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EDITOR’S NOTE: NO MORE SHORTCUTS

BY DEMI TAVERAS, EDITOR-IN-CHIEF

The month of December has arrived right on time to tell us that we have reached the official end of 2021! Our second year in a worldwide pandemic, 2021 brought along a much different mindset than 2020. We learned more about our adaptability as a society, solidified by the COVID vaccine and the relaxed protocols consequently following it. Some of us still work from home, a lot of us are living a hybrid lifestyle, and some of us (the best of us) are still as essential as they were during the beginning of the pandemic. While we might have reached an eventual acceptance of our circumstances in this aspect, I notice that we have seemed to become less accepting in other areas of our lives.

More and more everyday, I see dramatics pervade the media. A certain image lodges itself in the back of our minds of what life “should be.” A life with shortcuts. A life full of hacks and answers. A life that only preserves the good and omits the bad and the ugly. But I consider this a very watered-down version of life.

There will always be days when it’s not going to be about you or me, where we have to momentarily place our “main character” energy on a shelf. Sometimes we make that sound too sacrificial. Coexisting can prove difficult because of expectations that quickly evolve into fantasies. We didn’t get here all on our own; social media works tirelessly at cataloguing and categorizing good versus bad, toxic, problematic. We want to “skip to the good part,” which makes us forget that with little risk, there is very little reward.

You might have heard of a little American classic called *Little Women*. Since April, I’ve been trying to finish reading this novel. The language was much denser than I thought it would be, and Louisa May Alcott can come off preachy, throwing in a moral every other paragraph. But there’s no doubt that *Little Women* did an excellent job of teaching about the trial and error of life – all of the small and big moments that work simultaneously to shape our characters into something greater. We can sit around and whine, maybe try to close ourselves off to the world. Or we can accept we’re on this ride and make the decisions we can with what we’re given at the moment. Life’s messy like that ... but it’s also very rewarding in ways unthinkable to us even at the present moment.

Take a look back at yourself a year ago. Have things changed for the better? If not, take your time now to make your mistakes. Go through your trial and error. Progress isn’t linear, and as long as you’re fully focused on your present, you’ll be able to look back in time and see the seeds you once planted finally come to bloom. I promise you’re not running out of time.

All of us at Nonahood News want to wish the Lake Nona community a happy holiday season! Be sure to catch us in 2022.



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BUSINESS SPOTLIGHT: INSPIRE A MOVEMENT, INC.

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF
INSPIRE A MOVEMENT, INC.



Inspire A Movement, Inc. is a local health and wellness company that offers health and life coaching, community events, event planning, and even wellness retreats. Inspire A Movement, Inc. was founded in May 2019 by Caesar and Sandra Cabral. Caesar acts as a health and life coach and community outreach coordinator, and Sandra is a retreat specialist and travel consultant.

Inspire A Movement, Inc. came to service the Lake Nona area after years of volunteering in the area and seeing firsthand what being involved in your community can do to shape and impact a growing family.

“Our family moved to Lake Nona back in 2005. In raising our two sons in the Lake Nona region, we participated in well over 10 years of volunteer coaching at the Lake Nona YMCA,” Caesar continued. “These experiences have shaped us in ways that we could not have expected, cementing friendships that have lasted for years and bringing us immeasurable moments of happiness and fulfillment. Inspire A Movement, Inc. was truly birthed in Lake Nona from our many years of experiencing meaningful civic and community events held all right here in Lake Nona. Inspire A Movement, Inc.’s engagements and activities all have the overriding goal of fostering community and helping others be the best version of themselves.”

Inspire A Movement, Inc. offers community events that are free to the public and intended to serve as community outreach, promoting a life of health and wellness and a means to get to know your neighbor. When choosing Inspire A Movement, Inc., expect a company with a mission to inspire and empower others to be the best version of themselves, to make a difference in the world through actions, and to impact positive change in people’s lives.

“Our overriding vision is to continually grow the reach and impact of our brand and add value to our patron’s lives all around the world. We are committed to doing what we love every day with joy, exuberance and gratitude,” stated Caesar. “[Our] ultimate goal is to be a conduit of transformative positive change in people’s lives. The core principles on which the company was

founded include spirituality, healing, forgiveness, self-love and gratitude. The company’s offerings and activities are intended to inspire and empower others to be the best version of themselves and to do this together as one community.”

Inspire A Movement, Inc. is holding two international retreats in Costa Rica in the fiscal year for 2022.

“These retreats are intended for those ready to embrace a healthier and more balanced life while experiencing a sense of renewal and transformation in mind, body and spirit in the midst of the sheer beauty of Planet Earth. In the backdrop of what has been arguably some of the hardest, most stressful years of our lives, these retreats will provide respite and much needed revitalization from the built up angst and stress we all carry,” Caesar declared. “While being in nature is, in fact, healing and is a big component of a transformational retreat, our retreat offerings enhance the experience by including the right balance of teaching opportunities through workshops, activities that help integrate these new concepts, and community-building exercises that are deeply moving and empowering. Transformation requires not only calm and serenity but a certain level of intimacy that you cannot get in the average retreat center. In this intimate setting nestled in the mountains, you’ll experience excellent accommodations, delight in exquisite dining, partake in transformative activities aimed at self-enrichment and empowerment, and spend time with a positive, supportive group of people.”

With the holiday season upon us, one of these transformational retreats can be a great gift for anyone seeking to de-stress, reconnect and recharge.

“We have your best interest in mind in everything that we do, from carefully choosing a fabulous destination that suits your intentions and needs to mapping out an itinerary that will allow for personal growth and a sense of renewal and restoration. We have aimed to reach that perfect balance between allowing you space and time to decompress from the built-up stress and daily demands while also giving you the needed tools to face life head on with confidence and excitement. If this sounds like you, then this retreat is for you:

- You are tired, exhausted and in need of some much deserved rest and relaxation.
- You have been struggling with letting go of things, and you feel worn down due to stress and anxiety.
- You feel out of balance and have been seeking to learn healthier routines that keep you energized and continually motivated.
- You are seeking self-enrichment and personal growth in order to overcome self-judgements, fears and insecurities.
- You are open to spiritual experiences and sacred ceremonies that will heighten your awareness and consciousness.
- You are open to sharing and experiencing some of the vulnerabilities that come with this.
- You are seeking to embrace the present

and let go of the past so that it no longer suppresses your ability to be fully happy and engaged.

- You are open to learning healthier ways to nourish your body and have interest in learning how to prepare healthy, natural foods cooked with love and intention to maintain a healthy lifestyle.”

For more information about Inspire A Movement, Inc. and the upcoming retreats, visit inspireamovement.com, call (407) 466-3292, or email ccabral@inspireamovement.com. Visit nonahoodnews.com to read the full version of this article.



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WORK WELL: PRAISE TO CRITICISM RATIO

BY NATALIA FOOTE

The praise to criticism ratio is five praises for every one criticism. Praise is considered the positive, or what is currently working, as opposed to criticism being the negative, or what needs to be worked on or effectively changed. According to relationship guru Dr. John Gottman, the magic ratio for a marriage is five positive interactions for every one negative interaction. Here, we explore the same ratio for workplace relationships and the relationship we have with ourselves.

In the article “The Ideal Praise to Criticism Ratio” by Jack Zenger and Joseph Folkman, Harvard Business Review found that focusing on the negative is necessary, especially when working with the least effective or lowest-performing teams. Highlighting the negative was like a slap in the head to see what needed to be changed. In addition, highlighting the negative worked exceptionally well when *serious* problems needed to be addressed. Zenger and Folkman stress the word “serious” to highlight that when a team is underperforming, there is more room for growth. However, for the teams that were performing well, praise encouraged them to continue to do well in their relative area of expertise. In effect, teams performing well have less of an area for growth. Thus, motivating what is working continues growth in that direction.

Kim Cameron’s book *Positive Leadership* discusses the inherent goodness within each individual and focuses on strengths and capabilities while viewing obstacles and impediments with optimism and opportunity. The shift is slight from identifying what is

wrong to highlighting the positive and bringing awareness to what is currently working.

The praise to criticism ratio can be applied to our daily mind chatter. Our inherent negativity bias drives us toward critical thoughts of ourselves and others. However, switching the mind chatter to what is working well bolsters the good already present in your life. Negative thoughts and events will continue to happen, but by acknowledging the good and creating positive experiences, we can view the negative events and thoughts for what they are: mind formations. This way, thoughts aren’t simply washed away in a sea of negativity. By recognizing the negative self-chatter, you can focus your attention on what is working. James Clear, author of *Atomic Habits*, said, “The most important conversation is the conversation you have with yourself each day.”

Using the ratio for what we “take in” is also effective. The news is inherently negative, and television is purposely sensationalized to attract viewers. By only watching or reading the news and negative TV, our ratio can get off-balance. Television is fiction but still influences our creative juices. And remember, the news is news because it doesn’t always happen. Think of the number of times YOU have been in the news. It is usually not often. Do negative things happen? Of course, but there is much more positivity out there to enjoy and focus on.

When dealing with relationships with others and the relationship with yourself, acknowledge the criticism; it avoids complacency and group thinking. However, make sure to really pump up the positive and acknowledge what is currently working. By following the 5:1 ratio, we remind ourselves that there is always good to focus on. We are all growing beings learning to be better versions of ourselves. Boosting the positive provides us with the resiliency to tackle what needs to be addressed. See the good within yourself and acknowledge the good within others.





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LOCAL KID ACTOR BRYSONJONSTEELE DEBUTS TWO NEW HOLIDAY FILMS

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF STACAE CALDWELL

Last time we spoke to Bryson Jon-Steele, it was November 2020. We learned a little bit about him and his passion for acting and embracing new characters. Bryson’s passion for acting has only grown in the past year.

“I love acting so much that I just go for it. I really love it, and I’m really passionate for it,” he said. Ten-year-old Bryson puts a lot of work into prepping for new roles, highlighting his lines and actions in the script and reviewing his lines before going into self-taping. Since last November, Bryson has starred in four more feature films. Among them are two holiday films, *The Christmas Thief* and *Rebuilding a Dream Christmas*.

In *The Christmas Thief*, Lana Lawton (Michelle Borth, *Hawaii Five-O*), a fledgling private eye, is hired by her nephew (Bryson) to prove that Santa Claus is not a thief. With little evidence to prove Santa innocent and a detective with a different investigative style, the season is sure to get interesting. *The Christmas Thief* airs on Ion Television on Dec. 5.

In *Rebuilding a Dream Christmas*, real estate broker Abbey (Meggan Kaiser) returns to her hometown to repair an inherited Victorian house. Along the way, she meets single dad and handyman Josh (Zane Stephens) and his 8-year-old son, Noah (Bryson). As the relationship between the three of them grows, Abbey finds her true calling and makes a home for herself. *Rebuilding a Dream Christmas* airs on Dec. 23 on Lifetime.

For Bryson, one of the most intriguing things about filming holiday films was the different methods for making snow.

“In *Rebuilding a Dream Christmas*, they had the snow that you just pour water onto ... and it would foam up. If you touch it, it felt like real snow. They also put up Christmas lights and stuff,” Bryson described. “For *The Christmas Thief*, they had cotton and stud that they used for the snow. They just sprayed it with water to make it look realistic. It was pretty cool to see how the different types of films did the different types of snow.”

Bryson’s favorite film to act in so far has been *Rebuilding a Dream Christmas*.

“We had the most positive directors. I love directors that are really positive. It makes me feel really, really good.” Bryson also had fun baking sugar cookies, his favorite type of cookie, on set. Bryson also enjoyed celebrating on a party bus with his castmates during their last day. The residents of Western Missouri, where the movie was filmed, all chimed in to do nice things for the cast and make the whole memory special.

Although Bryson’s favorite experiences happened during *Rebuilding a Dream Christmas*, that’s not to say he didn’t love being on the set of *The Christmas Thief*, too. Bryson gushes about the pancakes and strawberry syrup available on set.

“I had to get myself some of that syrup,” he told us. “I went to the store. And you know what happened? I bought the syrup. So now I have the syrup



from set.” He also got to come home with a fedora. Both films also had dogs on set which, for a dog-lover like Bryson, was a huge plus.

“I am totally a dog person. I have three dogs myself. I have a mama, daddy, and a baby. I have Katie Chloe. She’s the oldest and then Phoenix Fire. And he’s a year old. And then, I have James, who is not even a year old yet.”

Although neither holiday film is out just yet, Bryson notices the excitement from potential viewers at having new movies to watch this holiday season. People are excited to be able to sit down with their families and watch films this year. While viewers will be tuning into Bryson’s films, Bryson is looking forward to watching his favorite holiday films, *Elf* and *The Santa Clause*.

For anyone who tunes in, Bryson said, “Thank you. If it wasn’t for you, I probably wouldn’t have gotten this far. It means a lot to everyone who is part of the film. If people weren’t posting about it on social media or watching, we wouldn’t have a successful film.”



PRESENTING
FINANCIAL LITERACY
TO GEN Z THROUGH
SOCIAL GAMING

PHOTOS COURTESY OF GEORGE WASHINGTON
UNIVERSITY ONLINE HIGH SCHOOL

In most schools in the U.S., courses like geometry and biology are required during high school years. However, according to CNBC, only 21 states mandate some form of financial literacy course in the public education system. As a high school sophomore, I am confounded by this fact since financial literacy is one of the most critical skills to have because of the importance finance plays in everyone's daily life. This is one of the main reasons why my brother and I co-founded a social venture called SKAITUBE LLC (www.SKAITUBE.com). SKAITUBE is the first Si-Fi (Simulated Finance) gaming platform that is democratizing financial education for Gen Z (Zoomers) globally. SKAITUBE's unique methods allow free, easy access and encourage engagement, offering one of the best solutions to helping achieve increased financial literacy awareness among students.

Let's face it, in our world and daily life, money is important. Therefore, financial education is important. Fin-ed can help Zoomers learn about the value of money because, honestly, we need it. Zoomers under-performed every other past generation in financial literacy, according to the TIAA Institute. A recent Experian survey showed only 19% of Gen Z fully understood financial concepts like credit, but 76% showed interest and wanted fin-ed offered in their high schools. With this in mind, it is evident that Gen Z's financial education needs prioritization.

Even though the education system is not offering what Zoomers want, it seems that Zoomers are taking matters into their own hands and excelling at one part of finance: the stock market! Currently, 36% of Gen Z are already actively investing in the stock market with customers in this group making up 32% of Robinhood, 17% of Coinbase, and 10% of Fidelity, according to SurveyMonkey. These are impressive and eye-opening statistics highlighting the immense interest in investing among 13- to 25-year-olds. This further proves the necessity for fin-ed and Si-Fi; not to mention, Zoomers will represent 27% of the global workforce by 2025, according to Forbes. As we see a huge wave of interest and potential in investing, it is apparent that the best way to engage Zoomers

with financial education is through the stock and cryptocurrency markets. That's where simulated investing games come in as an effective solution!

One of the problems we face when trying to learn about the financial world is that listening to traditional lectures (whether in-person or online) is boring. Yes, this is boring for us Zoomers with short attention spans! We also tried paper trading stock



Julian-Alexandre (left) with Brennan-Pierson (right) in Orlando filming SKAITUBE's "STEAK or STOCK" video



Julian-Alexandre (left), with his brother, Brennan-Pierson (right), for Brennan-Pierson's celebratory birthday dinner in Orlando



Julian-Alexandre doing a photo shoot in Winter Park



Julian-Alexandre (right) and brother, Brennan-Pierson (left), doing a photo shoot for SKAITUBE in Winter Park



Julian-Alexandre (right) with Brennan-Pierson (left) in Orlando filming SKAITUBE's "GAMESTOP Short Squeeze" video

24,000+ chats and trades exchanged over the SKAITUBE server in the five-day game period. This event was a hugely-successful kickoff to our new venture and highlighted our ability to create engagement, foster community, and introduce finance and investing to students.

If there's going to be effective fin-ed learning among the Zoomer generation, gaming needs

to be utilized as an educational learning tool. That's how my brother and I are trying to create an impact and a difference with our social venture. SKAITUBE's mission is to build a Gen Z community that fosters an entertaining and interactive ambiance – something that traditional financial education curricula and other stock market simulation games lack. SKAITUBE is ultimately the byproduct of community and fun learning – a new model for Gen Z financial education. Come check us out at www.SKAITUBE.com!

NOBEL NOTABLE OF
LAUREATE PARK:
LEON LEDERMAN,
COSMOLOGICAL
COMEDIAN

BY DENNIS DELEHANTY



“The Goddamn Particle” was the title Leon Lederman had chosen for his book about the development of quantum mechanics. Lederman, the “Mel Brooks of Physics,” had invented the moniker as a joke. The goddamn particle in question was a bit of mass later to be recognized as the Higgs boson, the final puzzle piece in the array of 17 elementary particles that make up the Standard Model – the stuff from which you and I, and everything in the universe, is made. Somewhere between draft and publication, Lederman's editor suggested losing the cuss word, and in its final form, the book came out as *The God Particle*. Lederman smiled at this modestly-revised title, thinking it still perfectly reflected his quirky sense of humor – and would attract needed attention to his book. But he hadn't counted on offending both the seriously religious, who chafed at the thought that the Almighty's name should be scrambled into a list of particles, as well as serious physicists, who balked at the admixture, however lighthearted, of religion and science. But the media loved the title, and the name stuck.

Leon Lederman's Nobel Prize for physics, though, had nothing to do with the Higgs boson, even though as the long-time director of Fermilab near Chicago, the largest particle accelerator in this country, and as an untiring popularizer of science, Lederman helped launch the worldwide effort to track down the Higgs. In *The God Particle*, Lederman

argued passionately for U.S. Congress to fund what should have become the world's largest particle accelerator, to be built in Texas. In late 1993, Congress killed funding for that project, and the epicenter of particle physics moved overseas to the Large Hadron Collider in Geneva, Switzerland. (Later in this decade, China will build a particle accelerator much larger than the collider in Geneva, which just might make Congress sit up and take notice.) In 2011, Lederman was diagnosed with Alzheimer's disease and spent his last years in a cabin in Idaho that he had purchased earlier with his Nobel Prize winnings. Not known is whether he was fully aware of the discovery of the Higgs boson the following year at the collider in Geneva. In a sad commentary on the state of U.S. healthcare, Lederman, who passed away recently at age 96, was obliged to sell his Nobel Prize medal to pay his medical bills.

So the goddamn particle did not make Lederman a laureate after all. Instead, he earned his 1988 Nobel Prize for his discovery, 26 years earlier, of the muon neutrino. Lederman, a quite accomplished particle hunter, also discovered the bottom quark at Fermilab in 1995, a particle that had been predicted by Japanese physicist Toshihide Maskawa. (A couple of years ago, we wrote about Toshihide Maskawa, who passed away a few months ago.) The bottom quark has a lifespan of a trillionth of a second, which makes us wonder why it bothers to exist at all as it only seems to complicate both the Standard Model and our understanding of the subatomic world.

If you've stayed with us this far, you're probably still wondering, “So what is a muon neutrino anyway?” Don't worry, we have that same question. Let's have a look at the Standard Model, find where the muon neutrino fits in that chart, and see if we can come up with the beginnings of an answer to that question.

A glance at the Standard Model reveals a cumbersome collection of 17 elementary particles. Physicists consider this model incomplete since it does not include the graviton, the particle theorized to be responsible for gravity, nor does the model address dark matter and dark energy, which are thought to account for up to 95% of the matter in the universe. More generally, particle physicists seem dissatisfied with the overall awkwardness of the model (17 is not a particularly elegant number) and keep searching for some underlying theory that would unite all elementary forces and particles under a

single equation, a sort of modern version of Einstein's $E=mc^2$. Many physicists believe that such a theory would involve strings. In the meantime, the Standard Model represents our best attempt so far to understand, organize and classify elementary particles.

To simplify things, let's break down the 17 particles in the Standard Model into four groups. In the first of these, we have the quarks: up, down, charm, strange, top and bottom. Only the up and down quarks, which combine in various ways to form protons and neutrons, are permanent. The four other quarks are short-lived, odd creatures produced in high energy collisions, such as those generated by particle accelerators. Quarks are locked within and can never escape protons and neutrons, which makes determining their mass and energy exceedingly difficult. In the second group are leptons, really just a fancy name for electrons. The three types of leptons are electrons, muons and taus. The muon and the tau, like the heavier quarks, are extremely short-lived (think microseconds or less) and also only result from high-energy collisions. You could think of muons and taus as much heavier versions of the electron. Associated with each electron, muon and tau is a neutrino. The third group in the model contains the force-carrying particles, the “gauge bosons.” These are photons, gluons, and the W and Z bosons, which carry, respectively, the electromagnetic force, the strong nuclear force, and the weak nuclear force. For example, the job of gluons is to “glue” together the quarks encased in protons and neutrons. The hypothetical graviton would join this group of force carriers.

Rounding out the model is the Higgs boson which, if not exactly divine, enjoys something of the status of royalty among particles, seemingly reigning over its peers. The Higgs boson is associated with the Higgs field, which gives mass to other particles. To reflect the importance of the Higgs boson, a newly-redesigned depiction of the Standard Model shows the Higgs at the bullseye of a circular chart, around which are assembled the other fundamental particles.

But now let's get back to neutrinos. Neutrinos, among the most abundant particles in the universe, were predicted in 1930 by Aus-

trian physicist Wolfgang Pauli but not detected until 1955. Neutrinos are nearly massless, weighing 500,000 times less than electrons, and



travel at almost the speed of light. They are produced in stars like our sun as well as in nuclear reactions here on earth. Physicists estimate that 100 trillion neutrinos pass through your body every second. Despite their ubiquitous presence, neutrinos are diabolically difficult to detect. Having described neutrinos as basically nothing, Leon Lederman, in one interview, asked, “How do you go about finding nothing?” The approach used by physicists, such as Lederman, for detecting neutrinos (as well as to learn about other particles) is to study the reams of data collected when beams of particles, produced in particle accelerators, collide against a stationary target. Through complex analysis of clues hidden in these data, physicists, the most brilliant of detectives, measure the masses and energies produced in these collisions and identify the resulting particles.

Lederman's 1962 discovery of the muon neutrino convinced physicists that the realm of elementary particles was more complex than previously thought. With the muon neutrino, Lederman had added another piece of the larger puzzle of what would evolve into the Standard Model. You might say that the discovery of the muon neutrino helped shape the structure later acquired by the Model.

We can only surmise that Leon Lederman, that would-be standup comedian, would have been thrilled to know that Lake Nona has applied his name to a local street. Were he alive today, maybe Lederman would set up a booth at the intersection of our neighborhood's Lederman Avenue and Higgs Alley (ironic, huh?) as he did on a midtown Manhattan sidewalk so many years ago. At that booth, Lederman, sitting next to a cardboard sign that read “Ask a Nobel Prize-Winning Physicist,” invited passersby to ask him questions about physics, and the more curious among them readily obliged with serious and thoughtful queries. Could another Nobel laureate have pulled off such a stunt?



NAMASTE WITH NATALIA: CORPSE POSE, SAVASANA

YOUR MONTHLY YOGA POSE

ARTICLE BY NATALIA FOOTE
PHOTO BY ANA MARURI

“Endings are not always bad. Most times they’re beginnings in disguise.” – Kim Harrison

The final posture in a yoga class is called savasana, or corpse pose. The same posture can also be called mrtasana, or death pose, but this term is used less often in the Western world. The pose means “ultimate rest” and is meant to allow the body and mind to relax and integrate the benefits of the asana practice. It is sometimes considered the most difficult asana as our mind and physical sensations arrive at a disturbing awareness simply being in savasana.

The posture itself is quite simple. You lay the body down, face up, perhaps slightly separating the legs and arms and allowing the palms to face up. That is all. Many variations exist with blankets and bolsters to achieve a posture of rest. It should feel effortless for the body.

The pose imitates a corpse or death. In *Light on Yoga*, B.K.S. Iyengar said, “Once life has departed, the body remains still and no movements are possible. By remaining motionless for sometime and keeping the mind still while you are fully conscious, you learn to relax.” It is much harder to keep the mind still than it is to still the body. With practice, you are able to consciously relax and refresh the body and mind.

Recently, our local yoga studio, Sunlight Yoga, closed its doors after a beautiful six-year run. Although Sunlight Yoga instructors will still teach in Laureate Park, the space where the community gathered is closed. That space brought joy and comfort to many individuals. It was a safe space to gather, meet other yogis, and do some yoga. Our bodies got stronger there. We became more flexible and supple. Tears were shed there; sweat was poured there (especially during the summer months). Lots of laughter was had. Stories were shared. Hugs were had. It was a little light in the community for advanced and new yogis. And now, Sunlight Yoga is in savasana.

Luckily, savasana is also a pose of transformation. After savasana in yoga practice, one is reborn. We explore our body as if it were brand new. We are not who we were as babies or children. We are constantly in a state of rebirth. Isabelle Pikörn, chief editor for Insight Timer, said, “Our yoga practice is not about getting things. ... Yoga is letting go.” It is the death of the ego, the craving and the grasping that something outside ourselves will mistakenly bring us happiness. Savasana is the practice that everything is perfect exactly as it is. There is nothing left to do.

After savasana, we are reborn. Pikörn said it beautifully: “What we are reborn into before we awaken and head back out into the world is entirely up to us.”

Although Sunlight Yoga’s doors closed, the transformation for the business, the instructors, and all its students is only about to begin. What we will become is entirely up to us.

Steps to savasana:

1. Lie flat on your back.
2. Allow your legs to naturally fall to the sides and allow your arms to have space away from the body, keeping the palms up.
3. Allow the eyes to close.
4. Breathe deeply and focus on the exhalation or the space of transition between in-breath and out-breath.
5. Relax completely.
6. As the mind wanders, return to the breath and the state of being.
7. Stay in the posture anywhere from 5-20 minutes.

Namaste.



NONA HEROES: DR. JENNIFER PEÑA

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF DR. JENNIFER PEÑA

Our December Nona Hero came to us a few short months ago, settling in Lake Nona in July. In this amount of time, she has taken the medical world by storm with her prestigious resume and recent feature in Business Insider. Meet Dr. Jennifer Peña, physician and United States Army veteran extraordinaire.



Though Dr. Peña moved to our city to be closer to family, the community will surely benefit from her talents. She holds the chief medical officer position at Nurx, a telehealth company that personalizes patient-first care. Previously, the Yale graduate’s career in the U.S. Army brought her a variety of medical positions and even a deployment to Afghanistan, where she rendered care for detainees during Operation Enduring Freedom at the Detention Facility in Parwan. She spent nearly 15 years in the service and served in multiple tours of duty in several impressive roles. In January 2019, following an immensely fulfilling career in the U.S. Army, she concluded her service.

In 2014, Dr. Peña began service in the White House Medical Unit. Her experience there included roles as Officer in Charge of the largest clinic in the Eisenhower Executive Office Building, senior physician, Camp David’s medical director, and the first female physician to the Vice President of the United States. She was an avid part of the medical team under the Obama and Trump administrations and was the first Latina physician at the White House as well.

Even before she became an internal medicine superstar, Dr. Peña’s energy and drive were apparent throughout her college years at Yale University. She studied molecular, cellular and developmental biology and Spanish language and literature while working as a medical interpreter.

“I realized there was a need for Latino/Hispanic and Spanish-speaking medical providers in the U.S. to help bridge the access-to-care gap for this community,” she said. “I then decided to pursue medicine as a career.”

Her passion for helping people, in addition to embracing her culture through her work, make her a selfless and dedicated medical professional.

“My sister and I were brought up by a single mom and our maternal grandparents in Puerto Rico,” said Dr. Peña. “They always stressed the importance of education, and that has remained at the forefront of everything we have done and accomplished.”

The highly-skilled physician extends her passions toward rescuing dogs, her home island of Puerto Rico, and taking care of her family. She and her husband, an active-duty Army soldier stationed at Walter Reed National Military Medical Center in Washington, D.C., have five rescue dogs and plan to rescue more. She’d also love to return to Puerto Rico and live by the beach with her husband and amazing family of pups.

Dr. Jennifer Peña wants to inspire young girls everywhere to pursue education and ca-



reers in Science, Technology, Engineering and Math (STEM). She is a firm believer that all women can truly do what they set their hearts to.

The hero seeks to improve healthcare for all; in my opinion, she’s already made incredible progress in the communities blessed enough to have her as a resident. She is a driven scholar and physician and dedicates her life to caring for those in need.

“Life will give you lots of lemons,” she said, when asked what advice she would give to her younger self. “Learn how to make really good lemonade.”

THE ARTIST: CONNECTED TO THE COSMOS

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF VANESSA CRESPI

Meet Vanessa Crespi, a Brazilian-born artist who calls Lake Nona home. In an artist statement, Crespi expressed: “As a traveler between the earth and the galaxy, I am connected to the cosmos – no longer tethered to the planet – and feel connection to the universe that others fail to understand. Everything is interconnected in a constantly-expanding world driven by our energy and movement through dimensions. This is an idea I express in my work through multimedia, including acrylic paint, ink, canvas and paper – all superposed into layers.”

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

Vanessa Crespi: I always was in artistic fields, and for over 30 years, I've been a fine jewelry designer, both in my native Brazil and in the United States. I'm a GIA graduate, and I've had jewelry shows and exhibitions.

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

VC: Since childhood, I was always making things with my hands, and my love of art was nurtured by my parents. I have five degrees, but when I attended Parsons School of Design in New York City in 2017, I started doing mixed media canvases. They did 3D projects there that inspired me.

NHN: How often do you find yourself creating art?

VC: I create daily. It's my passion.

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

VC: My latest collages and 3D pieces are designed to bring nature inside the home. I use water-colors, acrylic paint, paper and moss.

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

VC: I always try to think outside the box. I've been layering loose canvases. I have special openings in them that make the final image emanate light and direction so that the background interacts with the front layer.

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

VC: Always, the last one.

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

VC: I'm inspired by architecture, nature and astronomy – the stars and the sky.

NHN: Future goals/plans?

VC: My goal is to have an exhibit of my work in the Orlando area.

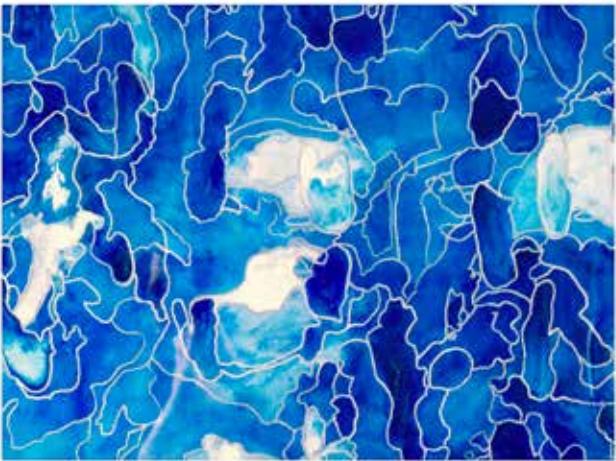
To see more of Crespi's work, visit vanessacrespi.com.

NOMINATE AN ARTIST

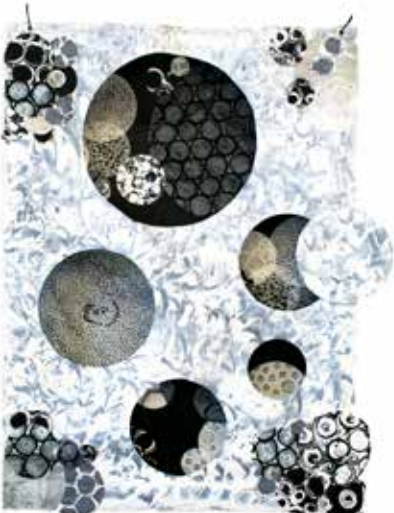
We are looking for interesting artists who live in the Nonahood to be featured. If you or someone you know should be nominated to be a Nonahood News Featured Artist, send your nomination to nonahood.to/artist.



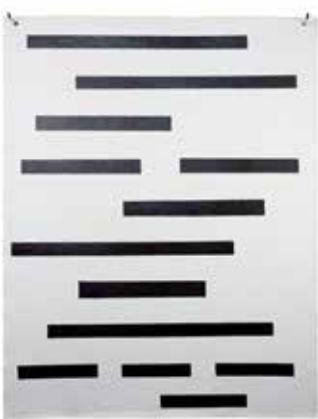
Energy getting organize in round shapes 2
2020, multi media collage, 48 x 36 in



Puzzle, 2020, water color on paper, 26 x 20 in



Energy getting organized in round shapes,
2020, multi media collage, 44 x 36 in



First Dimension, 2020, acrylic on canvas , 48 x 36 in



Sick Soil, 2019, acrylic on canvas ,44 x 36 in



Trio - Flowing Energy,2020,acrylic on canvas,44 x 36 in

LAKE NONA REGIONAL CHAMBER OF COMMERCE



EVENT GALLERY



Nona Professional Ladies meet at First Nature Foundation in St. Cloud for their Breast Cancer Awareness Month Social on Monday, Oct. 18. Pink Heels shared their story and merchandise along with Dr. Margaret Tanzy, M.D., cancer survivor Susan Makowski, and cancer caregiver Adriana Herrera. Sponsors for the event were Walmart Supercenter Lake Nona and Fidelity National Title.



Amy Mercado (center), Orange County Property Appraiser, and Scott Randolph (right), Orange County Tax Collector, share information with participants at the Oct. 29 Business Luncheon in the Beep Innovation Lab, Lake Nona.



Golfers and Chamber Members enjoy lunch at the Belfry Restaurant at Eagle Creek Golf Club after the second annual Chamber Swing Event on Nov. 5. Though rain persisted throughout the day, so did the golfers.



Ryan Thomas of Northpoint Mortgage cuts the ribbon for the new location in St. Cloud during LNRCC's Second Tuesday After-Hours with five ribbon cuttings in one-hour at Narcoossee Commons on Nov. 9. Joining LNRCC in the celebration is St. Cloud Mayor Nathan Blackwell and St. Cloud Chamber of Commerce President Dirk Webb (both center)



Doctors Peter Ganpat and Sonita Khan cut the ribbon as OneMed celebrates with a ribbon-cutting Oct. 28 to welcome the community to a new progressive medical practice at 10129 Clear Vista St., just off Narcoossee Road.

Veronica Figueroa (center), Team Figueroa owner, and Arbra Calvert (right), Lake Nona Regional Chamber of Commerce, prepare for ribbon-cutting in Lake Nona, Oct. 2.



Ashley Lewis (with scissors) is joined by Mayor Nathan Blackwell and President Dirk Webb of the St. Cloud Chamber as they celebrate with the Lake Nona Chamber of Commerce for the Good Vibes Lounge ribbon cutting in St. Cloud on Nov 9.



LIV Realty celebrates the Grand Opening of their Lake Nona location on Nov. 12. (Left to right) Joel Ferguson, Edward Jones Financial Advisors; Brandy Bennett, elSpaces Orlando; Linda Guzman, LIV Realty; Lulu Rivera, LIV Realty; Don Long, Lake Nona Regional Chamber of Commerce CEO; and Linda Guzman's handsome sons, Gabriel, Josiah, Jaikob and Jeremias.



Mark Reid, Beep, Inc., and Nicole Perez, New York Life and NYLIFE Securities, hold the ribbon for Jay Groves of Lake Nona Performance Center as he cuts the ribbon at the Grand Opening of Chopra Mind-Body Zone and Spa in Lake Nona on Nov. 13.



Joann D'Alessandris (with scissors) of Creative Hair II is joined by Mayor Nathan Blackwell, President Dirk Webb of the St. Cloud Chamber, and CEO Don Long of the LNRCC as she cuts the ribbon in St. Cloud, Nov. 9

Our New and Renewed Members

NEW MEMBERS

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Macaluso, Elise	Sapphire Realty
Museum of Military History, Inc.	Tijuana Flats
	Venkatraman, Giri

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RENEWED MEMBERS

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Aagaard-Juergensen LLC	Dumpster Medic LLC
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Chick-fil-A Nona	Rock and Brews
Commercial Air Conditioning & Electric, Inc	Security Financial Management, Inc
Culver's of Lake Nona	St. Cloud Printing
	Wooten CPA PLLC

Vanessa Perez, founder/WOMANTrepreneur, gave a presentation at the Nona Professional Ladies Luncheon at XL Soccer World in Lake Nona on Nov. 15.



Katie Stine (with scissors), Sylvan Learning Center director, is joined by St. Cloud Mayor Nathan Blackwell, President Dirk Webb of the St. Cloud Chamber, and CEO Don Long, LNRCC as they prepare to cut the ribbon in St. Cloud on Nov. 9.

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celebrating

Tijuana Flats
Friday, December 3rd
10am-11am Ribbon Cutting at 10:30am
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RIBBON CUTTING

celebrating

LAKE NONA REGIONAL CHAMBER OF COMMERCE
TUESDAY, DECEMBER 7
5:30 - 8:00 P.M.
Narcoossee Commons
10129 Clear Vista St.
407-996-1111

RIBBON CUTTING

celebrating

OG Fitness
Friday, December 10
12:30pm to 1:30pm Ribbon Cutting at 12:45
2012 Jaffa Drive Suite 110
407-996-1111

RIBBON CUTTING

celebrating

The Naked Cupcake
Saturday, December 11th
9:30am-10:00am
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407-996-1111

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HOW TENNIS MAKES THE PERFECT GIFT THIS
HOLIDAY SEASON

BY DANIEL PYSER

If you are looking for the perfect holiday gift this season, look no further than tennis. You would not be alone. Interest in recreational tennis has skyrocketed during the pandemic as tennis is an ideal social distancing sport and is widely considered one of the safest activities. Participation among both new players and former players that have reentered the game has increased across the country.

With increased participation comes increased equipment sales, and the Tennis Industry Association, which tracks industry-wide trends, has reported dramatic increases of sales of introductory tennis racquets. You can find reasonably-priced introductory equipment for adults or youth that can get you and your loved ones into the game at most online sporting goods retailers.

If you're looking for a local option and to talk to an expert about your next tennis equipment purchase, look no further than the USTA National Campus Pro Shop. The Pro Shop, located in the Welcome Center at the campus, is open and features the newest product releases from top brands as well as apparel and other tennis gear. In addition, the Racquet Bar offers industry-leading stringing, racquet customization, and racquet consultation.

Once you have your racquet and are ready to hit the court, new players can take advantage of an ongoing promotion called "Free 30," which includes a free, 30-minute hitting session with one of the campus' teaching pros. The promotion is available for any player who has never participated in USTA National Campus programming.

Players of all ages and ability levels can take advantage of this new offer as it is designed to create a more personalized introductory experience for those participating in campus programming for the first time.

Youth players interested in hitting the court during winter break should check out Camp No Snow, a four-day camp held Dec. 20-23 for all levels of youth programming. Players can customize their schedule, signing up for a single day or all four, as daily drop-in rates are \$40 for Nemours Family Zone camps and \$60 for Youth Development camps.

Please visit www.ustanationalcampus.com for more details.







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10 DECEMBER 2021

New Short Film Blood Orange Is in the Works

nona.media, local film production company, has an exciting new project in the works. Rhys Lynn, founder of nona.media, and James Rayner, producer director, are teaming up with Atlanta-based, Latina-led production company Cafecito Productions on the short film *Blood Orange*. They are currently running a fundraising campaign on the crowdfunding platform made just for film, seedandspark.com, and are looking for Lake Nona residents' support to bring this film to life.

Blood Orange will be filmed in Florida and feature all the beauty our Sunshine State has to offer. It was developed by Lake Nona's own Rayner and a group of creatives in Atlanta as a response to the uptick in domestic violence cases over the past couple of years. The story is an offbeat Southern-vengeance that follows Winter and Em, who run a fruit stand that serves as a front for their murder-for-hire business targeting abusive men, gaining the admiration of a young girl and the wrath of the town sheriff.

Orlando native Sarah Kambe Holland will be playing the role of Cassie, a troubled young woman who seeks out Winter and Em's services. Caitlin Hargraves and Erika Miranda, the owners of Cafecito Productions, will play the vengeful assassins with Jonathan Pawlowski completing the cast as the obsessive Sheriff James McCoy. At its core, *Blood Orange* is a story about grit, gumption and survival, with some laughs and adventure along the way.

The producers are looking to raise \$25,000 to cover the costs of labor, gear and other production costs. As of Nov. 15, they are over halfway to their goal but are hoping to engage more with the Lake Nona community and find some more local support to make it all the way.

For every pledge made on the Seed&Spark website, there are rewards, including a VIP behind-the-scenes experience sponsored by nona.media or even an associate producer credit.

To make a pledge, simply visit seedandspark.com/fund/blood-orange or scan the following QR code.

No amount is too small to bring these local visionary filmmakers' dreams to a big screen near you, but community is the key to their collaboration.



LAKE NONA'S NEWEST YOUTH AUTHOR PRODUCES A CHRISTMAS TALE

ARTICLE BY FELICITY MAE GOMER
PHOTO COURTESY OF MARIA OCASIO

Paulina María Senges-Ocasio, a talented and vivacious 12-year-old student, has recently self-published her very first book, *Christmas Island*. This young lady is packed full of creativity, intelligence and determination; she's very excited to share her new book with our community.

Paulina and her family are a close-knit group from Puerto Rico and joined us in Lake Nona five years ago. Throughout *Christmas Island*, Paulina and illustrator Mariel Mercado exhibit themes of diversity and coexistence, and the creation of the book took collaboration between Paulina and each member of her family. Ultimately, the book is a happy and colorful tale and represents the Senges-Ocasio family and their many talents.

Paulina enjoys all things music, baking and reading and often can be found writing anything from songs to stories. She hadn't initially planned to write a children's book and happened upon the idea by chance just last year. Paulina's older sister, Adanna, was applying makeup to her younger sibling when they heard a song called "*Christmas Island*." This led Paulina to wonder what such a place would look like, and she and Adanna dove into a discussion trying to describe what the fictional island would consist of.

The duo envisioned candy cane palm trees, cookie dough soil, tinsel grass, and everything else that Mercado gorgeously drew to life. Paulina immediately wrote down the idea she and her sister had come up with and excitedly showed her parents, who told her it would make a great story.

"So, then I started writing," said Paulina. The 12-year-old author found the story easy to write but challenged herself to make it rhyme as well. Her process of discovery into the world of writing is real, just like any other writer's – rearranging sentences, reducing repetitive words, and figuring out how to get it published. She poured over her story to doctor it to her liking with the help of her family as proofreaders.

Paulina encourages anyone with an idea in their heart to not overthink it and emphasizes that all of your ideas have value. She will continue writing, but she is not sure which of her interests will

captivate her next; don't be surprised if you see a new hit song written by the seventh grader in the coming years!

In addition to writing children's stories, Paulina has passions for music, performance and much more. She'd like to study music and law in New York and has a handful of various careers holding her interest. She noted her career options as being a lawyer, a musician, a journalist, a Broadway performer, or a bakery owner. Such an ambitious outlook has brought along her first book and will surely bring more achievements in her future.

"Honestly, you are not really writing for any other person but yourself," she said. "So, then, just write the story that you have inside of you. Just say what you want to say."

Christmas Island can be purchased on Amazon either in paperback form or in Kindle format. A percentage of the proceeds will be contributed to Lin-Manual Miranda's Puerto Rico Art Fund, and another portion will go to Paulina's middle school drama club. Check out this young lady's book for a lighthearted, imaginative Christmas tale for children and adults alike. To buy an autographed copy from the author or for more information, please contact info@paulinasenges.com.





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TO NONA & BEYOND: THE LUCY PROBE

BY EMERSON & ETHAN WALSH

Atlas V's rocket exhaust painted the morning sky of Cocoa Beach on Oct. 16. It was a beautiful send-off of the Lucy space probe, starting its 12-year mission to explore the ancient remains of our solar system. The name Lucy is derived from the fossilized hominid skeleton, which was discovered in 1974. This paleontological find gave scientists an unprecedented look into one of humanity's early forms. Likewise, the Lucy mission plans to give scientists new data on the solar system's early form by analyzing numerous asteroids within it. The mission plans to visit a grand total of eight asteroids, seven of which are classified as Trojan asteroids, which are located within one of Jupiter's Lagrange points – these are regions of gravitational stability in space. The Lucy probe will need to perform two gravity assists around the Earth to reach all of these distant objects.

On Nov. 11, the Crew-3 mission took off from Launch Complex 39-A on a cloudy night. The Falcon 9 rocket propelled Crew Dragon Endurance, along with its four astronauts, to low Earth orbit (LEO). The spacecraft would then dock with the International Space Station less than 24 hours later. The astronauts onboard included Raja Chari (spacecraft commander), Thomas Marshburn (pilot), Matthias Maurer (mission specialist #1), and Kayla Barron (mission specialist #2). During their mission, they will perform a multitude of groundbreaking research experiments in microgravity. One of these exciting research projects involves growing near-perfect nanocrystals of riboswitch RNA. This has the potential to advance our understanding of gene switching once analyzed back on Earth. The mission is planned to last some 5½ months before the crew returns to Earth with these completed experiments.



LIVING WELL: KINDNESS CAN ACCOMPLISH MUCH

BY CINDY COFFMAN

By now I thought we would be speaking about COVID in the past tense. “That 2020 was quite the year, but it’s great to be on the other side of it.” Nope. We are stuck in a timey-wimey pandemic vortex that continues to suck the life out of everything. Entire factories are shut down; ships are stuck off the coast of California; there are outrageous supply chain issues; and now there is a massive shortage of truck drivers who typically transport the things that make our daily lives full of goodness.

To further the issues, many folks have become very accustomed to not working, which leaves the poor souls who do work to rack up a ton of overtime (just to keep up with the high demand of customers, mind you) that leads them close to burn out. It seems that in our laziness, we’ve become cranky, too. Watching the evening news is like watching a Quentin Tarantino movie. My goodness, what has happened to us? Have we suddenly turned into the little monsters from *Lord of the Flies*?

I know, I know, I sound like Debbie Downer. The truth is, I have found it quite challenging dealing with people over this past year. I went from saying, “Have a wonderful day!” to wishing “May a family of gangly gnats take up residence in your armpits.” I know a new normal is being written every day, and that can be scary – but we don’t need to be boo-boo heads about it! Soooooo, what is it that keeps me sane? Well, that’s a tricky question ... as it is certainly a matter of opinion if I AM sane. The answer: I continue to associate, watch and try to emulate those who are a

light and help for someone else.

I’ve been working with the homeless in Osceola County for 11 years. This ministry is filled with hope, grace, forgiveness, understanding, and sometimes even fun, but it is not for the faint of heart. I have worked and helped murderers, pedophiles, thieves, and folks who just continue to make bad decisions. Through these experiences, I have come to admire many who have come so far to rebuild their lives and start again.

Recently, I attended a swanky vow renewal of one of my volunteers who works in the homeless ministry. It was a very big deal as this couple didn’t get to have a wedding 10 years ago and they were only inviting family and close friends. When I say “big deal,” I mean they were flying in friends and family from as far away as Japan.

As we walked into the church, we could hear the warm and exquisite sounds of a string quartet playing in the background. The elegantly-dressed reception tables were adorned with three-foot floral towers, filled with pale pink roses and white orchids. We peeked into the bustling kitchen and said hello to the private chef who was working furiously to prepare the wedding feast. It was magical. We then made our way to the sanctuary and came upon a long-rolled carpet strewn with flower petals and soft lighting. As I looked around to smile and acknowledge the other attendees, I was caught a little off-guard. You see, on this very exclusive guestlist were a few of the homeless men who we serve each week. Immediately, I was humbled. And grateful. What an amazing act of kindness and love this couple had shown.

It may be a while until we feel like the world hasn’t just gone pure crazy. I hope we can all be gently reminded that OUR actions contribute directly to the people and environments around us. I think this quote from Maya Angelou sums it up perfectly: “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Live well, my friends.



Going Places

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* Volume toll discounts on CFX-owned expressways.

available at amazon

SAVOR TOOTH TIGER: SWISS FONDUE

BY ALLYSON VAN LENTEN

Is there anything better than cozying up to a cauldron full of hot, bubbling cheese on a cold winter night? Fondue is the genius Swiss invention of melted cheese served with bread, vegetables and accompaniments. Need an interactive, fun meal the whole family will enjoy? Pretend you're après-ski with this recipe after a day outside enjoying the beautiful winter weather. Fondue comes from the french word "fondre" – to melt. It was invented in Switzerland in the 1930s as a clever way to use up extra cheese and stale bread and remains the national dish to this day. The Swiss produce some of the best cheeses in the world, including Gruyère and Emmentaler (what we associate with Swiss cheese – the kind with holes).

Creative Swiss marketing teams sent out fondue kits all around the country to increase cheese sales and boost the popularity of the tradition. Fondue gained popularity in the 1960s in the United States after the 1964 New York World Fair. Restaurateurs jumped on the fondue bandwagon, dedicating entire restaurants to this tradition and expounding upon the idea by fondue-ing main entrees in broth or sauces and ending the meal with the ever-popular chocolate fondue.

Treat your family to a holiday meal they won't forget. It's surprisingly easy. All you need is some white wine, cheese, and a few foods for dipping. Get creative with the accompaniments like: toasted bread cubes, soft pretzels, apples, broccoli, steamed potatoes, tomatoes, mushrooms, whatever you like. No fondue pot? No problem! Just use a pot (like a Dutch oven) and bring it to the table piping hot with a trivet and reheat mid-meal, if needed. You can use bamboo skewers from the grocery store as makeshift fondue forks. If you're serving fondue to kids, make sure to cook the fondue an extra five minutes more than the recipe suggests to be sure to cook off any alco-

hol. You can also substitute chicken broth, non-alcoholic white wine, or half wine/half broth as an alternative.

Speaking of booze, Kirsch, a German cherry brandy, is often added to traditional fondue. I personally can't justify buying an entire bottle for 1-2 teaspoons for a recipe, but if that sounds like your kind of thing, add it. You won't want to skip the lemon juice because you'll need the acid to break down the cheese. Definitely pull out the box grater and grate your own cheese because pre-grated cheeses often add fillers that can create texture issues. Some recipes call for rubbing the fondue pot with a clove of garlic, but it's optional. And in my opinion, your taste buds can't even register that small amount of flavor.

Serve your fondue with some chilled white wine, Kirsch or hot tea as the Swiss do. To keep germs out, make sure those partaking use the long fondue forks for dipping and transferring to their plates instead of eating directly from them. If anyone loses bread cubes or dippers in the fondue pot, come up with a fun penalty, like the Swiss tradition of running out in the snow, kissing the person next to you, or singing a song. For dessert, just melt a package of chocolate chips with a teaspoon of coconut oil in a microwave-safe bowl by periodically microwaving and stirring every 30 seconds until smooth. Serve with a platter of cake bites, marshmallows, pretzels, sliced bananas and strawberries, and you'll be everyone's favorite at your holiday gathering!

Swiss Fondue (4 Servings)

Ingredients:

- 2 cups grated Gruyère cheese
- 2 cups grated Swiss cheese, Emmentaler or Emmental (I used a Boar's Head Swiss block.)
- 1 cup white wine (or broth, non-alcoholic white wine, or a half-and-half mix of broth and wine)
- 1 tablespoon lemon juice or white vinegar
- Black pepper
- Pinch of nutmeg
- 1-2 teaspoons Kirsch (optional)

Instructions:

1. In a saucepan, heat the wine and lemon juice over medium heat until simmering.
2. In a bowl, grate the cheeses and toss with the cornstarch, pepper and nutmeg.
3. Slowly add the cheese to the warm liquid. Stir with a whisk until all is added.
4. Whisk periodically for 5 minutes until most of the wine has evaporated and the cheese sauce is thick. (Cook an additional 5 minutes if serving to kids, adding a splash of stock if it gets too thick.)
5. Transfer cheese sauce to the fondue pot. Serve hot with accompaniments.



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FAMILY SHIFT:
TEACHING YOUR
KIDS THE SPIRIT
OF GIVING

BY RODNEY GAGE, LEAD PASTOR

Years ago, while on a lengthy family road trip with my wife and three kids, I stopped at a convenience store to fill up with gas and to grab some snacks. I was so proud of our kids. They were so patient and behaved so well that I decided to surprise them with their favorite candy.

My son, Luke, who was still in a car seat at the time, loved the candy called “Nerds,” so I decided to buy a large box of Nerds and give him the box of candy as a reward for his good behavior.

Once we got back on the highway, I looked at Luke through the rearview mirror as he was eating his candy; I reached my hand back toward him and said, “Luke, can I have some Nerds?” Suddenly, he held his box of Nerds close to his chest, tightly squeezed the box, and shook his head no. I said, “Come on, Luke, let me have some Nerds.” Again, he squeezed his candy box tightly, shaking his head no.

After repeated requests, his firm answer was no. I thought to myself, “You little nerd!” I couldn’t believe he was being so stingy after I had done something nice for him.

What he didn’t realize is that technically those Nerds didn’t belong to him. I bought those Nerds with my money. Secondly, I could have stopped the car, got out, and taken the Nerds from him. Lastly, if I chose to do so, I could have bought a large abundance of Nerds and poured them over his head to shower him with Nerds of blessings.

How many times have opportunities been presented to us to give back or be generous to others through acts of kindness and generosity, yet our response is often like Luke’s? We hold on tightly to what we have to give and shake our heads no.

The Christmas season is the perfect opportunity to teach our kids the spirit of giving. Very often, our children are focused on getting the latest gadget or must-have toy that they miss the opportunities to give to others. In our consumer-focused culture, it’s easy for our kids to lose perspective on what life is all about when they are focused on getting instead of giving.



Three Lessons on Giving to Pass on to Your Kids

1. Giving is always rewarded.

Calvin Coolidge once said, “No person was ever honored for what he received. Honor has been the reward for what he gave.” Teaching our children the rewards of generosity will inspire them to be grateful and more generous with what they have. One of the best principles to teach our kids is the law of sowing and reaping. Teaching them to sow seeds of kindness by showing kindness to others will help them reap kindness in return. When we teach them to give more time to others, they will also receive more time from others. We will always reap the rewards and blessings in return when we sow generosity into those around us.

2. Giving closes the door to materialism.

Instant gratification and the desire to have more are the norms of our culture. It is essential to remind our children that newer, bigger, smaller and faster don’t guarantee happiness. The desire to crave more “things” breeds discontentment and dissatisfaction. It is important to teach our kids that there is nothing wrong with having nice things or having new things, but when it becomes an obsession or a false sense of security, it can become very destructive and rob us of the joy of giving. If you want to be in charge of your heart, don’t allow possessions to take charge of you.

3. Giving is a reflection of our hearts.

I heard someone once say, “What’s in you will flow through you.” A person with a heart for helping others is also a person who is less focused on themselves and more focused on others. They fully understand the Golden Rule, which states: *It is more blessed to give than to receive.* A grateful heart is a generous heart. A person with a generous heart sees giving not as something they have to do but something they get to do. Take advantage of this holiday season to teach these three lessons to your kids. Better yet, lead the way by example. Adopt a family or a child this Christmas who is under-resourced or less fortunate by giving them a gift or doing something nice for them, for the very purpose of being a blessing. Let’s teach our kids that giving is the highest level of living.

FAMILY SHIFT
HELPING FAMILIES BUILD A LEGACY

LAKE NONA HIGH SCHOOL ALUMNI TIMOTHY
RICHARDSON STARS IN B-BOY BLUES

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF TIMOTHY RICHARDSON



Last time we checked in with Timothy Richardson, it was 2018. He was two years out of college and pursuing modeling and acting. Since then, Richardson went to film school at Georgia State University, became a director of photography, and still shoots movies while acting. In fact, his upcoming film, *B-Boy Blues*, directed by Jussie Smollett, is set to make its world premiere at this year’s American Black Film Festival. *B-Boy Blues* follows the turbulent relationship between Mitchell Crawford (Richardson), a 27-year-old journalist, and Raheim Rivers (Thomas Mackie), a 21-year-old bike messenger and B-boy – or banjee boy. Richardson is excited for viewers to watch Raheim and Mitchell fall in love.

“In the movie, you can see these two men navigate through the difficulties of what it’s like to be in a relationship and try to make that work. You get to see two people fight for something. You get to see their individual ways and how they fight for love.”

On the surface, one might look at Richardson and his character, Mitchell, and only see differences, but this isn’t the case. In fact, Richardson said, “[One of the most rewarding things about playing Mitchell was] getting the chance to play a character who, ostensibly, there’s no significant differences between us two, but internally, we have some differences. I loved getting to explore Mitchell’s differences. I love reaching the point of understanding that his differences aren’t so different from mine. That’s what I feel was most rewarding ... stepping into a character, becoming them, and really getting to see what their life is like. It makes you look at your own life and realize, ‘Okay, we’re not that different.’”

Richardson also notes that one of his favorite things about working on this film was getting to work with director Jussie Smollett. “We became brothers during the shooting, and he is so anointed as an artist,” Richardson told us.

Now that his time as Mitchell has come to an end, Richardson is going to miss some of those elements of Mitchell’s life.

“I’m gonna miss his everyday life. He’s a head journalist at a magazine. His day-to-day life is always going, so it was nice to integrate myself into the streets, like in the life of New York, and have the coffee in my hand. I’m submerging myself into the natural environment of what it is to be a New Yorker.”

Mitchell’s busyness is something that resonates with Richardson. As a filmmaker, Richardson relates to the passion Mitchell feels for his work, but he also has those moments when the work he’s so committed to feels a little bit daunting.

Throughout his acting career, Richardson has taken on roles that haven’t always aligned with his personality.

“I was on a crime reenactment show. I played a character called Aaron. He was almost like a controlling, abusive boyfriend. He was a complete 180 of what I am. And then, the second one I think of is the first season of *David Makes Man* on the Oprah Network. I play a professor who kind of disowns his child in front of his wife. And I didn’t judge any of these characters because this is real life. These are real people who go through hard things. I think that’s the first rule to be an actor. I don’t judge these characters,” Richardson stated.

Despite the breadth of his acting experience and all the lives he’s gotten to take on, his favorite character to play has been Mitchell.

“I got to experience Mitchell’s love, him falling in love. I got to experience all those emotions that Mitchell was feeling, and he was just such a beautiful person. Day in and day out, he was trying to get [his personal life] together. His professional life was great. Being a filmmaker and entrepreneur, I feel that sometimes I don’t have a full grip on the business aspect, my professional life, but then personally I feel like things are going great. So, for Mitchell, it was a switch; his business life brought so much success. And then, he was having to really figure out his personal life. It was nice, bringing the love from my own life into that.”

So, what’s next for Richardson? While he can’t give too many details, his next role will be in the action genre. He’s also already slated to pursue his dream of being a director of photography. He’s booked to shoot his first feature film soon. Richardson is also revamping his nonprofit Ties for Change into a mentorship program for young film students in Orlando.



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To follow along with Richardson, you can find him on Instagram @timothymrichardson. B-Boy Blues will be available worldwide in 2022.

LA NUEVA AUTORA JUVENIL DE LAKE NONA
PRODUCE UNA HISTORIA NAVIDEÑA

ESCRITO POR FELICITY MAE GOMER
FOTO CORTESIA DE MARIA OCASIO

Paulina María Senges-Ocasio, una estudiante talentosa de 12 años, ha autopublicado recientemente su primer libro, *La Isla de Navidad* (*Christmas Island*). Esta joven está llena de creatividad, inteligencia y determinación; está muy emocionada de compartir su nuevo libro con nuestra comunidad.

Paulina es de una familia muy unida de Puerto Rico, y se unieron a nosotros en Lake Nona hace cinco años. A lo largo de *La Isla de Navidad*, Paulina y la ilustradora, Mariel Mercado, apoyan temas de diversidad y coexistencia, y la creación del libro tomó colaboración entre Paulina y cada miembro de su familia. En última instancia, el libro es una historia feliz y colorida y representa a la familia Senges-Ocasio y sus muchos talentos.

A Paulina le gusta la música, hornear y leer y, a menudo, se la puede encontrar escribiendo cualquier cosa, desde canciones hasta historias. Inicialmente no había planeado escribir un libro para niños, y se le ocurrió la idea por casualidad el año pasado. La hermana mayor de Paulina, Adanna, estaba maquillando a su hermana menor cuando escucharon una canción llamada “Isla de Navidad.” Esto llevó a Paulina a preguntarse cómo sería ese lugar, y ella y Adanna trataron de describir en qué consistiría la isla ficticia.

El dúo imaginó palmeras de caña de caramelo, tierra de masa de galletas, hierba de oropel, y todo lo demás que Mercado dibujó maravillosamente en el libro. Paulina inmediatamente escribió la idea que a ella y a su hermana se les había ocurrido, y se la mostró emocionadamente a sus padres, quienes le dijeron que sería una gran historia.

“Entonces, empecé a escribir,” dijo Paulina. La autora de 12 años encontró que la historia era fácil de escribir, pero se desafió a sí misma a hacerla rimar también. Su proceso de descubrimiento en el mundo de la escritura es real, al igual que el de cualquier otro escritor: reorganizar oraciones, reducir palabras repetitivas, y descubrir cómo publicarlo. Adaptó su historia a su gusto con la ayuda de su familia como correctora.

Paulina anima a cualquier persona con una idea en su corazón a no pensar demasiado y enfatiza que todas sus ideas tienen valor. Seguirá escribiendo, pero no está segura de cuál de sus intereses la cautivará a continuación. ¡No te sorprendas si ves una nueva canción de éxito escrita por la estudiante de séptimo grado en los próximos años!



Además de escribir historias juveniles, Paulina tiene pasiones por la música, el rendimiento y mucho más. Le gustaría estudiar música y derecho en Nueva York y tiene un puñado de varias carreras que sostienen su interés. Señaló sus opciones de carrera como abogada, música, periodista, intérprete de Broadway, o propietaria de una panadería. Una perspectiva tan ambiciosa ha traído su primer libro y seguramente traerá más logros en su futuro.

“Realmente no estás escribiendo para ninguna otra persona que no sea para ti mismo,” dijo

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Paulina. “Entonces, solo escribe la historia que tienes dentro de ti. Solo di lo que quieras decir.”

La Isla de Navidad (*Christmas Island*) se puede comprar en Amazon en forma de papel o en formato Kindle. Un porcentaje de los ingresos se aportará al Fondo de Arte de Puerto Rico de Lin-Manuel Miranda, y otra parte se destinará al club de teatro de la escuela intermedia de Paulina. Echa un vistazo a este libro para un cuento navideño imaginativo para niños y adultos igual. Para comprar una copia autografiada del autor o para más información, por favor contacte con info@paulinasenges.com.

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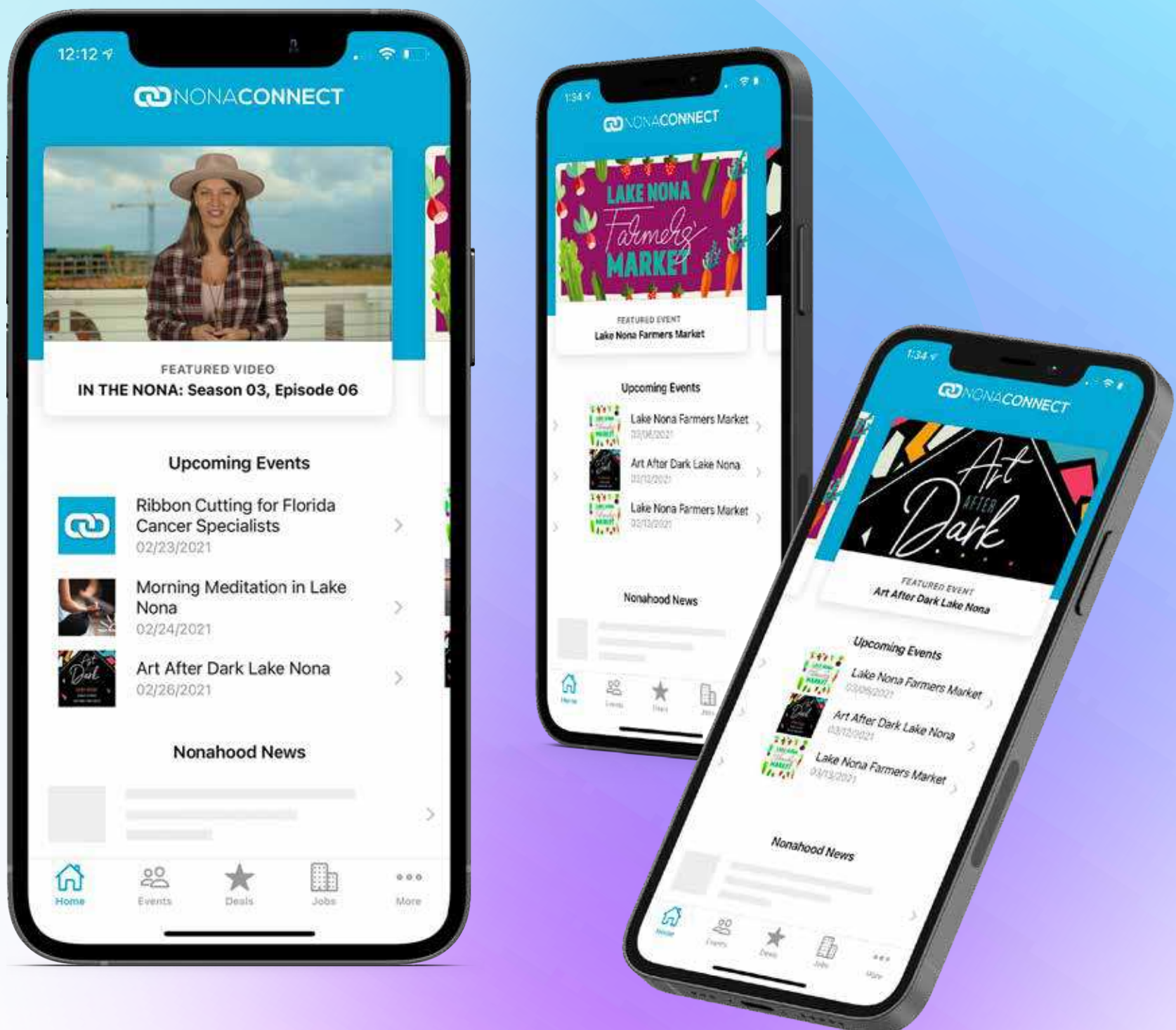
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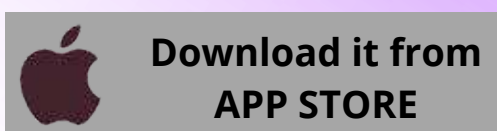


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