

# nonahood news<sup>®</sup>

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## PUBLISHER'S NOTE: BE THE HOSTESS WITH THE MOSTEST

JENNY LYNN, PUBLISHER

Oh, the agony of planning another special occasion dinner for a crowd – just kidding! You don't agonize over Thanksgiving dinner; you love putting on a regal setting and serving up the finest bites around. In fact, you are known as the hostess with the mostest in your neighborhood, right? So, here are a few of the best ideas to make this year's dinner the gala event that everybody expects and that you so enjoy putting on.

### A Harvest Spice Thanksgiving

Get out your recipe books (well in advance of the occasion, of course!) and raid your spice cabinet. This theme is all about fall colors and rich, flavorful food. You'll want to experiment with all the fall vegetables you can get your hands on – the more reds, oranges and yellows, the better. Welcome guests with a mulled wine or spiced apple cider and the tone will be set for the rest of the dinner.

**Favors:** The best of your bounty. Offer each guest a 4.2-oz jar of homemade fall preserves, topped with orange ribbon.

**Table setting:** Lay a fall-colored table cloth and complementary orange or brown cloth napkins. Place in the center of table glass or pottery bowls filled with tiny pumpkins, gourds, dried decorative corn cobs, and scentless votive candles. Scatter tiny pinecones between place settings.

### A Simply Elegant Thanksgiving

Your dinner is elegant and the decor sleek and glamorous. Twinkling lights, glittery dishes, and a soft ambiance make this event a special one for your guests. Keep things simple with white, gold and other metallic colors that dazzle. Some soft music in the background sets the tone.

**Favors:** Golden paper horns of plenty. Make small golden cones out of stiff scrapbooking metallic paper. Attach with a dot of hot glue covered with a few dried fall flower buds. Fill with homemade treats or store-bought toffee candies wrapped in shiny twists.

**Table setting:** Lay a white tablecloth or one of any other solid color; use matching or purposely mismatched plates with elegant designs as well as your finest crystalware. If you have a collection of silverware, this is the time to bring it out. Folded and ironed cloth napkins are a must. Tiny pumpkins, elegant candles and pomegranates make elegant centerpiece arrangements.

### A Rustic Country Thanksgiving

If time is short, a homey rustic dinner is perfect in all its simplicity. A buffet style spread works well as does the conventional sit-and-serve. Pull out all the turkey and pilgrim crafts the kids made over the years and set out a few vases of dried fall flowers. The goal here is simplicity and 100% comfort.

**Favors:** A paper bag turkey drumstick filled with candy treats. Place a handful of candy corn or other sweets into a lunch-sized paper bag. Gather together three quarters of the bag to make the bone of the drumstick. Tie the end closed with white paper strips or turkey paper frill booties.

**Table setting:** Choose a tablecloth with a country motif or a bright graphic pattern. Take the old family dishes down from the hutch and use canning jars as glasses. Bring out the hurricane oil lamps you usually keep for blackouts. Lace slender stalks of wheat around your tableware and make large braided and glazed yeast breads to use as edible centerpieces.

What are your favorite dishes and table settings? We would love to hear from you! Please send all content and images to [publisher@nonahoodnews.com](mailto:publisher@nonahoodnews.com).



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# BUSINESS SPOTLIGHT: REBUILD YOURSELF

A PLACE WHERE ALL TEENAGERS ARE ALWAYS WELCOME

ARTICLE BY BRIDGETTE BRITTO  
PHOTOS COURTESY OF REBUILD YOURSELF



Today’s middle and high school students face a world that can be frightening or can be an adventure. There are students who see the world and want to hide. There are students who see the same world and prepare to take on whatever comes. Both need each other – one for support and one for insight.

How do teenagers connect? How do those who have faced difficult situations encourage those still going through them? Cynthia Borgwing, the founder of Rebuild Yourself, states that this organization is a place where teenagers can find answers to these questions.

Cynthia said, “Rebuild Yourself stems from a personal experience as a mother when I felt helpless. When the school year started, it broke my heart to hear one of my children say, ‘I have no friends, and I eat lunch alone.’ I truly had no idea my child was having this problem, and we speak every day. Then I thought to myself, ‘I wonder how many other kids feel like they don’t have the ability to make friends or connect with other youth their age.’” This realization propelled her to pursue ways to help children develop the skills they need to grow and support each other.

Rebuild Yourself is a nonprofit organization that was built by people who want to see teenagers not only thrive but help each other flourish. Teenagers have many peers they can look to for inspiration, but they just need a place where they can find others who are facing similar problems and dreams. The goal is to help teenagers grow and become the best versions of themselves. We want teenagers to never feel alone and ensure they never feel like they do not have any friends.

Rebuild Yourself is coming to the Lake Nona region. They are preparing middle and high school students to embrace their dreams, expand their knowledge, and then empower others around them to do great things as well.

The core value of Rebuild Yourself is to create a safe space where teenagers can express themselves. Embrace, Expand and Empower are the guiding principles to give teenagers the skill sets that they need to build self-esteem, confidence, and a deeper understanding of empathy. These skills are important to helping teenagers not only navigate the changes in their own lives and bodies but also the changes happening around them.



Embracing who they are is always a hard part of being a teenager, from the various voices telling them what they should do to being able to understand that their opinions and goals are important skills to learn. For many teenagers, these foundational skills have not yet developed. Once they realize that their opinions and dreams are important, many find the confidence to power through all obstacles. The empowered teenager is an incredible force that can change the world!

Knowing others are going through the same things is an immense source of comfort and growth for teenagers. Oftentimes, people – adults and teenagers – can get lost in their own little worlds. The routine – wake up, go to school, come home, and do homework – can be a safe space but also a space where growth is impossible. Rebuild Yourself breaks up this routine to give different perspectives. Here, teenagers can learn about their world but also learn how others see the same world.

Empowering teenagers to find their strengths is key to developing strong, healthy adults. By learning about their strengths and helping to provide positive growth, teenagers will find that their world is easier to manage. Through gaining confidence in their strengths, they will encourage others around them to do the same.

Borgwing hopes that their “approach will help children rebuild their relationship with themselves and others, leading to long-term, positive changes in their self-esteem and confidence.” This positive addition to the Lake Nona community will help teenagers gain the assurance they need to face the adventures and problems that may come their way.

iLingo Academy graciously opened their hearts and doors for this newly-established nonprofit organization. Rebuild Yourself offers sessions for middle and high school

students both in-person and virtual. There is no fee for them to join, and all are welcome. Rebuild Yourself wants teenagers to not only feel welcomed but to find a community that will also help them to grow.

“Although Rebuild Yourself is young, we know our service is needed because we have not found any other organizations providing this kind of peer-to-peer support,” Borgwing said.

As a nonprofit organization, they look forward to working with community members to partner with them. After all, it does take a community to raise a child. Today’s teenagers need all the support they can find. For more information how people can help, visit the Rebuild Yourself website: [www.rebuildselfcare.com](http://www.rebuildselfcare.com).

Rebuild Yourself

Embrace - Expand - Empower

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For more information, contact Cynthia Borgwing or David Rodriguez at [www.rebuildselfcare.com](http://www.rebuildselfcare.com).



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# \$1.2 BILLION EXPANSION PLANNED FOR OSCEOLA COUNTY'S NEOCITY

BY FELICITY MAE GOMER

Osceola County continues to develop their vision for their high-tech community, NeoCity. Per an agreement approved on Sept. 20, the innovative area will have its town center designed by South Korean tech giant Young-hwa Song, founder and CEO of DS Semicon and its US affiliate, DSUS LLC. Song will give Osceola County \$14.1 million for the 25 acres of land and launch their groundbreaking plans for the hub, which will ring in at an estimated \$1.2 billion value.

The center of NeoCity is intended to be a hotspot for technology, events, performing arts, and a multitude of other uses. 1.4 million square feet will host retail and entertainment amenities as well as residential space. 1,150 condominiums will overlook the lakefront, and the NeoCity center will provide approximately 400,000 square feet of amenities and dining options, office space, a movie theater, 700-seat entertainment hall, and a hotel with conference capacity and extensive event space.

Osceola County District 4 Commissioner Cheryl Grieb had led a trip to South Korea to discover and meet with Korean tech billionaires in hopes of forging new relationships

that align with Osceola's vision. Congressman Darren Soto, representatives from the American Chamber of Commerce, NeoCity Links, and the United States Embassy joined Commissioner Grieb on the trade mission.

"This agreement is the latest proof that our investment in infrastructure is delivering a more economically diverse community with opportunities for all," said Commissioner Grieb.

Osceola County and DSUS LLC have less than two months to finalize an agreement for the sale of the property at \$565,000 per acre.

Ultimately, Osceola County aspires to host a smart city that suits their vision of forward-thinking technology and top-of-the-line features. Through the agreement, DSUS is allocated exclusive negotiating rights to work on an additional 45 acres in NeoCity in the case that it comes time for the smart city to expand.

With the agreement between the Korean tech billionaire and the county officially approved, the long road of planning and development can begin. Stay tuned for more announcements regarding Osceola County's exciting new community.

"It is hard to believe we are talking about a deal that will lead to an investment of \$1.2 billion in our community," said Brandon Arrington, Osceola County Commission chairman. "We took a long view when we started our development of NeoCity, but we have moved rapidly to advance our priorities. Even so, we knew that it would take time, patience and capital to succeed. Our investment is starting to take root, and we are on a path to give our residents options for a much better future."



Courtesy of positivelyosceola.com

# NASA PARTNERS WITH LILIUM'S VERTIPORT IN LAKE NONA

BY FELICITY MAE GOMER

A year ago, Lake Nona received exciting news about "flying taxis" potentially coming to our city. German tech company Lilium selected our region to be home to their first U.S. vertiport, which is the first step of many to bring air taxis to the area. In a recent development, NASA has joined forces with the City of Orlando to begin developing what an oversized-drone-ridden world would best look like.

While many companies have already applied to the Federal Aviation Authority (FAA) to become certified in air taxi travel, there is yet to be an officially-approved vehicle. NASA's partnership with Orlando hopes to strategize and bring those companies to the city for common use in the next few years. Some of these are said to be ready to serve pas-

sengers as soon as 2024 or 2025.

Having Lilium's vertiport already established in Lake Nona means that the region will be extremely attractive for other tech companies with flying vehicles to produce or simply attract people all over the world by providing convenient and quick, traffic-less travel to surrounding areas. Also, having the vertiport allows the city to institute guidelines, zoning laws, and economic development to best accommodate this form of air travel. NASA's expertise with the subject, in addition to Orlando's legislative power to enable these new developments, will be of great benefit in bringing air taxis to people of all classes.

The partnership will function to assimilate cargo-carrying drones and passenger-holding drones into our transportation scenes and infrastructure. NASA has only four other partnerships so far in the U.S. for its Advanced Air Mobility (AAM) initiative, which aims to provide affordable, sustainable and safe air travel for individuals of any economic class.

These vertical-rising, large drones may be commonplace in Orlando within the next few years. A Lilium representative predicted that a ride will cost about the same as an Uber in 10 years.

Watch out, *Meet the Robinsons!* Orlando is one step closer to having its own flying cars.



Courtesy of Tavistock Development Company

# NAMASTE WITH NATALIA: WHAT IS ASANA?

YOGA PHILOSOPHY

ARTICLE BY NATALIA FOOTE  
PHOTO BY KELLY RODRIGUEZ

"Asana is a steady, comfortable posture."  
— Sri Swami Satchidananda

Asana is the third stage or limb of the eight-limb yoga or *Ashtanga Yoga*. It is harmony with the body and usually refers to the postures one creates with their breathing, eating, feeling body.

In Sanskrit, *sthira sukham asanam*, translated to asana, is a steady, comfortable posture. Other variations translate the sutra as a stable, motionless, ease-filled, meditative posture. Simply achieving one posture is enough. However, even in the most comfortable posture you can imagine, there is usually tossing and turning, moving, and cramping. Thus, a comfortable posture is not always easily attained. Muscles need the strength to support the body but also the flexibility to move. Having only muscles leaves you feel stiff, and stiffness breaks. Optimally, we want to be supple yet strong.


Asana is the dichotomy of strength and suppleness in order to meditate with fewer distractions from the body. Sri Swami Satchidananda explained, "What we need is the strength of steel but with steel's flexibility — not like crude iron, which is very strong and hard but breaks. The body must be so supple it can bend any way you want it to. Such a body will always be healthy and tension-free. The moment we sit down for meditation in such a body, we'll forget it."

Moving through yoga postures is simply a way to prepare the body to meditate. Rolf Gates and Katrina Kenison describe asana as the "work you do on the mat" and as a preparation for meditation or simply for physical health. They also mention how asana can be an end in itself, allowing for the postures to be meditative within themselves. The beauty of asana is it can aid in a meditative practice as well as BE the meditative practice.



New yogis will experience various sensations and emotions regarding asana. They may try a pose they have never been in and feel unstable. Perhaps they nail a pose and strive, ambitiously, to "get more postures." The same yogis can even get disillusioned when it feels as though the practice has stalled with attaining new postures or as the postures begin to need fine tuning. Each individual's reaction to working through postures can be a mirror to how one approaches life. Unfortunately, our society's attention is focused on results. Instagram-famous yogis post pictures of difficult yoga poses, and it draws our attention. However, the viewer is not necessarily aware of the time and years of practice needed to achieve the posture. That is what is most important: the process of showing up to your asana practice.

It is easier to still the body than it is to still the mind. By bringing steadiness to a yoga practice, we in essence practice a way to quiet the mind. There may be some shifting and moving into a posture, as is part of the asana practice, but once you find the steadiness in the posture, maintain the connection and allow your breath to become the focus. Although the posture feels still, it is always moving, shifting and changing, just like life. Let each posture and each transition be an opportunity to practice the delicate balance between effort and ease.



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# NOBEL NOTABLE OF LAUREATE PARK: HAROLD PINTER, PRICKLYPLAYWRIGHT

BY DENNIS DELEHANTY

This is the 26<sup>th</sup> 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.



If you’ve ever viewed a play by Harold Pinter and found his characters to be creepy and weird, consider this: Pinter *himself* looked upon them as strangers. So, you say to yourself, if Pinter had such a dim appreciation of his own characters, then how am I supposed to understand them? Let alone identify with them?

Let’s be blunt. Pinter’s characters are not nice people. By the end of a Pinter play, they will remain strangers to you. You will learn little, if anything, about their past, about what motivates them, or even how they ended up on stage in the first place. These are not the kind of folks with whom you would gladly raise a glass at one of our local watering holes, such as at happy hour at Bosphorus Restaurant. But once viewed, you might not be able to get them out of your head. And despite yourself, you may eventually find them captivating, even entrancing.

Normally we attend the theater to be entertained. Comedies and musicals are popular, or works of drama with a beginning, middle and end. A plot that you can follow and understand. But Pinter has a different goal in mind for you. He wants to disturb you, shake you up, have you leave the theater unsettled and uncomfortable. He will slyly burrow into your psyche by sowing questions about communication, memory, dominance and submission. As the curtain falls, you might say to yourself, “What happened?” Though you will understand pieces of what happened, you will be unable to assemble those pieces into something resembling a coherent whole or clear message.

How does Pinter manage to create this unformed, dreamlike, often-hostile atmosphere that so frequently pervades his plays? Sure, it would be presumptuous for us to reduce Pinter’s approach toward drama to a set of facile devices. But since Pinter doesn’t seem to want us to understand his plays and takes what can only be described as an aggressive attitude toward his audience, let’s return the favor.

Critics often point to the use of an “enclosed space” in Pinter’s plays. Not only do we, as the audience, not know how the characters got to this space on the stage, we also slowly discover that the world outside the stage is either irrelevant or closed off to the characters themselves – sometimes quite literally, with locked doors. Within this space, the characters struggle to communicate with one another. In some ways, they communicate most effectively through pauses and long stretches of silence, that is, when they are not talking to one another. When they do speak, the dialogue is often awkward and strained, and they often seem not to listen to one another but rather talk past one another.

A character will make a statement, for example, “I could be your best friend,” which a few moments later he or she will deny having said. Is that forgetfulness? Or lying? In long scenes where characters exchange dialogue consisting of telegraphic phrases, suddenly one of them will launch into a logorrheic monologue, spewing out a torrent of speech



that is at-once aggressive and unsettling but more tellingly – and counterintuitively – screens the real message the character wishes to convey. That is, many more words but much less real communication. Welcome to the world of Harold Pinter.

Harold Pinter insisted that he lived a happy life but did not write happy plays. He certainly lived a long life, passing away at age 78 in 2008, three years after winning the Nobel Prize for literature. But an outside observer might argue that though he considered his own life to be happy, he certainly did not make many of those around him happy. Examples are his first wife, Vivien Merchant, and their son, Daniel, who changed his surname, cut off contact with his father, and did not even attend his funeral.

Still a teenager, attending Hackney Downs School in London, Harold began acting in school productions. After graduation, his interest in drama took a stronger hold as he enrolled in the Royal Academy of Dramatic Art for a couple of terms but soon soured on the school, quit, and was promptly drafted into the British Army. To avoid the draft, he declared himself a conscientious objector, a request eventually granted. Pinter had made his first political statement.

In his first substantial gig, Pinter joined a repertory company that toured Ireland in 1951 and 1952. Throughout the mid-1950s, he pursued acting in London in a variety of roles, supplementing his income from the stage with odd jobs and waiting on tables. In 1956, he married Merchant (who later gained fame in her supporting role in the film Alfie, for which she was nominated for an Academy Award). From the get-go, their union churned in turmoil.

A year into his marriage, Pinter penned his first plays, *The Room* and *The Birthday Party*, both of which were box office flops. So disastrous was their reception, in fact, that only a review by a theater critic at *The Sunday Times* who praised Pinter’s “disturbing and arresting talent” managed to rescue his budding career as a playwright.

Over the next decade, Pinter wrote several plays that entered into the canon of “pinteresque” dramas, including *The Dumb Waiter*, where two hired killers, enclosed in a basement room, await an order to carry out their next hit but instead receive perplexing messages delivered to them from the room above, a former restaurant, via a dumb waiter. Or *The Caretaker*, in which three characters, two brothers and a tramp they have rescued from the streets, successively deceive and mock one another after the two have separately offered to hire the duplicitous tramp to watch over their cluttered apartment. These were followed by a dozen of what still are among Pinter’s most popular plays, including *The Hothouse*, *The Homecoming*, *Old Times*, and – the oddest of

all – *No Man’s Land*.

In the late 1970s is where we reach one of Pinter’s most acclaimed masterpieces, *Betrayal*. Uncharacteristically, this play finds its origin in Pinter’s personal life. In 1975, he started an affair with Lady Antonia Fraser and, two years later, filed for divorce from Vivien Merchant. In the midst of this turbulence in his private life, Pinter set to work on *Betrayal*. As the play opens, two former lovers, Jerry and Emma, meet in a pub in 1977 to reminisce about their long, quieted affair, which they are convinced had remained unknown to their friends and family. Through the six subsequent scenes, the action moves backward in time, during which we learn that Jerry’s wife and Emma’s husband not only knew about Jerry and Emma’s liaison but had separately carried on their own secret love affairs. Everyone in this play appears to deceive everyone else; layers upon layers of betrayal emerge. In the final scene, Jerry professes his desire for Emma, the act that had launched their affair. (*Seinfeld* fans might recall an episode entitled “Betrayal” where, attending a wedding in India, Elaine lets slip that she had had, let’s say, intimate relations with the bridegroom, while Jerry admits an earlier dalliance with George’s girlfriend. A character named Pinter pops up in the episode and, like Pinter’s version, the action moves backward in time.)

Pinter’s marriage to Lady Fraser apparently brought him the domestic bliss missing earlier in his life as he embraced his many stepchildren and step-grandchildren. His former wife, Vivien Merchant, on the other hand, sunk into depression and alcoholism, which ended her life in 1982 at age 53.

In contrast to the prickliness we find in Harold

# ALOFT HOTEL COMES TO LAKE NONA

BY FELICITY MAE GOMER

Joining Lake Nona’s portfolio of hotels is Aloft, a vibrant establishment by Marriott Bonvoy and built by HC Architecture. The impressive new hotel will be located on Lake Nona Boulevard and a straight shot away from Lake Nona’s world-class sports facilities like USTA and attractions such as Drive Shack and Boxi Park. The group will break ground early next year and open its doors in fall of 2023.

Aloft’s bold design features music, exciting social scenes, high-tech amenities, and bright and lively décor. The hotel will be outfitted with 205 rooms, including 15 one-bedroom suites to accommodate lengthier stays, and will provide guests access to a 24-hour fitness center, conference center, full-service restaurant, fast WiFi, and a mobile app for check-ins and access to your room, the 24-hour business center, and more. Among these amenities is Splash, the on-property saltwater pool, and WXYZ Bar and re:mix lounge, where guests can enjoy live music, drinks and appetizers, and games. For late-night bites, breakfast, and everything in between, re:fuel café will be there to provide all kinds of food options 24 hours a day.

Aloft Hotels prides itself in its focus on bringing people together – here in Lake Nona, that is much of what we do. As a robust hub for science and technology and medicine, Aloft provides an eclectic space for relaxation, for enjoying the company of others, and for collaborating with the many innovative minds in the region.

Professional spaces are in abundance with a 10,000-square-foot conference center, business center, tactic boardroom, and event spaces that include a 6,000-square-foot ballroom and four additional meeting rooms. The hotel’s many other features will keep those hard workers rested and content.

Aloft’s lobby will be an open-concept space with the capacity to transform into a concert venue and bar in the evenings. Through Live at Aloft, its best-known program, they encourage innovation in the realm of musical programming. Their connection to music is incorporated in their hotels for an energetic and exciting atmosphere.

Aloft Lake Nona will be the fifth hotel to put down its roots in Lake Nona, joining the Residence Inn and Courtyard by Marriott, Springhill Suites, and the future Wave Hotel. The five luxurious lodgings will collectively provide nearly 800 hotel rooms for residents and visitors of Lake Nona alike.



Pinter’s politics and plays, his namesake street in Laureate Park offers tranquil, leafy scenes that might vaguely call to mind a quiet English village perhaps, say, in the Cotswolds, a short drive west from London. You might even say that strolling down Pinter Street on a sunny morning would be the perfect antidote to watching a Pinter play. You will at least know in advance how your stroll will finish, at the lovely Crescent Park at one end, or at the equally attractive Square Lake at the other. With those pleasant thoughts in mind, let’s leave the ambiguity and awkwardness of the next Harold Pinter play to one of those occasional days when our Central Florida skies grow overcast and grey. Seldom does the weather of sun-soaked, fun-loving Orlando turn, shall we say, pinteresque, but when it does...

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# TSA CARES: MAKING TRAVEL ACCESSIBLE FOR ALL

BY FELICITY MAE GOMER

For many people with disabilities, traveling is a scary thought – an even scarier thought for them is the idea of traveling alone. TSA Cares makes any adventure much more comfortable for those suffering from sensory issues, injuries, and various other medical conditions; however, the program is open to any individual who might like extra support navigating the airport.

Though you will likely find many employees within any airport who are willing to assist you, TSA Cares provides additional peace of mind in that you may contact them prior to traveling and arrive with the comfort of knowing someone will meet you at security and help you get through the screening process to your destination. Those wishing to utilize TSA Cares should contact TSA before their trip to make arrangements.

The program launched in 2012 with the intention of helping those with disabilities remain supported and fear-free when looking to fly. Blindness, wheelchair-usage, extra medical equipment, and so much more make travelling a terrifying and uncertain feat. These individuals, especially when traveling alone, experience great difficulty in trying to reach their gate or go through security on their own. A TSA Cares passenger support specialist waits for them at security and personally guides them through the process to help maintain their dignity and smoothen the process significantly.

*Nonahood News* director of content Nicole LaBosco recently suffered from a shattered ankle and happened to travel during her brief disability. Her experience with TSA Cares while traveling in another state led to her curiosity and appreciation for the program.

“When it came to traveling while injured, I was honestly terrified,” said LaBosco. “It had only been six days after my injury and five after surgery. I was in a wheelchair and had a soft cast with a boot. When it came to going through security, they escorted me through and asked if I could walk. I told them I couldn’t put any weight on my foot, and they still had me stand in the full body scanner without my crutches – not something I was prepared for.”

According to the CDC, 64 million Americans currently live with a disability. This equates to 26% of the American population, or one in four adults. Of this substantial number, only a rough 18,000 requests for assistance through TSA Cares have been made, thus far, in 2021. TSA Cares would like Americans, with disabilities and without, to know that they are there for them when they are ready to travel.

“I didn’t even know the TSA Cares program existed,” said LaBosco. “Had I known, I would’ve looked into it more to see if it could’ve eased any of my travel anxiety while injured.”

Central Floridians can be rest assured that our own bustling Orlando International Airport offers TSA Cares to their patrons as well. For a more comfortable and accessible way to travel, call (855) 787-2227 at least 72 hours in advance of your next trip. Visit [www.tsa.gov/travel/passenger-support](http://www.tsa.gov/travel/passenger-support) for more information.



Courtesy of Orlando International Airport

# TSA Cares

Travel assistance for persons with disabilities or medical conditions

Transportation Security Administration

Toll-free: 1-855-787-2227  
[tsa.gov](http://tsa.gov)

# ONE DATE AT A TIME: A DATE FOR A CAUSE

BY SHARON FUENTES

While reflecting on everything I do is kind of my thing all year, in November, I tend to kick it up a notch. The season of giving thanks compels me to want to “do good” or at least “do better.” Obviously, Hubby knows this about me and was thus completely on board when I suggested that we DO GOOD, DO BETTER, and use the money we would have spent for a date night to do something for charity instead. But we didn’t want to just donate money. (What fun would that be?) No, we wanted to still have a date but, you know, have it for a good cause!

We all know that volunteering is an excellent way to give back to our community, but did you know that it can enhance your relationship? Studies have shown that doing volunteer work triggers the release of oxytocin, otherwise known as “the love hormone.” This “feel-good hormone” can help people to feel closer and to form a stronger bond. Not to mention, is there anything more attractive than watching your loved one be a really good person? Wait, there is something better ... being a really good person alongside your loved one!!

To be honest, the organization we would “do better” for really was a no-brainer. The Ronald McDonald House Charities (RMHC) has been a cause near and dear to us ever since our daughter was hospitalized when she was an infant ... twice. While we never stayed in one of the houses, we often visited the lounge area that they had in the hospital, had home-cooked food brought to our hospital room, and used the laundry facility and a toiletry kit when my sweet girl parted ways with her breakfast, lunch and dinner all over me while we sat in the ER waiting for a bed in



the Pediatric Intensive Care Unit. Thankfully, my daughter made a complete recovery and today is a freshman in college who would probably cringe with me retelling this. That said, whenever possible, she has joined Hubby and me when we have participated in fundraisers for RMHC and even helped bake goodies and cook and serve meals at the Lake Nona House so that another parent can experience the much-needed comfort during a time that is anything but comfortable.

Our first thought was to do another share-a-meal option as our date with a cause, but because of COVID, that was not an option. (They are hoping to be bringing back the in-person, volunteer share-a-meal program soon but in the meantime are accepting monetary donations toward feeding the families.) Then, I remembered the toiletry kit that I was given years ago and knew instantly what we needed to do.

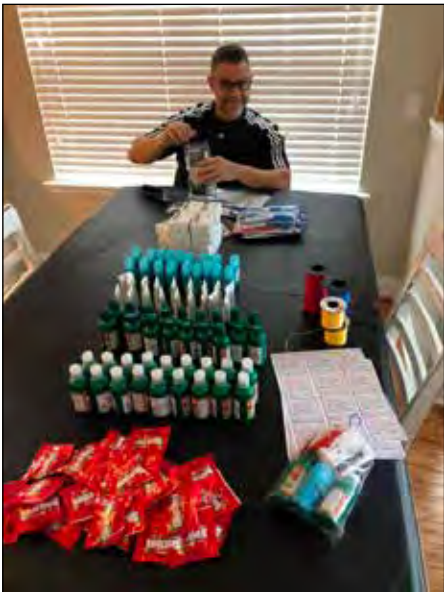
First, we set a budget. We figured that we have easily spent \$125 on a date night in the past. With this amount in mind, we headed out to Walmart to hit the shelves for travel-sized containers – which was also where we figured out we could make 20 kits containing the necessities: shampoo, conditioner, soap, lotion, a toothbrush, toothpaste and deodorant. We also bought snack-size Skittle pack-

ages because it went along with the message of hope we were going to include with each kit: “The Greater Your Storm, the Brighter Your Rainbow!” (Get it? Skittles’ slogan is “Taste the rainbow!” I know, corny, but hey, if it brings a smile to just one person’s face, then we did good.) A quick stop was made to Dunkin’ to grab an iced coffee to fuel us on, and then we headed home to make the kits! It took us a while to figure out how to package it all up, but once we did, we had the kits done in just half an hour. We then boxed them up and headed over to the Lake Nona House to drop them off.

Lucky for us, house manager Travis Hazard was available to talk to us (and take a quick picture). He shared with us how much time having the kits done up like we did saved them and that they are always in need of them as well as laundry detergent pods and gift cards to Publix, Walmart and local restaurants. (The House also has a WISHLIST on their website that is constantly being updated to reflect the needs of all three busy Orlando Houses.)

This November (and any other month of the year), why not give up an expensive dinner with your sweetie and instead find a way to experience a date for a cause you feel passionate about! While the act will benefit our Lake Nona community, I guarantee you ... you and your honey will get even more from the experience!

The Ronald McDonald House at Nemours Children’s Health Lake Nona is located at 6551 Nemours Parkway, Orlando, FL 32827. Their phone number is (321) 319-4748. For more information about the organization, to view their wishlist, or to see how else you can get involved, visit their website at [www.rmhc.org/our-houses/nemours](http://www.rmhc.org/our-houses/nemours).



November 20th, at Dusk – Light up the Night!



**November 20th Universal Children's Day**

In America, land of the free, there are hundreds of thousands of children that are not free – they are being exploited for labor and sex. Sadly, the average age of entry is 10–13.

As shocking as this is, it's the truth. This is not ok with us, & we are pretty sure it's not ok with you.

To combat this epidemic we've created a nationwide awareness every on November 20th to celebrate Universal Children's Day & be the light in the darkness for our kids.



**SHINE A LIGHT TO END CHILD TRAFFICKING**  
**NOVEMBER 20TH**



**Thank you for standing with us!**

We've created a simple idea with big impact to shine a light on keeping our children safe.

- Go buy blue light bulbs
- Put them in your porch lights
- At Dusk on 11/20 turn them on
- Share and join our movement

Your support will expand our educational programs here and across the Nation.

If this inspires you to take action other than buying blue lights (which we really want you to do) the next page is full of opportunities for you to join in the fight.

*Jan Edwards*

Founder  
Paving the Way Foundation



# The Artist: Amor

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF MILENA BORGES



**Meet Milena Borges**, who recently became a part of our Nonahood as not only a resident but a local florist and artist. Borges' current specialty are beautifully handmade bottles and jars personalized with a special painted message and filled with dried flower arrangements. Her creations put out a warm feeling of gratitude and love, perfect for the season of thanks. Take a look!

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

Milena Borges: It was a natural path. I have fond memories of playing with arts and crafts as a kid, painting pottery, and taking drawing lessons. Also, I am a very curious person, so anything I could learn or try to do, I would do it. I took writing classes, photography, painting, sewing, carpentry, papier mâché, mosaic, and other fun and creative courses. I guess I was inspired by my mom, who has her own artistic side.

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

MB: I've always appreciated art and had hobbies in arts and crafts, but it was only after having lived in New York City, about 10 years ago, that it really became a passion for me and I decided to make it a living. While living in NYC, I met so many creative people and artists that were selling their products on Etsy.com, in little shops and street fairs. I realized I could do that, too – to use my ideas to create and make exclusive and charming products. And in the past five years, I've included flowers in my projects and started designing flower arrangements for events, celebrations or gifts.

**NHN: How often do you find yourself creating art? What inspires you on a day-to-day basis?**

MB: All the time. My favorite place to create is always around nature; it can be in a park or near a river or waterfall. The energy of nature is very powerful for me and brings clarity to my mind when I need it. I like to

observe different species of plants, colors, textures, rocks ... a kid playing, a fruit fallen on the ground. Everything is an inspiration to me.








upcycled glass bottles or jars painted in acrylic that hold a mini flower bouquet. The messages are created by me (inspirational or seasonal) or can be customized by any person as per request.

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

MB: It's hard to say, but I think it was a quilt blanket that I made for my goddaughter a few years ago. I was just learning how to quilt and decided to start off with an advanced project. It took me so much time to complete it that, in the end, I just wanted to get it over with. It was hard and stressful to finish it, not as relaxing as a handmade project should be, but it ended up being beautifully made.

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

MB: I always like the one that I am working on at the moment. The bottles give me great joy to make. I come up with the color, the message, the style of the flowers. It's all based on the person sending it and on the person getting it. It wishes a person a "Happy Birthday" or a warm "Get well soon." It shows your "Gratitude" for a friend having you over for Thanksgiving dinner.

**NHN: Which artists have inspired you on your artistic journey?**

MB: People in general inspire me on a daily basis. We just need to really look around and find colors and good energy in all. As far as art style, I admire indigenous artwork very much, and I have Naif art paintings all over my home.

**NHN: Future goals/plans?**

MB: I would love to be able to work full-time as an artist and floral designer and maybe go back to school and get a degree in arts.

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

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# LAKE NONA REGIONAL CHAMBER OF COMMERCE



## FROM THE CEO

Bringing *Thankfulness* and *Gratitude* to Our Communities

As the annual holiday season arrives, Lake Nona is blessed this and every year by community organizations, caring businesses and leaders who believe in the spirit of giving while spreading a spirit of *thankfulness*.

Veterans' Day is Nov. 11, and we are grateful to our veterans who selflessly served and protected our country.

The Lake Nona Regional Chamber of Commerce (LNRCC) will express *gratitude* for a job well done with a contribution to the chamber's 2021 Charity of Choice, Ronald McDonald House of Central Florida, with proceeds from the 2021 Chamber Swing Golf Tournament this month.

Don Long, President/CEO

### New and Renewed Members

#### NEW MEMBERS

- ABS Services Inc.
- Clean Break Commercial
- Cleaning
- Figueroa Team
- GO4
- Good Vibes Lounge
- Jordan Curk Photography

#### NEW PARTNER

Walmart Supercenter - Silver Partner

#### RENEWED PARTNER

Nona.Media (Nonahood News)

#### RENEWED MEMBERS

- Kidiverse LLC
- Lach Orthodontic Specialists
- Lewis and Massey, P.A.
- McCoy Federal Credit Union
- Premier Sotheby's International Realty - Jeanne Green Realtor
- Regions Bank
- Rock and Brews
- TD Bank
- XL Soccer World Lake Nona

#### NEW MEMBERS

- Nona Soccer Cares Foundation
- Ombra Custom Blinds
- Premier Sotheby's International Realty - Shane Carson, Realtor
- Sylvan Learning Center
- The Property Pros Real Estate, Inc.
- Tiptop Eats

Thank you!

### SECOND TUESDAYS AFTER-HOURS & MULTIPLE RIBBON CUTTINGS

Tuesday, November 9  
5:30 - 7:30 P.M. - RIBBON CUTTINGS BEGIN EARLIER  
Narcoossee Commons Plaza

### RIBBON CUTTING Ceremony

LIV Realty  
Friday, November 12  
4:00 PM - 7:00 PM Ribbon Cutting at 5:30 p.m.  
10715 Narcoossee Road, #103

### NPL LUNCHEON - Working on Your Business

Monday, November 15, 2021  
11:30 a.m. - 1:00 p.m.  
XL Soccer World

### CHAMBER MEMBER SPECIAL INVITATION

**Bravo**  
U.S. GROUP

#### SPECIAL CHAMBER MEMBER INVITATION: ENJOY THE FLAVORS OF BRAVO

Tuesday, November 30  
5:00PM - 9:00PM  
13024 Narcoossee Rd

### Im dreaming of a BRIGHT CHRISTMAS

Holiday Party  
Member Appreciation

Enjoy food, drinks, and dancing. Come wearing your most festive clothes and accessories!

TUESDAY, DECEMBER 7  
5:30 - 9:00 P.M.  
Rochelle Lake Nona  
10800 S.W. 11th Ave, Orlando  
MEMBERS: \$40 OR \$75 WITH GUEST  
NONMEMBERS: \$50  
Registration at LakeNona.org

## EVENT GALLERY



Katie Mitzner from Brightline updates LNRCC members on the Orlando extension of the high-speed passenger rail during a business luncheon on Sept. 17 at XL Soccer in Lake Nona. (Photo by Madelyn Long)



Cynthia Washington, president of Washington Concepts Inc. (left), introduces guest speaker Maytel Bonham, attorney at Shuffield, Lowman and Wilson, PA (right), at the Nona Professional Ladies Estate Planning Luncheon on Sept. 20 at Wycliffe Bible Translators. (Photo by Madelyn Long)



Florencio Rodriguez, owner of Hot Taco Street Taqueria (left), assisted by his wife, Patricia (right), and Orlando Mayor Buddy Dyer (center), cuts the ribbon, officially opening his new restaurant in Lake Nona on Sept. 21. (Photo by Madelyn Long)



Dr. Richard Gayles of Nona Medical Arts (center, back row) celebrates their five-year anniversary with his staff during the ribbon-cutting ceremony on Sept. 30. (Photo by Madelyn Long)



Lake Nona Regional Chamber of Commerce (LNRCC) CEO Don Long starts the ribbon-cutting ceremony during First Tuesdays on Thursday with Joanne Wallen (center), senior director at the USTA National Campus, on Oct. 7. (Photo by Madelyn Long)



Meet our November Ambassador of the Month: Nicole Perez Gutierrez from New York Life & NYLIFE Securities! Thank you, Nicole!

### CHAMBER PARTNERS

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



# How much do you know about Veterans Day?

One way to honor those who've served in the armed forces is to learn about Veterans Days and the people it commemorates. Here's a quick quiz to see if you know your stuff.

- 1. What was Veterans Day referred to before the name was changed in 1954?  
a) Armistice Day  
b) Memorial Day  
c) Flag Day  
d) Remembrance Day
- 2. How many American veterans are alive in the United States today?  
a) 6 million  
b) 10 million  
c) 15 million  
d) 18 million
- 3. Where is the tomb of the unknown soldier located?  
a) Washington, D.C.  
b) Arlington, Virginia  
c) Emmitsburg, Maryland  
d) Emporia, Kansas
- 4. What flower is a symbol of Veterans Day?  
a) Lily  
b) Daffodil  
c) Cornflower  
d) Poppy
- 5. How many Americans served in WWI and WWII combined?  
a) 5 million  
b) 10 million  
c) 20 million  
d) 30 million
- 6. Which of the following is not a branch of the U.S. military?  
a) Marine Corps  
b) Air Force  
c) Coast Guard  
d) All are part of the military
- 7. When on November 11 are you supposed to observe two minutes of silence?  
a) 9 a.m.  
b) 10 a.m.  
c) 11 a.m.  
d) 12 a.m.

**HOW TO LEARN MORE**  
Do you want to know more about American veterans and the extraordinary sacrifices they made? This Veterans Day, consider speaking with someone who served, visiting a war museum or reading a book about American military history.

Answers:  
1-A, 2-D, 3-B, 4-D, 5-C, 6-D, 7-C

NOVEMBER 11

# VETERANS DAY

REMEMBERING THE BRAVE,  
HONORING THE FALLEN



## 5 meaningful ways to celebrate Veterans Day

If you're wondering how you can best honor those who served their country on Veterans Day, here are five ways you can mark the occasion on November 11.

**1. OBSERVE TWO MINUTES OF SILENCE**  
All Americans are encouraged to pause for two minutes of silence at 11 a.m. on Veterans Day. This is a time to reflect on the contributions and sacrifices of all U.S. veterans.

**2. CONNECT WITH A VETERAN**  
Make the time to speak with a veteran about their experiences in the military. Alternatively, you can send a veteran a postcard or e-card to thank them for



their service. If you don't know a veteran, you can send a card or letter through organizations such as A Million Thanks.

**3. MAKE A DONATION OR VOLUNTEER**  
More than 40,000 charities in the United States support veterans and their families including Fisher House Foundation, Homes for our Troops and Disabled American Veterans. Many of these organizations have volunteer opportunities.

**4. SHOP AT A VETERAN-OWNED BUSINESS**  
Help veterans and their families support themselves by patronizing a veteran-owned business. If you don't know of any, you can search for one in your area at [veteranownedbusiness.com](http://veteranownedbusiness.com).

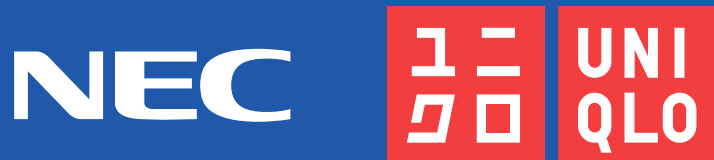
**5. LEARN ABOUT MILITARY HISTORY**  
To better appreciate the sacrifices American veterans made, learn more about the important battles in which they fought. You can do this by reading a book or watching a movie about military history.

Keep in mind that you can do most of these things year-round. To make a meaningful impact on the veterans in your community, continue to support and connect with them even after Veterans Day is over.





We've got world  
class tennis right  
here in Lake Nona!



## Wheelchair Tennis Masters

October 31 – November 7



Come out and watch the best singles  
and doubles players of the UNIQLO  
Wheelchair Tennis Tour. This free event is  
taking place at the USTA National Campus  
from October 31 through November 7th.

SCAN QR CODE  
TO LEARN MORE



USTA   
NATIONAL CAMPUS

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## 2021 WHEELCHAIR CHAMPIONSHIPS COME TO USTA NATIONAL CAMPUS

ARTICLE BY VICTORIA CHIESA  
PHOTOS COURTESY OF USTA

November marks the return of one of the biggest events that USTA National Campus has had the privilege to host as the NEC Wheelchair Singles Masters and UNIQLO Wheelchair Doubles Masters will be played from Oct. 31 through Nov. 7 right here at the campus in Lake Nona.

This year's event returns to the campus for a third time following the 2018 and 2019 editions. It was not held in 2020 as a consequence of the COVID-19 pandemic.

The year-end championships, which began in 1994 for singles and in 2000 for doubles, features the eight best singles players in the world by ranking as well as eight men's doubles teams, six women's doubles teams, and four quad doubles teams. Like its counterpart events on the ATP and WTA tours, the events begin in round-robin format and advance into a knockout tournament to crown their champions. The 2021 edition sees eight quad singles players selected for the field for the first time, bringing the division in line with the men's and women's singles events.

The event will feature seven Americans as Bryan Barten, Chris Herman, Dana Mathewson, Casey Ratzlaff, Conner Stroud, Nick Taylor and David Wagner will all compete.

Mathewson and Wagner are the lone Americans who will compete in both singles and doubles, with Mathewson partnering Great Britain's Lucy Shuker in the doubles event and Wagner teaming up with longtime partner Taylor in the quad doubles event. The two have won a record 11 crowns in the discipline dating back to 2005. Barten will compete alongside Wagner in quad singles, while Herman, Ratzlaff and Stroud will all compete in the men's doubles. Playing in the Masters for the first time in his career, Ratzlaff will partner Chile's Alexander Cataldo, while Herman and Stroud reunite at the tournament after debuting at the event as last-minute alternates in 2019.

Six of the eight players who won U.S. Open titles will compete at the tournament, including women's world No. 1 Diede de Groot, fresh off a historic Golden Slam in New York – the first wheelchair player to ever complete the feat. Australia's Dylan Alcott, the quad world No. 1, who also won the Golden Slam by winning the singles event at the U.S. Open mere hours after de Groot, will not compete in Orlando. Also sidelined is two-time defending singles champion Joachim Gerard, winner of the event in 2018 and 2019. The champion at both the Australian Open and Wimbledon this year, the Belgian also missed the U.S. Open after being hospitalized with a health issue during the Tokyo Paralympics.

De Groot and Wagner return as the 2019 singles winners. Also returning to defend their titles from two years ago are men's doubles champions Stephane Houdet and Nicolas Peifer of France and women's doubles champs de Groot and Aniek van Koot. Dutch teenager Niels Vink, this year's U.S. Open runner-up who reached the quad singles final and won the quad doubles title with Aussie Heath Davidson as a 16-year-old two years ago, will partner this year with compatriot Sam Schroder. The two won the gold medal in Tokyo as well as the U.S. Open together and are the quad doubles' projected top seeds.

**For more information about the 2021 NEC Wheelchair Singles Masters and UNIQLO Wheelchair Doubles Masters, visit the USTA website, which will house tournament results, schedules of play, and live-streaming information. The event is free and open to the public daily.**

Take a look at the USTA's guidelines for playing tennis safely during the COVID-19 pandemic: [www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html](https://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html)







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# SAVOR TOOTH TIGER: FALL SALAD WITH APPLES, GOAT CHEESE, CANDIED PECANS AND MAPLE VINAIGRETTE

BY ALLYSON VAN LENTEN

Ah, fall Florida weather! While some of the country has soup simmering on the stove with a crisp breeze coming through their open windows, November weather in Florida is always a tossup. My culinary solution to the ever-changing weather is a fall salad with apples, goat cheese, candied pecans, and a maple vinaigrette. It's perfect for those days when fall Florida weather regresses back to summer heat. It's also handy if you need something green and delicious on your Thanksgiving table that doesn't take up any precious space in your oven.

The base of this salad is kale. Before I lose you, when I taught cooking classes for kids, they gobbled this salad up, so I assure you it's family-friendly. The key to making kale salads extra delicious is a step called "massaging the kale." My favorite kale, lacinato (aka Tuscan or dinosaur kale) is sold whole with the stem on. Prepping the kale makes a great job for kids. Have them hold the base of the stem and rip the leaves off. Then, discard the stems and rip the leaves into bite-sized pieces into a bowl. Add a small pinch of salt and massage the kale (with clean hands!) for a minute or so until the color has darkened and the texture is softer. Even just rubbing the kale between your hands, enough to get some friction, works great. I also cut the salad base with some bagged salad greens to balance the bitter kale. Trust me, after tossing in the sweet maple vinaigrette, the apples and candied nuts balance any remaining bitterness.

For the candied nuts, I chose pecans because they're seasonal, but almonds, cashews and walnuts work here, too. If you're short on time, you can skip the candy process, but I promise you they're worth it. There is a reason this candied nut recipe makes more than what is needed for the salad. You won't be able to stop snacking on these! They make an amazing addition to a cheeseboard. I add a pinch of cinnamon at the end of the candying process, and they taste just like those spiced, candied nuts they sell at county fairs and farmers markets. After cooling, store in an airtight container. These can be made days in advance.

This vinaigrette highlights the deep, rich maple flavor. You can use any white vinegar like rice wine, white wine, apple cider or champagne vinegar, but be sure to use pure maple syrup



and a good quality olive oil. I mix my vinaigrette in a mason jar by shaking vigorously until the salt and maple syrup have dissolved. If you're making this salad ahead of time, you can toss sliced apples in some of the vinaigrette to keep the apples from oxidizing. Feel free to use any crumbly cheese you like. I opted for some goat cheese, but bleu cheese can work as well. Apples are in season through November, but as they phase out, pears become available and make a great substitute. Honey crisp apples are my personal favorite variety, but use any you like. I hope you and your family enjoy this delicious, seasonal salad!

## Fall Salad With Apples, Goat Cheese, Candied Pecans and Maple Vinaigrette (6-8 Side Servings)

### Ingredients:

#### Salad

- 4 cups salad greens (any bagged variety you like)
- 3 cups torn, massaged kale (from about 4-5 large leaves)
- 2-3 ounces crumbled goat cheese (or bleu cheese)
- 1 apple chopped or sliced

#### Candied Pecans

- 2 cups pecans, whole or pieces (may substitute for almonds, cashews or walnuts)
- ½-cup sugar
- Pinch of salt
- Small pinch of ground cinnamon

#### Maple Vinaigrette

- ¼-cup extra virgin olive oil
- 3 tablespoons rice wine vinegar
- 2 tablespoons pure maple syrup
- Salt and pepper

### Instructions:

1. Start by heating a sauté pan or a cast iron skillet to medium heat. Sprinkle sugar in an even layer in the pan. The sugar will begin to melt and start to look like caramel. Keep a careful eye so that it doesn't burn (if it begins smoking, turn the heat down). Stir occasionally. Once fully liquified, toss in the pecans. Turn off the heat and stir to coat all of the pecans with the candy coating. Add a pinch of salt and ground cinnamon. Transfer to a tray or plate to cool. Break up the clusters with a wooden spoon or a mallet.
2. Add all vinaigrette ingredients in a closed mason jar and shake until everything is fully dissolved.
3. Prep the kale by stripping the stem out. Tear leaves into bite-sized pieces and massage until bright green. Add in salad greens and sliced or chopped apples. Toss with the vinaigrette. Then, top with candied pecans and crumbled goat cheese.



# SUNNY SIDE UP: NATIONAL FACE YOUR FEARS DAY

BY PHILIP LONG

Our nation celebrated National Face Your Fears Day last week. Well, we were supposed to. I would have if I had wanted to. But I didn't because this is the most ridiculous national day ever. It reminds me of a friend who once told me that he loves doing things he doesn't want to do because it grows his discipline. I pointed out that if he loves doing those things, he actually wants to do them. He's no longer my friend.

But "National Face Your Fears Day." Are you kidding me? How many people die on this day? I feel like this day should come with some guidelines: "If your fear is heights, we do not suggest jumping off of anything above one story. Below one story is fine as long as you have arranged for something soft to land in – a pile of leaves, some old mattresses, your husband resting on his favorite hammock, etc. If your fear is public speaking, while it's good to picture your audience in their underwear, we suggest you don't follow up by describing in great detail what you are picturing."

In Florida, we have a host of fears to face as soon as we step out our front door. Alligator greet you yet? It's only a matter of time. And while you may not be afraid of alligators per se, on National Face Your Fears Day, it would be perfectly logical to strap some raw chicken on your head and go for a swim in a retention pond. This day is solid proof that civil disobedience of the government is sometimes applicable.

And speaking of our government, apparently their greatest fear is getting along, so shouldn't they take their own day to heart and spend the day making up and hugging (appropriately – you'd think you wouldn't have to say this, but it's our government). Then, they could link hands and pass sensible legislation. Then, they could not go play but, I don't know, write one of their own speeches. That would be nice.

I guess as a writer, one of my fears is writing poorly. This fear, while reasonable, I face today, in the spirit of our National Face Your Fears Day, which was last week, but I procrastinated because I'm afraid of turning things in on time. But I face this because, by doing this, I make myself vulnerable, face my fear. And writing bad is good for me because like, like, it's good for



me. Flibberty gibbets are not hat-sickles.

That being the case, there are a lot of fears out there. Apparently we're hardwired to face fear, or run, or fight, or freeze. My go-to is to sort of run-freeze-

play-dead. Let's say I'm going for a walk, and I see the illusive, possibly imaginary, Florida black panther. Knowing fully well that I can't outrun a giant feline, I'm pretty sure my instincts will take over, and I will sprint like the dickens. Charles Dickens, to be precise. Of course he'll catch me and begin batting me around like we all secretly wish someone would do to Mickey Mouse. When that happens, I'm not going to try to play dead or anything quite so thoughtful as all that. My guess is I'll be pulling whiskers, yanking, pinching, tickling, and pretty much doing what I did to all my siblings when we were kids. Fear is not a reasonable emotion.

So maybe between this year and the next, we can write to the president and ask for this day to be replaced. I'm thinking, No Fear Day. We could even sell all kinds of merch with "No Fear" all over it. Of course this would be totally illegal, but didn't I mention the government would be involved? We'd make it a day where you have no fear because you've carefully arranged it so that you don't have to go out into any public places with all those people; you can sit and watch comedy specials, eat as much fatty foods and sugar as you want, and let your children fend for themselves for once. If you're a parent, there's nothing you fear more than trying to coach your teenage son through the cupboard for his afternoon snack while you're watching or reading something hilarious. Wait, no, reading? Forget about it – that's scary. Put this away and have a No Fear Day™.

My wife just suggested that instead of wrapping up this little article like I just did, I should wrap it up with illustrating how having No Fear Days would further corrode my arteries and continue to enlarge my belly, thus forcing me to face my fear of eating well and exercising. She has a devious mind. And she totally overestimates my self-discipline. So I guess our new No Fear Days would kill me just like National Face Your Fear Day. Sometimes you just can't win, so don't get married.

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# TO NONA & BEYOND: INSPIRATION4

BY EMERSON & ETHAN WALSH

On the calm and clear evening of Sept. 15, a SpaceX Falcon 9 rocket launched the Inspiration4 mission into history. It represented the first all-civilian orbital mission, with the crew spending approximately three days in low Earth orbit (LEO).

The mission served a dual purpose; blazing a trail for civilian space travel and raising funds for St. Jude Children’s Research Hospital. The monetary goal was set for \$200 million, but they have since surpassed this. The amount raised now totals more than \$220 million.

The Inspiration4 crew was led by Shift4 Payments CEO Jared Isaacman. Joining Isaacman was physician assistant and childhood cancer survivor Hayley Arcenaux, geoscientist Chris Sembroski, and science specialist Sian Proctor. Each member of the crew represents a pillar for the mission: leadership, hope, generosity and prosperity.

The booster landed on the new drone ship, “A Short Fall of Gravitas.” The capsule carrying the four newly-decorated astronauts splashed down off the coast of Florida on the evening of Sept. 18. We attempted to capture photos of reentry, yet clouds obscured our view. However, we were treated with a thundering sonic boom!

We encourage you to watch the beautifully-orchestrated Netflix documentary Countdown: *Inspiration4 Mission to Space*, which chronicles the crew’s journey from training to launch to landing. There is also some jaw-dropping footage of the launch in the final episode.

Follow along with us next month as we cover ULA’s Lucy mission and SpaceX/NASA’s Crew-3!



# Diabetes

## 🔴 Intervention is key

### November is **DIABETES AWARENESS MONTH**

#### What’s the difference between Type 1 and 2 diabetes?

Diabetes is an incredibly pervasive disease that affects more than 34 million Americans. Given its prevalence in the United States, and in recognition of November as National Diabetes Month, here’s a look at the differences between Type 1 and Type 2 diabetes.

#### Insulin production

Insulin is a hormone that enables cells to absorb glucose. People who have Type 1 diabetes can’t produce insulin, a function that normally takes place in the pancreas. Those with Type 2 diabetes either don’t produce sufficient insulin or can’t absorb it effectively. In both cases, a lack of insulin makes it difficult to regulate blood sugar levels.

#### Risk factors

There are several factors that increase a person’s risk of developing Type 2 diabetes. These include obesity, high blood pressure and prediabetes. Your ethnic background and a family history of diabetes can also put you at risk.

In contrast, Type 1 diabetes is an autoimmune disease that researchers suspect is linked to genetics and certain environmental factors.

#### Treatment

A person with Type 1 diabetes must use an insulin pump or inject the hormone to ensure their body can properly regulate blood sugar. While some one with Type 2 diabetes might also be prescribed insulin, there are other ways to manage the condition. These include eating healthy, exercising regularly, managing stress and maintaining a healthy body weight.

#### What is prediabetes?

Prediabetes is characterized by abnormally high blood sugar levels that aren’t elevated enough to be diagnosed as diabetes. Since prediabetes is asymptomatic, it’s important to speak with your doctor about risk factors and screening tests.





# LAKE NONA PLAYERS WIN IN U.S. YOUTH FUTSAL NATIONAL CHAMPIONSHIP

ARTICLE BY FELICITY MAE GOMER  
PHOTOS COURTESY OF ORANGE FUTSAL SOCCER ACADEMY

A nationwide youth futsal tournament ranked some of our own Lake Nona residents as part of the top team in the country. In a region abundant with athleticism and sharp minds, our youths bring just as much accomplishment as our elders do.

In July, Orange Futsal Soccer Academy sent several of its teams to compete against other youth teams in Kansas City. These teams had undergone several regional tournaments to qualify for the championship and competed in Naples, Charlotte and Minneapolis prior to the final competition.

Orange's U12 team consisted of Diego Cordido, Erick Feliciano, Jakob Garcia, Damian Gomez Calabro, Caleb John, Enzo Lima, Valentino Menji, Diego Militerno Catania, Lucas Quesada, Eduardo Rodrigues, and Nicolas Sabino. Several of these players reside right here in Lake Nona! Orange conducts futsal games inside of XL Soccer World at certain times during the week, so many of our resident athletes of all ages have access to proper training and prestigious competitive titles such as this one.

A total of 180 youth futsal teams participated in the National Championship competition, breaking the robust tournament's record for the number of teams on the roster. Of these 180 teams, four of Orange's teams placed in the top 10, and the majority of these players are Central Floridians.

These all-gendered young athletes train year-round twice a week and can participate until age 20. These kids work immensely hard and have earned their title through-and-through.



For those of you wondering, futsal and soccer differ; the two are closely related, but futsal is more fast-paced and focuses on small-ball techniques. Futsal is commonly played in soccer-centric countries before children begin to play soccer so they can build a sturdy foundation.

If you see any Team U12 players around the city, give them a word of congratulations!



# NONA YOUR NEIGHBOR: TERRY DAVISON

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF TERRY DAVISON

Terry Davison is the head coach at South Orlando Rowing Association. He is also a Nonahood resident! Read our interview with him below!

## Nonahood News: What is your job?

Terry Davison: I'm the head coach at South Orlando Rowing Association, which is based in Moss Park. We're a high school and middle school rowing program.

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

TD: In the summer, summer camps every morning. During the season, we typically have practice every day, between 2:30 and 5:30 p.m. We practice for about two hours. Some Saturday mornings, we start at 8 a.m. and finish at about 10:30 a.m.

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

TD: Promoting the sport and getting kids through the door. And then, getting kids to understand what's required for rowing and what they can learn from sports, not just rowing. We want them to learn it's not just about producing great rowers; it's about producing fine young citizens. So, the most challenging thing is – I'm going to be frank – dealing with teenagers. It's a challenge understanding that they're all individuals to be treated differently, and they've all got different ways of doing things. It's challenging communicating to them that the more you put into your sport, the more you're going to get out. This is a lesson about life. The more you put into life, the more you're going to get out of it. We're teaching life skills, and that's not always easy.

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

TD: It's rewarding when students come in as middle schoolers and you see them go through the system and eventually leave as seniors, having achieved whatever they've



achieved in the sport. Not always championships, not always the best rowers in the world, but seeing them grow up and develop and knowing they learned something from being part of the club.

## NHN: Do you have any interesting hobbies or collections?

TD: I love sports. I've realized my passion was not just for a sport but for sports in general. I also draw a lot which I find relaxing. I've also got a bulldog, and that keeps me calm.

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

TD: I want to continue to develop as a coach. I came from soccer to rowing, so I'm still learning. In the next five years, I want to continue to develop programming like no other, built up to the vision I have for it, along with other people that are passionate about the



club and the sport.

## NHN: What inspired you to bring rowing to Lake Nona?

TD: I started a rowing club up in Inverness. It was a small club and not particularly well-supported as far as rowing is concerned. The opportunity came to come down here. I saw great potential in this area. At Moss Park, we have two huge lakes there, Lake Hart



and Lake Mary Jane, which are to die for because while many people live on the lake, they don't use the lake, so we get a lot less traffic. People are very friendly on the lake, anyway. There were things I saw potential in.

## NHN: Where are you from?

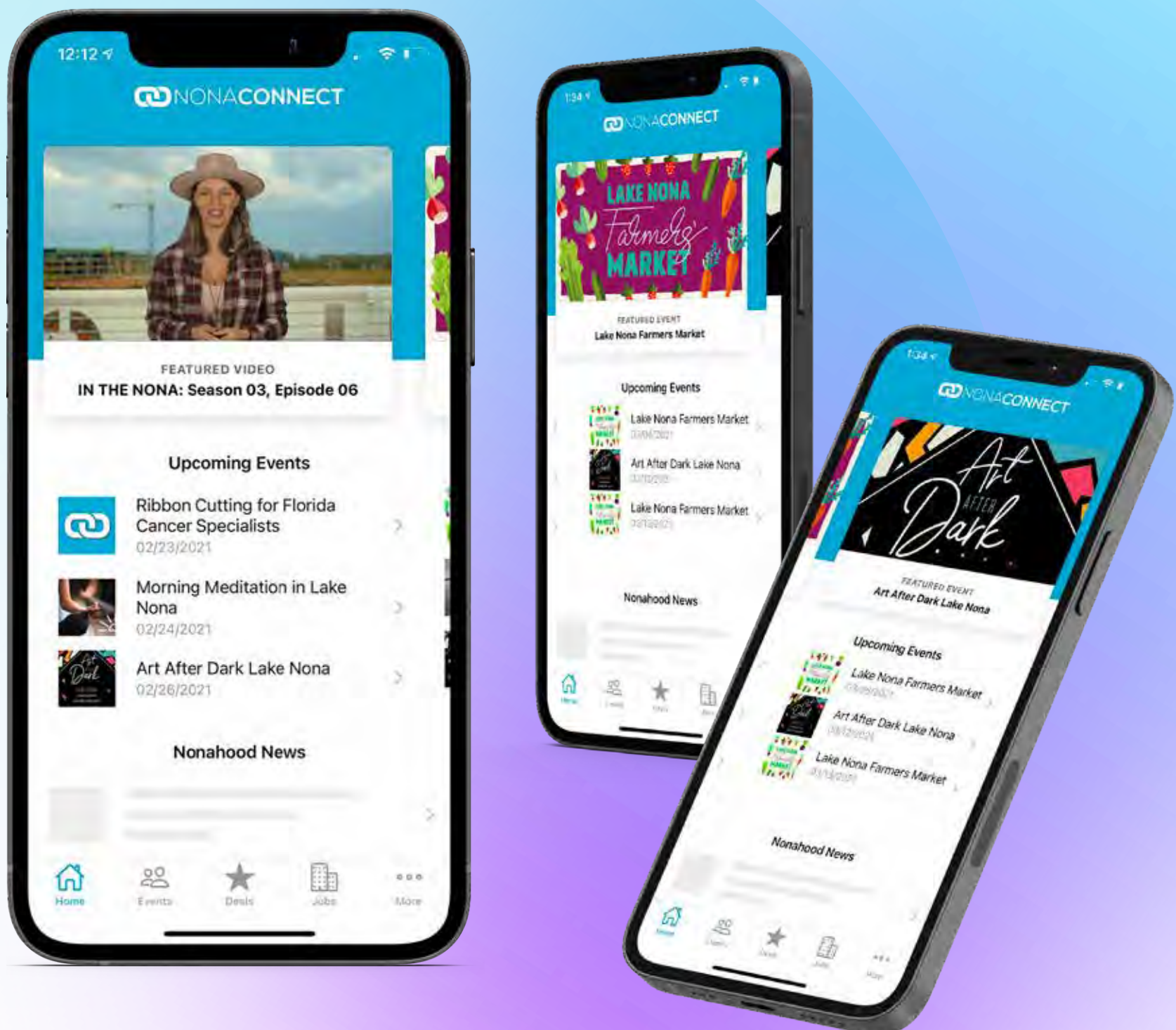
TD: I was born in Belfast, Ireland, and moved to England. I did most of my schooling in England and then went to sea for seven years in the merchant navy. I left there and joined the police in the northeast of England for 25 years. Then, I brought my family over here. Initially, we came for a two-year excursion. My wife was not a willing participant at the time, but she said, "Look, we'll go for two years to give the boys a cultural change." Things worked out, and we stayed. I took my 25-year pension, came back, and was working as a fitness manager at a gym in Ocala. My plan was to have a soccer academy. I'm probably a better soccer coach, but my two boys ended up getting involved in rowing. The youngest one got pretty good at it, and he went to Tokyo for the Olympics to compete in the USA men's eight. The soccer got put to one side, and I became a rowing coach. I am fortunate to have coached them. The one thing I would say to people is you never know where life's gonna take you. I'm 62, and at the ripe old age of 50, I decided on a new career. And I see this as a new career. It's not something I do as a hobby. I want to be better at it.



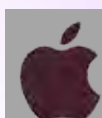


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