

Every bit of potential danger in the book is either remedied very quickly and violently with guns or Mr. Robinson thinks of something ingenious or nature plainly fails to deliver. Imagine Jurassic Park if all the dinosaurs have the personality of Barney the

purple dinosaur on mute (muting him would be key).

Now that my coffee is finally kicking in and my three-year-old niece is squealing in my ear that she's not Uncle Philip (she initiates conversations through confrontation), I realize that perhaps the reason Mr. Robinson comes out looking like a titan of strength and knowledge is because he's the one doing the writing. I read in the front of the book that it was authored by a son of a reverend who used to entertain his boys with tales of adventure in the great outdoors.

Another cup of coffee later and a twig in my eye from one of my nephews, I'm thinking that the son must have been a naturalist who never went outside and an absolutely horrible storyteller. He's somehow able to suck the tension out of the entire story. He could have

sprinkled in a little human nature and gotten *Lord of the Flies*, or a little real nature and come up with something more like *Lost* with it's time-traveling, nuclear-powered, moving islands and parallel universes.

Sure, there's a girl that they rescue, but she's been shipwrecked herself so she's found stuffing herself with berries and barbecue. She didn't need rescuing; she'd been shipwrecked!

I'm not sure how to wrap this up, but neither did Mr. Robinson. Finally, he admits to the peril of boring his readers to death by continuing to tell his tensionless, self-congratulatory anecdotes and ends the book. Um, yeah, why didn't he do that sooner? This genius knows why. They pay you by the word.





NAMASTE WITH  
NATALIA:  
SCALE POSE/  
ELEVATED  
LOTUS POSE

TOLASANA/UTTHITA  
PADMASANA

BY NATALIA FOOTE

Lotus pose, or *padmasana*, is a traditional meditation posture. It is often photographed and shown as a calm, meditative asana. The Buddha is often depicted in the lotus posture. Lotus pose is one of the most important and useful asanas, especially when practicing *pranayama*, or breath control.

The benefits of lotus pose are in circulation to the lumbar spine. It tones the abdominal organs, strengthens the legs and ankles, and increases flexibility in the hips. Above all, the lotus pose is a very grounding posture. It is aptly named “lotus” because the lotus flowers root their base in the mud, and the arms and feet resemble the petals of the flower. The seat is the grounding connection to the earth.

*Tolasana* and/or *utthita padmasana* is a variation of lotus pose. The posture uses the strength in the core, arms and wrists to elevate the body while keeping the legs in lotus pose.

Although *padmasana* is considered an archetypal yogic posture, it is not a posture meant for everyone. Contraindications for the posture are hip, knee or ankle injuries. For *utthita padmasana*, the contraindications list adds wrist and shoulder injuries. In addition, tight hips or thighs make this posture nearly inaccessible.

Many variations exist for tight hips or thighs or arm and core strength. The photograph below shows a variation for arm strength. Using blocks under my hands elevates the floor and makes lifting my seat more accessible.

A variation for *padmasana* would be half-lotus, where one foot is on the thigh and the other is on the ground. We often have one hip that is more flexible than the other. Starting with half-lotus protects against injury of the knee and ankle. Albeit, elevated half-lotus can seem more difficult as you have to also lift the lower leg into the body because it is not tucked into the thigh.

You may choose to omit lotus, or half-lotus, and sit on top of the heels. By placing the blocks under the arms, both legs may be elevated from this position, and the same core and arm strength is used. This version is the most accessible to all ranges in flexibility.

Keep in mind that your very unique body, with all its stories, is special. For some, lotus pose is easy. For others (myself included), it takes a significant amount of warm-up to achieve. For others, it is a posture that may take years of practice to attain. And for some, it is a posture that will never be a part of their practice. Wherever you are in your unique yoga practice, let this be a posture you come to with grace. Honor your body and listen for signals of when to stop. Regardless of which variation you attempt, do so with an underlying quality of compassion for yourself and for your special body.

1. After warming up the body, sit with your legs extended.
2. Bend the right knee and place the foot over the left thigh so that the right heel is near the naval.
3. Bend the left knee and place it over the right thigh with the heel also near the naval.
4. Place both hands on the floor in line with the mid-thigh.
5. As you exhale, press the hands and lift the body off the floor.
6. Stay for five breaths and return to lotus pose.
7. Breathe for 10 breaths in *padmasana*.

Namaste.

NONA YOUR NEIGHBOR:  
POONAM SURYAVANSHI

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF POONAM SURYAVANSHI



Poonam Suryavanshi is the owner of Canvas and Brushes. She is also a Nonahood resident. Check out our interview with her below!

Nonahood News: What is your job?

Poonam Suryavanshi: I’m a mom, a wife, and I own a small, mobile paint-and-sip business called Canvas and Brushes.

NHN: What does your day-to-day schedule look like?

PS: I make breakfast, have my cup of tea. My son goes to daycare three days a week, so I get some time to do my work. I get him ready, I cook, and once I’m done, I sit down and either do admin work or create paintings. Then, I go pick him up, we make dinner, and it’s mom responsibilities again in the evening. During the time when he’s in school, I do stuff related to my work. The schedule when he’s not in daycare is meeting up with other moms and playdates.

NHN: What are the most rewarding aspects of your job?

PS: The most rewarding thing is when I see people leave happier than they came. That’s what I love. I get emails from them after the class saying that they had a great time.

NHN: What are the most challenging aspects of your job?

PS: Reaching out to bigger audiences. But now that everything’s opening up again, it’s getting easier; people are willing to go out more. The other challenge is wearing different hats. I do the creative things as well as marketing. Sometimes it gets overwhelming. And the last challenging thing is that making sure the two-hour class is full of learning and entertainment.

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

PS: I was at my mom’s friend’s house, and she said, “Hey, can we do a paint-and-sip?” We did one at my friend’s house, and then she said, “You could definitely do something like this.” I decided to start my own company. I started advertising and created my page, and people started hiring me. I love doing it because I get to meet and teach people. Having the specific location to work in makes me the go-to person in the area. Plus, Lake Nona is central to everything.

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

PS: I like to do Bollywood dancing. I do a lot of dancing with my son. I did classical Indian dancing until I was 16 or 17; then, I didn’t really pursue it. I did go attend the classes, though.

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

PS: Right now, I’m striving to just do my best and build up my clientele. I don’t have my own space, but I want to have my own space in a few years. I want to create a space where people can come meet other people. I feel like these days, because of COVID, a lot of people have become distant and it’s hard to get out of your shell. I want to make a space where people can meet like-minded people. I hope to incorporate other kinds of classes into my space that give other artists in the area opportunities to teach classes of their own.

NHN: What brought you to Lake Nona, and when did you move here?

PS: My husband and I were looking for a house. We lived by Winter Park, but we weren’t getting the value for our money. In 2018, we decided to move here because it was more family-oriented and there was a lot of development going on. Also, Lake Nona is closer to the airport, which was a plus because my husband traveled a lot pre-COVID. I also feel like Lake Nona is so multicultural, and that’s how I was brought up.

NHN: Where are you from originally?

PS: I’m originally from Kenya. I was born in Nairobi, which is the capital city of Kenya. I’m of Indian origin, but my mom’s parents moved there a while back. I speak four languages – English, Swahili, Hindi, my mother tongue, and another Indian language – and maintain my Indian culture here.

NHN: What would you say is your favorite part about Lake Nona?

PS: It’s family-oriented, but people who are single or who want to retire can live here. It’s a great balance of everything.

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

PS: Move to Lake Nona! It’s a nice area, and the people are awesome.



Photo by Kelly Rodriguez



- 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

94751152146

SCC131152146





# LAKE NONA REGIONAL CHAMBER OF COMMERCE





**FIRST TUESDAYS OKTOBERFEST  
AT PARK PIZZA & BREW COMPANY**

September 7  
5:30 - 9:30 PM

## FROM THE CEO

We are thankful for the support of our medical community partners along with that of our local elected officials. They bring us the latest accurate information that we can share with everyone.

Please visit our website [www.lakenonacc.org](http://www.lakenonacc.org). There is a lot going on in your chamber.

Please stay safe and well.

*Don Long, President/CEO*

**CHAMBER SWING**

FRIDAY, NOVEMBER 5

Presented by Synovus Bank Lake Nona



**RIBBON CUTTING  
CEREMONY**



**VEG'N OUT**  
Tuesday, September 8  
5:00 P.m. - 8:00 P.m.  
6902 Lake Nona Blvd Ste 104  
Sponsors provided courtesy of



**RIBBON CUTTING  
CEREMONY**



**Orlando Credit Union**  
Tuesday, September 14  
10:00 a.m. - 11:00 a.m.  
6902 Lake Nona Blvd Ste 105  
Sponsors provided courtesy of





**BUSINESS LUNCHEON - BRIGHTLINE**  
**WHY IS HIGH-SPEED PASSENGER RAIL  
SO IMPORTANT FOR FLORIDA?**

 Friday, September 17  
11:30 a.m. - 1:00 p.m.  
to book your ticket



**NONA PROFESSIONAL LADIES**  
Nona Professional Ladies Group - Estate Planning

Monday, September 20  
11:30 a.m. - 1:00 p.m.  
Wycliffe Bible Translators

**NEW MEMBERS**

AADEK Management  
Account On Us  
American Title Trust LLC  
Ascend South Creek Apartments  
Euro Motors Corp  
Hayes, Barbara  
Innovation Eye Care  
JANUS et Cie  
Minuteman Press  
Nona Dental Arts  
Premier Sotheby's International Realty - Kim Marie Horvath

**NEW PARTNERS**

Karst Media Group - Copper  
Northwestern Mutual - Copper

**RENEWED MEMBERS**

CertiPay  
Coffee Cravings LLC  
Conner, Carl AIA  
Cushman & Wakefield  
Fish Window Cleaning - Next Pro LLC  
FL House of Representatives Dist 50 Rep Rene "Coach P" Plasencia  
Florida Senate - Senator Torres  
Home Health Care Resources Corp.  
Humana Market Point  
JT Tavarez @ La Rosa Realty Kissimmee  
Kidiverse LLC  
Lake Nona Young Professionals  
McCland Law, PA  
Mr. Rooter Plumbing  
Nona Soccer Academy  
Nona Title, Inc.

**RENEWED PARTNERS**

GuideWell Innovation Center - Gold  
First Colony Bank of Florida - Silver  
UCF Lake Nona Medical Center - Bronze

Northpoint Mortgage  
Orlando Regional REALTOR® Association  
Orlando VA Healthcare System  
Pro I.T. Services and Support, LLC  
Prugner's Digital Marketing  
Saint Frances Xavier Cabrini Catholic Church  
Seacoast Bank  
Seckinger, Christian  
Snake Drone Media  
The Kendrick Team at Keller Williams  
Tiki Bay Entertainment LLC  
Toho Marine & Outdoors  
Top Yacht Brokerage, LLC  
United States Postal Service  
USTA National Campus  
WOMANtrepreneur  
WOW 1 DAY PAINTING ORLANDO

## EVENT GALLERY



**July 19, Eagle Creek Golf Club** – Dr. Cyd Charissee Williams delivers her expert advice to the Nona Professional Ladies Group during “Protect Your Most Valuable Asset-Selfcare” at their recent luncheon.



**July 22, Lake Nona** – Chamber CEO Don Long (left) leads the BEEP cheer as BEEP co-founder Mark Reid, assisted by Orlando Mayor Buddy Dyer, Orange County Mayor Jerry Demings, and BEEP chief marketing officer Racquel Asa, cut the ribbon to open their new BEEP headquarters in Lake Nona.



**July 31, Lake Nona** – Lake Nona Performance Club staff and guests celebrate with a ribbon cutting and grand opening.



**Aug. 3, Lake Nona** – Nona Adventure Park manager Jeff Trudeau welcomes chamber members to the First Tuesday hosted by Nona Adventure Park.



**July 23, GuideWell Innovation Theatre** – Allen Johnson, Orlando chief venues officer, provides background along with new information about Orlando's venues, including Amway Center, Camping World Stadium, Tinker Field, Harry P. Leu Gardens, and Mennello Museum. Johnson additionally updated the audience on the latest shows and events coming to the venues while also responding to numerous questions. Attendees enjoyed lunch from Bolay, and the event was sponsored by Village Connect.



**Aug. 4, Lake Nona** – Tranquil Waters Counseling owner Ann-Marie Miglionico, assisted by her husband, cuts the ribbon to open their new location.



**July 28, Eagle Creek** – Goodwill Industries management and staff cut the ribbon celebrating one year for Goodwill Industries Central Florida in Eagle Creek.



**Aug. 12, Lake Nona** – During Breakfast Connections, Dr. Nizam Razack presents information about the region's first incisionless brain surgery at UCF Lake Nona Medical Center.



Our September Ambassador of the Month is Stella Miller from Aagaard-Jurgensen LLC Construction.

**CHAMBER PARTNERS**

**DIAMOND**  
 **NONA MEDIA**  
COMMUNITY-DRIVEN ENGAGEMENT

**PLATINUM**  
 **Advent Health**

 **amazon**

 **LAKE NONA SOCIAL**

**GOLD**  
 **GUIDEWELL INNOVATION**

**CENTRAL FLORIDA MONTHLY**

 **STARLING**

**SILVER**  
 **FIRST COLONY BANK**

**BRONZE**  
 **OUC**  
The Reliable One

 **Ronald McDonald House Charities**  
Central Florida

 **ORLANDO HEALTH**

 **UCF**

 **Lake Nona Medical Center**  
A RITA HEALTH SYSTEM

 **SYNOVUS**  
The Heart of Care

 **onemed**

 **TRC**

 **TAVISTOCK RESTAURANT COLLECTION**

 **TAVISTOCK**

**COPPER**  
 **Verandah Properties, LLC**  
A REAL ESTATE INVESTMENT FIRM

 **Northwestern Mutual Wealth Management Company**

 **FIMM**  
FLORIDA INTEGRATIVE MODERN MEDICINE

 **LIFESTYLE MAGAZINE**

[www.lakenonacc.org](http://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

# ADULT LEAGUES

- MEN'S PREMIER LEAGUE • FAMILY LEAGUE
- MEN'S OPEN • COED • O30'S • O40'S • O50'S
- PICK UP GAMES • WOMEN'S TRAIN & PLAY

REGISTER NOW:

[XLNONA.COM](http://XLNONA.COM)  
(407)863-3101



# US Open Finals Weekend Viewing Party!

Hosted by The USTA National Campus



## WHAT

A fun, free two day event to come out and watch your favorite tennis stars compete to become a 2021 US Open Champion. Plus, the official US Open Signature cocktail, the Honey Deuce, will be available for purchase in addition to tons of free SWAG and activities during the matches.

## WHEN

Saturday, September 11th and  
Sunday, September 12th from 3-7pm

## WHERE

Boxi Park Lake Nona  
6877 Tavistock Lakes Blvd,  
Orlando, FL 32827



SCAN THE QR CODE  
ABOVE TO LEARN MORE

**USTA**  
NATIONAL  
CAMPUS

**BOXI**  
PARK

© 2021 USTA. All rights reserved.

# USTA: THE LAST GRAND SLAM OF 2021

BY DANIEL PYSER

The start of September means the season's last Grand Slam is in full swing as the 2021 US Open was set to begin Aug. 30 in New York.

The US Open is excited to welcome fans back to the USTA Billie Jean King National Tennis Center after last year's event was held with no spectators due to COVID-19.

The game's biggest stars will be on display in New York with a number of notable historical achievements on the line. Novak Djokovic is vying to become the first male player to win the "Calendar Grand Slam" in 52 years and only the third all-time, joining Rod Laver (1962, '69) and Don Budge (1938). He will also become the first player to accomplish the feat if he were to prevail in New York since Steffi Graf did so in 1988.

In '88, Graf also completed the elusive "Golden Slam," adding an Olympic gold medal to her four Grand Slam titles. She is the only player in the history of the sport to have accomplished that feat and will remain so for at least another three years after Djokovic fell in the semifinals at the Tokyo Olympics last month, failing to medal.

If Djokovic were to win the title, he would also surpass Roger Federer and Rafael Nadal, who are all tied with 20 Grand Slam singles titles.

Also on the line in New York in September will be Serena Williams' quest for her 24th Grand Slam singles title, which would tie Margaret Court for the most all-time. Williams, though, has been battling an injury since pulling out of Wimbledon and missed the Olympics as well as all of the US Open Series.

Wheelchair tennis players Diede de Groot from the Netherlands and Dylan Alcott from Australia will also be attempting to complete the "Golden Slam" in the women's and quad divisions, respectively. They would both need to earn a gold medal at the Tokyo Paralympics held immediately before the US Open and then win the singles title in New York.

From a more local perspective, a number of Orlando residents will be competing in New York, including Jennifer Brady, fresh off an appearance in Tokyo representing Team USA, who will be looking to replicate her run to the semifinals last year before falling to eventual champion Naomi Osaka.

Mackenzie McDonald is finally healthy after battling back from a serious hamstring injury and finds himself back in the ATP Top 100 after reaching his first career ATP Tour final in Washington, D.C., earlier this summer. Also of note, Lake Nona resident and University of Florida star Sam Riffice will have the opportunity to compete at the US Open after his NCAA singles title earned in May at the USTA National Campus earned him a main draw wild card.

For fans looking to watch the action from Lake Nona, look no further than Boxi Park, which will be hosting a US Open finals weekend watch party on Saturday, Sept. 11, and Sunday, Sept. 12, from 3-7 p.m. Not only will the matches be featured on the big screen, fans will be able to order the famed "honey deuce" cocktail and have the chance to walk away with a number of USTA and US Open giveaways.



Courtesy of USTA



**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](http://www.dmiinsuranceorlando.com)





# KATIE'S CUCINA: LOADED TACO BAKED POTATOES

BY KATIE JASIEWICZ, [KATIESCUCINA.COM](https://www.katiescucina.com)

School has officially been in session for a month now. The daily grind and hungry kids can make for a very overwhelmed and exhausted parent come dinnertime. I am always trying to come up with easy dinners and delicious ways to use up leftovers. My Loaded Taco Baked Potatoes fit the bill. I typically make the baked potato dinner two nights after we have had ground beef tacos. I'll make a double batch of ground beef taco meat and save half of it to reheat for our baked potato night. I'll even prep extra toppings on taco night to save me time later in the week.

If I plan well enough, I will throw the russet potatoes in the slow cooker the morning before dinner. If I forget, I sometimes like to use my Instant Pot to cook the potatoes. Both ways will save you time. Of course, you can always bake the potatoes in the oven, too. You can even cook a few extra baked potatoes to use as home fries for breakfast 1-2 days later. I love when I can cook a meal and turn it into another meal a few nights later. That's the best way to maximize time and energy to get dinner (and breakfast) on the table.

If you have picky eaters, this is also a great way to get them involved in making their own plates. I lay out all the toppings and let my kids scoop what they want. My son typically only has taco meat and cheese with some sour cream but every now and then will surprise me and add a little salsa. My daughter on the other hand will add more sour cream and cheese than I would typically approve and all the veggies. Either way – they both get a delicious meal, one they both will enjoy.

If you are looking for a fun way to switch up dinner or use up leftovers, I hope you will give my Loaded Taco Baked Potatoes a try!



## LOADED TACO BAKED POTATOES

**Prep Time: 15 minutes**  
**Cook Time: 60 minutes**  
**Total Time: 1 hour, 15 minutes**  
**Servings: 4**

### Ingredients

- 4 russet potatoes, cooked
- 1 lb. lean ground beef
- 1 tablespoon taco seasoning
- ¼-cup of water
- ¼-cup salted butter, divided
- ¼-cup sour cream, divided
- 1 cup cheese, divided
- 2 plum tomatoes, divided
- 2 avocados, divided
- 4 green onions, diced

### Instructions

1. Scrub and pat dry the russet potatoes. Place on a baking sheet, spray with a little olive oil spray, and sprinkle a pinch of salt on top of each potato. Cook the baked potatoes in the oven at 400 degrees Fahrenheit for at least 50 minutes to an hour.

2. During the last 20 minutes while the potatoes cook, place the ground beef in a large skillet. Cook on medium heat, breaking up the beef with a wooden spoon until small, bite-size pieces are cooked and browned. Then, add in the taco seasoning and water. Mix well and remove from the heat.
3. Carefully open the hot cooked potatoes using the tines of a fork. Fluff and break up the inside of the potato with the fork. Then, add in the salted butter, sour cream, ground beef, shredded cheese, diced tomatoes and green onions. Place half an avocado on the side of each potato. Repeat until all potatoes are topped. Enjoy immediately.

### Notes

- You can also use the slow cooker or Instant Pot to cook the potatoes.
- I like to use leftover ground taco meat to speed up the cooking process and make for an easier weeknight meal.
- You can also use ground turkey in place of ground beef.
- Additional topping ideas: salsa, diced avocado, olives, pickled jalapeños, shredded lettuce, guacamole, etc.

# MAMA'S TURN: WINGS TO FLY

BY SHARON FUENTES



was on the orthodox side, was not excited about his baby girl marking up her body, but he understood it was MY body and the symbolism behind the tattoo. So, without skipping a beat, he told me if this was something I really wanted to do, he would prefer I wait to have it done in Florida so he could go with me.

Two months later, my father picked me up from the airport and drove me to a place that he said was the best in town. He never tried to talk me out of it; he just sat there holding my hand and trying to make me laugh while I had what would be my first tattoo (and only for the next three decades) engraved onto my ankle. It wasn't until I had my own children many years later that I realized just how incredible a gesture that was from him.

My daughter has been talking about getting a tattoo since the time she started speaking. I remember coming home from work one day when she was only four to see that she had set up our living room to look like a tattoo parlor, with pictures she had drawn taped on the walls and her sitting in a chair by the couch with magic markers, ready to ink up her next customer. As I sat down to have her scribble a smiley face on my hand, she would tell me how she was going to get tattoos when she was older because "who wouldn't want pretty pictures on your body?"

So, I was not surprised when months before she was about to turn 18, she started to talk more seriously about what she wanted her first tattoo to be. She had drawn a simple butterfly, something we both feel a connection to ever since my mother passed away, as the tattoo she wanted on her left forearm. It would be very small, but the meaning behind it would be huge! I cried at the gesture and told her I would make her an appointment as I would go



with her to hold her hand the way my father did mine. But she shook her head no. To say I was a bit shocked, perhaps even saddened, is an understatement. She laughed, though, when she saw my pouty face.

"Mom, I don't want you to just go with me to hold my hand. I want you to get a matching tattoo! I want this to be a special thing for us BOTH!" I began to cry... again. I had been joking for weeks saying that I was going to give her wings to fly, and yet it was she who would be doing that for me!

As our children become older and start to forge ahead alone, it's easy to feel forgotten, sad, and no longer needed. But if we do our job right – if we express our opinions but still choose to show up and hold their hands even when they don't take our advice – then one day, they may invite us to not just watch but to be a part of the new life they are creating for themselves. And, if you are lucky, you will have a beautiful picture on your arm to remind you of that moment!



Premier

**Sotheby's**  
INTERNATIONAL REALTY

Visit or call us for a private consultation  
[PremierSothebysRealty.com](https://PremierSothebysRealty.com) | 877.539.9865



SAINT CLOUD

**1795 Pine Grove Road** \$3,880,000  
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



APOPKA

**996 & 1000 South Orange Blossom Trail** \$849,000  
Cindy Parker 407.758.8765



LAKE WALES

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



FORT MC COY

**199 NE Highway 315** \$796,000  
Tasha Osbourne 352.613.6613



ORLANDO

**12850 Salk Way** \$735,000  
Peter Luu & Kim Horvath 321.917.7864



WINTER GARDEN

**2000 Williams Road** \$449,000  
Christy Keen & Maria Caparas 407.927.5331



Premier  
Concierge  
Insurance

In association with Gallagher

Protect Your Home and  
Everything that Matters

**888.870.7667**

**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.



# THE ARTIST: CREATING THINGS THAT DIDN'T EXIST BEFORE

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF MATTHEW GONZALEZ



Photo by Bozanich Photography

worked with dry media up until freshman/sophomore year of high school, when my best friend at the time sent me a video of an artist painting. I was mesmerized by how the paint was mixed to create an image with the use of a paintbrush on canvas. I immediately became inspired and went to Michaels to buy art supplies, spending about \$70 on paint, a sketchbook and paintbrushes. I tried coming up with my own ideas, and though they weren't good, it was the start of something that would change my life forever. I made the decision to become an artist (careerwise) back in junior year of high school. Throughout the 5-6 years of my painting journey, I developed an overwhelming amount of love for creating things that didn't exist before and manipulating color to create an image and a feeling that didn't exist before.

**NHN: When did you realize creating art was your passion? Do you have any other passions besides art?**

MG: I realized art was my passion when I started doing it every day and wanted to do it every day. It made me feel so relaxed, inspired and confident in myself. Seeing something that you created with your own hand sitting in front of you is a feeling I can't really describe, but let's just say it's magical. Throughout my art journey, people always thought my artworks were beautiful or that they wanted to be like me, and I never fully understood why and I still don't, but the fact that I inspire them makes everything worth it.

I do have other passions, such as working out, decorating, designing, sewing/sculpting, film, traveling, visiting theme parks, and music. Working out allows me to push my limits physically and gives me a boost of confidence. As with everything else, they expand my knowledge in what is possible within the arts. Film, music, traveling, the theme park industry, and music all allow me to witness how people can express themselves and their ideas in multiple mediums and styles and yet still have a huge impact on humanity. They just in general make me happy.

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

MG: I create art every week, multiple times a week whether it's through sketching, painting, building, sculpting, decorating or planning. It is my passion and hobby and usually what I do in my free time. Most of the projects I create are self-given projects; I honestly don't get too many commissions. For instance, this company I am working on right now was an entirely self-driven thing. Nobody told me I needed to do it; I just wanted to do it. Same goes for a vast majority of my artworks, and most of the time, I'm learning multiple things at once.

**NHN: How long did it take you to discover your artistic style? Which mediums do you use in your work?**

MG: It took me around three years to find my artistic style, which was back in senior year of high school. I experimented with collage and using multiple mediums and images to create a cohesive look and idea, and it quickly developed into my style today.

When it comes to painting surfaces, watercolor paper is my go-to. With my art, I incorporate multiple layers, and watercolor paper allows more flexibility than canvas. I get to rip, cut, stain and paint anything on watercolor paper, and I can stack multiple layers on top of each other as well so that I can create dynamic imagery and flow. My go-to medium is acrylic paint, but I almost always incorporate ink, gouache and colored pencils with acrylic paint so that I can get smooth gradients and accurate colors. I also use liquid gold leaf, tape, leaves, twigs and other types of paper, yet this depends on the composition and color scheme of the piece.

My main themes are usually states of mind, a topic that I've been passionate about since senior year of high school. I love working with darker colors and darker themes, still trying to make it beautiful at the same time. A lot of my imagery incorporates surrealism or some type of imaginary element, such as the melted butterflies in my "Dark Side of the Moon" piece, or the daydream portion of my "Daydream" piece. I also love the simplicity of landscapes, whether it be a seascape, clouds, forest or some flowers.

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

MG: I remember back in senior year of high school, I created a piece titled "Daydream," and honestly, it was the most complicated out of all my AP art paintings. I spent two weeks trying to come up with the actual daydream portion, something that everyone could understand or relate to somehow. Yet, I had a realization: Daydreams can't really be understood completely, can they? It's abstract; everyone has different interpretations and viewpoints, so I opted for an abstract version of a daydream rather than something specific. It was a mixture of other drawings and things I put together at random, a happy accident basically.

A few months later, I finished a 30"x40" *Interstellar* movie poster replication for our movie room. The original movie poster had tons of smooth blending along with circular shapes and organic shapes. The daunting thing was that acrylic paint isn't the easiest to manipulate, and yet somehow I had to figure out how to replicate it accurately. Honestly speaking, if an artist were to look at the original movie poster and think, "What medium could I use to replicate this onto a canvas?" most would choose oil paint. The thing is ... I don't like using oil paint, so throughout the couple months of painting, I had to learn how to manipulate the acrylic so that the colors blended smoothly as if it was created out of oil paint. I used glazes, washes and lots and lots and lots of layers. I had to incorporate mathematics into the painting as well. Overall, the piece took about 3-4 months to complete.

**NHN: Which of your projects were your favorite to create?**

MG: Some of my favorite projects were revamping my room (building shelves, doing DIYs, decorating, etc.), my Harry Potter bookmarks, my "Dark Side of the Moon" painting, Daydream piece, *Moana* painting, *Interstellar* recreation, and my mural. All of them took a lot out of me, whether it was trying out new painting surfaces (my mural is the largest painting I've done), learning product design, or just developing new skills and techniques. I always look at those works and think to myself, "Wow, I really did that."

**NHN: Which artists have inspired you on your artistic journey? What inspires you on a day-to-day basis?**

MG: Fine artists such as Kelogsloops, Leigh Ellexon, Christopher Lovell, Knock Thrice, Lone Fox Home, Madeyewlook, Ross Draws, Guweiz, Sam Yang, and Jamie Jo Art have inspired me greatly throughout my art journey (Jamie Jo Art actually got me into painting). They all create such stunning paintings and home decor that I can't help but fall in love with everything they do.

As with film, Christopher Nolan is my favorite director. (*Interstellar* is my favorite movie. *The Dark Knight* is also one of my favorites.) However, my favorite genre is horror. There's something



about it that gives me a thrill and actually expands my creativity in terms of visuals and colors.

Though the world as a whole inspires me, I am mainly a self-driven person, and I love to teach myself new skills and information. I just have this feeling inside of me telling me to always create and to do it well. I take heavy inspiration from my family and friends, too. Their love and support mean everything to me, and I thank them for giving me confidence throughout my journey.

**NHN: Future goals/plans?**

MG: In the future, I want to own an eco-friendly business that provides entertainment, art and experiences to everyone, inspiring them and allowing them to enter their own world of fantasy and imagination. I want to help the world as much as possible and to make people become happier, inspired, and tap into their creative side while also being an ally to mother nature. The Earth is struggling due to climate change and pollution, and hopefully in the future, I'll be able to provide for both humanity and Earth. I'm planning on opening my business in mid-September.

To keep up with Matthew Gonzalez's journey, follow him on Instagram [@machutheartist](#) or visit his website at [matthewgonzalez.myportfolio.com/](#). To shop Gonzalez's art, visit [www.etsy.com/shop/ArtbyMachu](#).

**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](#)*



Dark Side of the Moon



Courtesy of Matthew Gonzalez



Fade



Daydream



Moana



Interstellar



# LET'S TALK LAKE NONA: FALL FAVORITES

## GET READY FOR LAKE NONA'S EXCITING FALL EVENT LINEUP

It may not feel like fall yet, but pumpkin season is right around the corner. So, get ready because Lake Nona is bringing back your favorite events for a fun-filled fall season!

Focused on creating new immersive experiences, Lake Nona events are known for featuring live musical performances, interactive displays, elevated food and beverage options, and one-of-a-kind photo opportunities to create unique experiences where guests can be part of the storytelling.

That's exactly what you'll find when the fall festivities kick off on Saturday, Sept. 18, at Park Pizza & Brewing Company's weekend-long Oktoberfest featuring – you guessed it – new fall beer on tap plus festive food, music and more. During this year's Oktoberfest, character actors dressed in authentic costumes will roam through Town Center and engage with guests about the history and traditions of the beloved event.

On Saturday, Sept. 25, the second annual Lake Nona Town Harvest returns to Boxi Park with a pie-making contest and all the Instagram-worthy fall photo ops. That's right, Lake Nona is bringing back the oversized tractors, hay bales and pumpkins galore. The Town Harvest pumpkin patch will have plenty of options to choose from to decorate your doorstep.

Halloween festivities will begin with Spooknona on Saturday, Oct. 2, and will run through the end of the month. Each weekend, The Beacon will illuminate with haunting new animations accompanied by live entertainment and specialty food and drinks to die for.

The fall events season will culminate on Thursday, Nov. 11, with an honored tradition as the community gathers for a Veterans Day celebration to pay tribute to the local veteran community.

It wouldn't be the holiday season in Lake Nona without the annual Oh, What Fun! Holiday Festival. Now in its fourth year, the month-long Oh, What Fun! event returns this December to transform Lake Nona Town Center into a winter wonderland. Make sure to bookmark [www.ohwhatfunlakenona.com](http://www.ohwhatfunlakenona.com) to stay in-the-know on all things holly and jolly as we get closer to the holiday season.

For the latest information on what events are happening in Lake Nona, visit [facebook.com/learnlakenona/events](https://facebook.com/learnlakenona/events).



# HAPPY EATERS LAKE NONA: AT MY WITS' END!

## WHERE DO I TURN TO FOR HELP WITH MY SELECTIVE EATER?

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

There are a lot of options when it comes to getting help for your picky eater, but oftentimes parents don't know exactly where to turn. To make things even harder, there are waitlists or insurance obstacles to tackle. When it comes to children, eating and the battles that come with both, waiting is extremely frustrating! Making things even more complex, families often don't even know who the right professionals are who have the knowledge and ability to treat selective eating. In this month's article, we will look at all of the options out there for parents to turn to in order to get their children help if their child has crossed over from simply being a "picky eater" to a problem feeder who needs some intervention.

**Speech-Language Pathologist:** It may sound a bit silly, but speech-language pathologists (or SLPs) are a great resource to turn to if your child is having feeding difficulties. While they teach children to talk and can help with articulation concerns and a wide variety of other issues, many are well-versed in the area of feeding! Just be sure that the SLP you are seeking services from has many years of experience in the feeding world. Check out a website such as [www.feedingmatters.org](http://www.feedingmatters.org) that can help you find an SLP in your area who specializes in feeding.

**Occupational Therapist:** Many occupational therapists (or OTs) can also treat children with feeding challenges. Again, you will want to make sure your OT has a strong feeding background and also find out what their approach to feeding is (sensory versus behavioral). Make sure you are comfortable with how they would like to provide treatment to your child. Many approaches work, but you need to be sure the whole family is on board with the treatment approach being used. Your OT can also work hand-in-hand with your SLP if you are lucky enough to have both!

**Registered Dietician:** Some dieticians (or RDs) do specialize in feeding and can be a great resource, giving you valuable information regarding nutrition and goals your growing child needs to meet. Some RDs have creative tips for getting children more interested in food, fun recipes, and helping to make sure all areas of nutrition are covered, especially if your child's diet is extremely limited.

**Psychologist/Psychiatrist:** Many children, and sometimes adults, with feeding challenges also have anxiety. This anxiety can impact feeding therapy in a variety of ways. Many different resources can help alleviate the anxiety and overcome some of the fears around trying new foods. Sometimes, medication can be tried, but that is not always the case. Techniques such as meditation, relaxed breathing and hypnosis may also be utilized at the level that the patient and family are comfortable with to reduce stress and anxiety surrounding food trials.

There are many other resources out there for you, but if you have a great therapist in place, they should be able to guide you in the right direction, getting you to all of the specialists you need to see and helping you along the way. That is an important part of their job, not just simply treating you or your child in therapy.



(407) 495-2325 | [aexplorers.com](http://aexplorers.com)



# 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

## FAMILY SHIFT: THE PANDEMIC OF PEER PRESSURE

BY RODNEY GAGE

Any adult or parent reading this article can say that the world our children live in today is far different from the world we grew up in. In fact, with the technology of our smartphones, we now have access and exposure to just about everything you can imagine.

With all the apps, gaming devices and platforms our kids have access to and communicate through, they are more vulnerable to negative, destructive views and behaviors than ever before. As a parent, how can you help your kids stand up to the pressures to conform to the endless distractions, temptations and behaviors that have become the new normal for our kids?

The answer is teaching them what I call **Prepared Reaction Response (PRR)**. When it comes to how and when our children respond to the pressures they will face, your children's response cannot be considered, reasoned or debated in the "heat of the moment" with their friends or peer group. Their choices must be PRE-considered, carefully thought-out, discussed, and decided in ad-



vance to avoid the consequences and the potential long-term effects of their choices.

This is why having strong family values and open communication is vital to setting our kids up for success and giving them the confidence, security and courage they need to make wise choices. As a family coach, I want to pass along four character qualities that have proven to be the successful keys to helping kids be fully prepared to stand up to the pressures they will face in today's world, no matter their age or stage.

### 1. Integrity.

Webster's dictionary defines integrity as "a firm adherence to a code of moral values." These are character qualities rooted in moral principles that help our kids know what is right or wrong and why certain activities and behaviors are right or wrong. C.S. Lewis defined integrity as "doing the right thing, even when no one is watching."

### 2. Discipline.

This value is vital when it comes to teaching self-control. We can't always control what happens to us, but we can choose our response. Helping our kids to have the discipline to say "no" when it's easier and more convenient to say "yes" will save them years of regret and consequences. In our world of instant gratification, teaching our kids to control their emotions and impulses to gain attention, acceptance or popularity will help them stay in control when the pressure to conform is everywhere.

### 3. Courage.

Wrong doesn't become right just because the majority says it is right. Teaching our children the courage to stand alone even in the face of intense pressure from friends or compromising situations will help them rise above and stand out for doing the right thing. Helping them understand that even if they face the consequences, embarrassment or rejection for not conforming to the negative views or behaviors of those around them, it will serve as a testament to their true character and integrity for doing what was right.

### 4. Humility.

Helping our children learn to take the high road is not a sign of weakness but strength. We are surrounded by so many in our culture today who are selfish, prideful, arrogant and crave attention so much that they will do almost anything to get what they want or receive the attention they desire. Imagine what our world would look like if more people lived with a spirit of humility and self-control. I heard someone once say, "The key to success in life is to learn the way up is down." Teaching our kids to do the right thing will always result in a life lived with no regrets.

As a parent, let me encourage you to carve out teachable moments to help your kids stand firm against the pressures they face by discussing their **Prepared Reaction Responses (PRR)**. You can do this over dinner, while driving in the car, after a news segment that exposes a tragedy, or even with controversial views and behaviors that are taking place in our culture today. Also, take the time to get to know your child's friends along with their parents. Stay in communication with your child's teachers so you can get their perspective and who might be serving as a negative influence. It's essential to stay in touch and stay connected to your children and their circle of friends. Why is this so important? Because friendships are like elevators. They are either taking us up or taking us down.

One final thought to pass along to your kids:

*Where you go determines who you meet.*

*Who you meet determines how you think.*

*How you think determines what you do.*

*What you do determines who you become.*

## FAMILY SHIFT

HELPING FAMILIES BUILD A LEGACY



# 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



**BEST FRIENDS  
IN THE NONAHOOD:  
SPAGHETTI  
WITH MEATBALL  
ON THE SIDE!**

ARTICLE BY PATTY REBER  
PHOTOS COURTESY OF STEVE & JEN LEVY

If you have seen an adorable, irresistible, little pudge of a pooch at the park these days, then you have been in the presence of the newest addition to this column! Meet Meatball!

Meatball is a robust, little English Bulldog who you will definitely want to take home once you've laid your eyes on him. Meatball is part of the Levy family, who relocated to Laureate Park from Chicago in 2017. Having owned Bulldogs in the past, the Levy kids, Reed, Roslyn and Dean, decided something was missing and that something was a Bulldog – but not just any Bulldog, mind you – MEATBALL was the missing link. Meatball turned five months old in August, and the Levy kids love him!

The Levy family were involved in Bully Rescue during their time in Chicago and ran a Halloween Bulldog obstacle course to raise money for this rescue. The Levys are considering training Meatball as a support dog to help spread the joy to local hospitals and elderly homes. In the meantime, Meatball is spreading joy around our community.



**TO NONA & BEYOND:  
SPACE X'S NEW DRONE SHIP**

BY EMERSON & ETHAN WALSH

On July 15, SpaceX's long-awaited autonomous space-port drone ship named "A Shortfall of Gravitas" (ASOG) arrived at Port Canaveral. A drone ship serves as an ocean-based landing platform for SpaceX's Falcon 9 booster. However, unlike all previous drone ships, ASOG has the capability to autonomously navigate to the appropriate landing zone and make its way back to port! This is made possible by four new powerful thrusters that are located at each corner of this highly-sophisticated barge.

For this historic Port Canaveral arrival, Ethan took a helicopter tour to capture ASOG from an aerial perspective.

This was his first-time viewing Cape Canaveral from the sky – it was quite an exciting experience. As we approached the drone ship, Ethan could make out the iconic SpaceX logo and the words "A Shortfall of Gravitas" wrapped around the edge. On one of our closest flybys of ASOG, he pointed his camera straight down to capture a bird's eye view of the entire deck! For a sense of scale, two employees can be seen at the bottom right of the top-down image.

It was well worth the wait to witness this futuristic addition to SpaceX's fleet. Many space enthusiasts are now looking forward to the day a booster returns to port onboard ASOG. This might be a while away, yet it should be a stunning sight when it does happen. Switching gears to launch news, the first all-civilian orbital flight, Inspiration4, is currently slated for NET (No Earlier Than) Sept. 15. The charismatic crew on this remarkable mission are Jared Isaacman, Hayley Arceneaux, Sian Proctor and Christopher Sembroski. We highly recommend attending this launch if you have the chance!



**Lake  
Nona's  
Local  
Eye  
Surgeon**



Chirag J. Patel, MD, FACS  
Board-Certified Ophthalmologist

**We specialize in:**

Laser Cataract Surgery

Advanced Technology  
Lens Implants

Functional and Cosmetic  
Eyelid Surgery

Minimally Invasive  
Glaucoma Surgery



**NonaEyeMD.com**  
**407-863-8626**

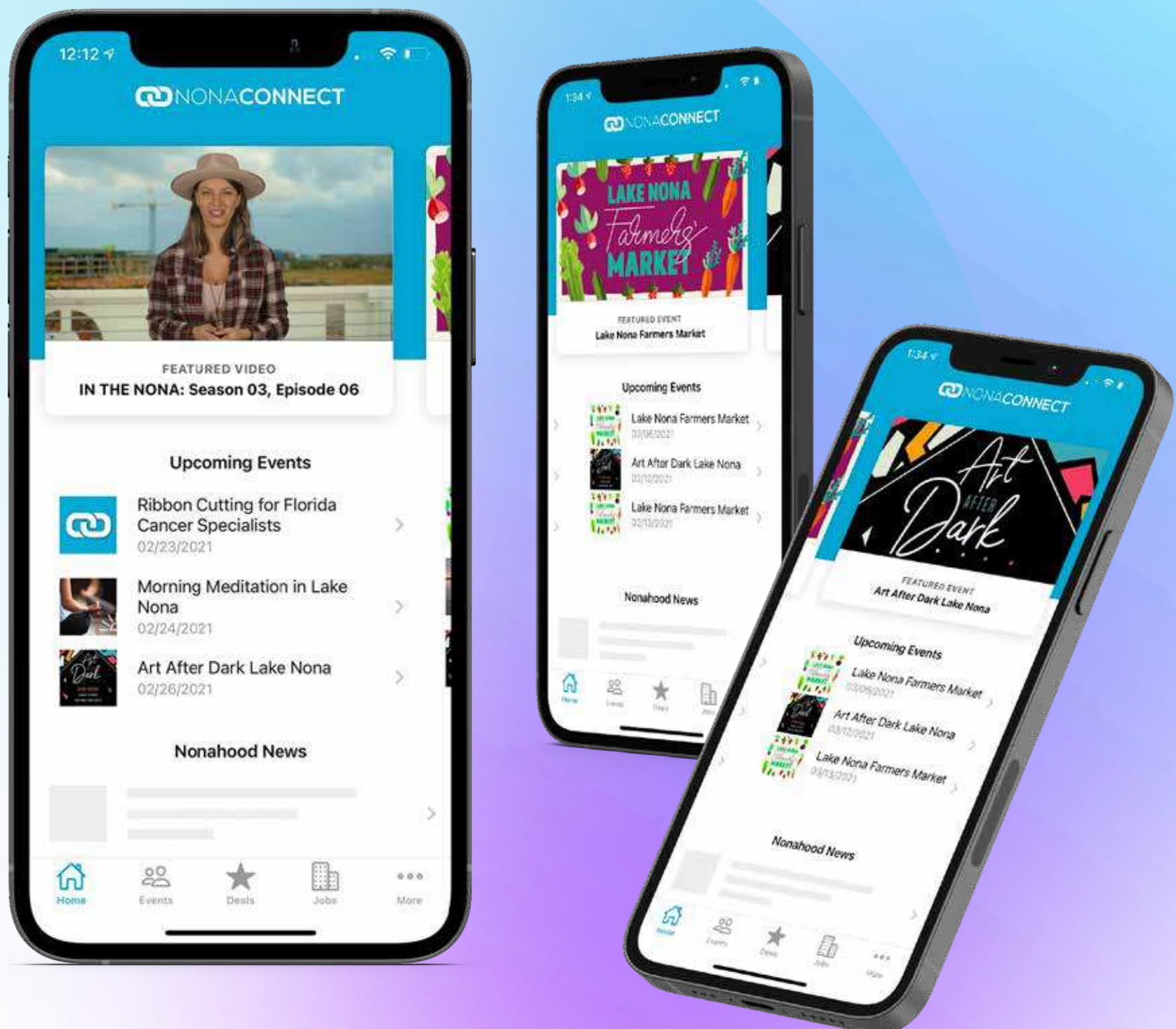
9685 Lake Nona Village Pl Ste 204  
Orlando, FL 32827





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!



Download it from  
APP STORE



Download it from  
GOOGLE PLAY



<https://nona.link/app>