

nonahood news[®]

JANUARY 2022 CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA | VOLUME 7 ISSUE 1



7

THE KNIFE ARTIST

ARTIST: PHILIP LONG



3

WORK WELL: INCREASE YOUR WILLPOWER AND MAKE THOSE CHANGES A REALITY!



10

USTA: CARDIO TENNIS



13

SAVOR TOOTH TIGER: MISO SOUP, JAPANESE BREAKFAST OF CHAMPIONS



15

FELICITY'S FLICKS OF THE MONTH



MATER ACADEMY NARCOOSSEE[®]

A K-12 **TUITION-FREE** PUBLIC CHARTER SCHOOL

**OPENING
AUGUST
2022**

**NOW
ENROLLING
GRADES K-9!**

- A High-Performing School Network
- Fully Accredited
- Certified Teachers
- College-Preparatory
- Accelerated Courses
- Technology-Rich Classrooms
- In-House Lunch Program
- Private PK4 Available



Temporary Office
at the
Regus Suite!
Visit our website for
location and hours.

www.maternarcoossee.com

**New Church
Launching
January 23rd, 2022**



**Come Experience
Hope, Life-Giving Purpose
& Authentic Relationships
Meets at
Tohopekaliga High School
Sundays 10:30 am
Safe, Clean, & Fun
Environment for Kids**



www.GOChurch.life

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

Publishers/Owners

Rhys & Jenny Lynn

Editor-in-Chief

Demi Taveras

Director of Content

Nicole LaBosco

Writers & Reporters

Allyson Van Lenten, Camille Ruiz Mangual, Cindy Coffman, Daniel Pyser, Demi Taveras, Don Long, Emerson Walsh, Ethan Walsh, Felicity Mae Gomer, Jenny Lynn, Natalia Foote, Patricia Reber, Philip Long, Rhys Lynn, Rodney Gage, Sharon Fuentes

Proofreading

Joe Henry

Layout Design

Marnie Brophy

Creative Director/Producer

James Rayner

Submissions

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

Advertising

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

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

Nonahood News is a nona.media publication

NONA.MEDIA



PUBLISHER'S NOTE: REFLECTING ON 2021

BY RHYS & JENNY LYNN, PUBLISHERS

As 2021 comes to a close, we find time to reflect. ... It can be easy for us to become so drawn into negative thinking. We can lose touch with ourselves and tend to dwell on the hard times and bad situations that come our way. Over the past year, we have been so busy and never had the chance to stop and reflect on things that make us who we are.

Negative thoughts are draining and giving into them can be so overwhelming. ... As we sat down to write on this topic, it actually gave us a chance to write about all of the things that we appreciate and care about more.

Lake Nona is a special place. We are so thankful to live in this community. We are blessed with neighbors who have become more like family. We are blessed with so many around us who contribute to make Lake Nona the best it can be. At Nonahood News, we take pride in what we do, and it's such an amazing feeling getting to tell the stories of people who live here.

We are thankful to have an excellent team at Nonahood News. The last two years were especially difficult, and even though there have been many obstacles, we continued to work as a team. We never gave up. We continued to pull through a pandemic and work tirelessly to become who we are.

We are thankful for the ongoing support of our advertisers, who have stuck with us through some difficult times. We are thankful to all of our readers who continue to subscribe and share their stories.

We are thankful for our family, our health, and especially each other.

We are thankful for the partnership we have with the Lake Nona Chamber of Commerce and getting to work with a phenomenal team there. We are thankful for the team at Lake Nona, who continue to grow our neighborhood into the peerless community that it is.

We love hearing from you and encourage you to write to us, let us know how we are doing, where you think we can improve, or just to say a simple hello. We are excited to continue growing along with you in 2022 and beyond!

Let's go, 2022!!



LAKE NONA'S PREFERRED SWIMMING POOL CONTRACTOR



Custom Inground Swimming Pools + Spas

Outdoor Pavers

Outdoor Kitchens

Screen Enclosures

Commercial Pools

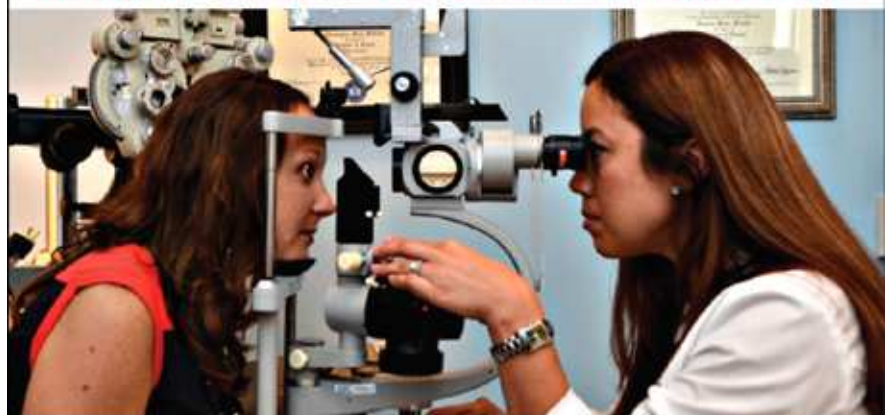
7320 Narcoossee Rd, Orlando, FL 32822

Call for an estimate 407-847-9322

American-Pools.com



NOW, AT THE PIXON BUILDING IN LAKE NONA



Unique High Quality Products



Professional & Efficient Service

SPECIAL CONTACT LENS FITTING FOR:

- Keratoconus
- Presbyopia
- Dry Eye Syndrome
- Myopia Control for Children
- Scleral Lenses

Hablamos Español!

Saturday Appointments Available

CALL FOR AN APPOINTMENT:

(407) 855-6132

Doctors of Optometry offering Routine Vision and Medical Eye care

WWW.UPTOWNEYECAREGROUP.COM

WORK WELL: INCREASE YOUR WILLPOWER AND MAKE THOSE CHANGES A REALITY!

BY NATALIA FOOTE

HAPPY NEW YEAR!

Every new year, we are reminded of the newness of another year. Regardless of whether you set a New Year's resolution, you observe your life and compare it to what last year felt like. As a person who enjoys optimizing, I look to see what I can add, remove or adjust in my life. Perhaps add some cardio to my workouts or eat more vegetables. Maybe it's the need to call my family more regularly or practice that instrument I bought three years ago. A new year brings about reflection and excitement of what's to come.

According to Kelly McGonigal, willpower is the most important aspect to improving our lives. In her book *The Willpower Instinct*, McGonigal explains that we are all born with a capacity for willpower, but some use it more than others. She says, "People who have better control of their attention, emotions and actions are better off almost any way you look at it." Not only are they happier and healthier, but their relationships are more satisfying and last longer; they make more money; they go further in their careers, and are better able to deal with conflict and overcome adversity. The benefits to increasing your willpower and self-control extend to all aspects of a person's life.

Starting 2022, we are given this boost of energy and an extra dose of willpower to make the changes we really want to see for ourselves. The problem happens when our old habits creep in and our new changes become stale. We dream of our goal, and it becomes easier to rely on what is comfortable and what we've done for years than it is to adopt new behavior. Although change is constant, conscious change is difficult. We've likely been dreaming, hoping, secretly wishing for this change for longer than the amount of time actively working toward the goal. We get stuck. Gabriele Oettingen, author of *Rethinking Positive Thinking*, noticed that when we move into the wishing stage of a goal, you undercut the energy needed to do it. Instead of stopping at the wishing

stage, we need to plan for failure, a process Oettingen coined as "WOOP!"

WOOP is an acronym for Wish, Outcome, Obstacle, Plan. Wish for what you want to see in your life – big or small, personal or professional. Think of what the number one benefit or outcome would be if you achieved this wish. What obstacle within you stands in the way of you achieving your wish. Plan for how to get around the obstacle. What is the most effective thing you could do?

The perfectionist inside us all wants change to look a certain way and have a clear linear path. This is where you really need to take a step back and increase your grittiness, willpower or self-control. Change is not linear. But you can work at anything and get better at anything. Good or bad, positive or negative. In order to do what you desire, you need to pause and plan, and by increasing your willpower, you have the fuel to help make the changes that you desire to make.

- ### How do you increase your willpower?
- McGonigal has three key factors to increasing your willpower, and all of them are considered keystone habits or habits that unintentionally carry over into other aspects of your life.
1. Meditate: Meditators increase their focus, self-control, impulse control and self-awareness among many other benefits. Regular meditators have more gray matter in the prefrontal cortex, which is the region of the brain responsible for responding and making decisions. Think of meditation as a gym session for your brain.
 2. Breathe: Lengthening your breathing cycles to four to six breaths per minute. It is significantly longer than the usual 15-20 breaths a minute most of us take. Practice lengthening your breath in order to reduce stress and give yourself the extra second it takes to pause and plan a response to stimulus.
 3. Exercise: Exercise is the closest thing to

a wonder drug that self-control scientists have discovered. It not only helps your cardiovascular health, but it also helps the mind. It makes you happier and more focused.

Here's what a plan might look like to achieve all three factors:

1. In the Nonahood, we offer a FREE meditation class every Wednesday morning at 7 a.m. at Dockside next to Canvas.
2. For the next minute, breathe in for four seconds and out for six. It should take 6 breaths to complete one minute. Try it for a week every morning.
3. Walk for 20 minutes, join a local gym, or find a personal trainer in the Nonahood. Do your activity of choice and stick with it daily! And when you see yourself wishing, WOOP!

Here's to a wonderful 2022 and a mega dose of willpower to us all!



Premier | Sotheby's
INTERNATIONAL REALTY



SAINT CLOUD

3724 Hickory Tree Road \$7,000,000
Susan Abshire 407.908.2801



SAINT CLOUD

1795 Pine Grove Road \$3,290,000
Miranda Cady 407.340.7016



SAINT CLOUD

1998 Setter Avenue \$815,000
Tatiane Aponte & Luciana Neveleff 305.804.4366



View all available listings



Move beyond
your expectations.
Nothing Compares.

ORLANDO

13337 Kirby Smith Road \$6,200,000
Peter Luu 321.917.7864

Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. Each office is independently owned and operated. Equal Housing Opportunity. Property information herein is derived from various sources including, but not limited to, county records and multiple listing services, and may include approximations. All information is deemed accurate.



Protect Your Home and
Everything that Matters
888.870.7667

SOUTHEAST ORLANDO | 407.480.5014
PremierSothebysRealty.com

NAMASTE WITH
NATALIA: FLYING
SPLIT

EKA PADA
KOUNDINYASANA II

YOUR MONTHLY
YOGA POSE

ARTICLE BY NATALIA FOOTE
PHOTO BY KELLY RODRIGUEZ

Eka means one. Pada means leg or foot. Koudinya is the name of a sage who predicted the birth of Siddhartha Guatama and who had faith and belief in the teachings of Siddhartha even when they strayed from his very own teachings.

This posture is a posture of balance and leverage more than pure strength. This posture is considered advanced and is an excellent way for a practicing yogi to deepen a posture and flow in vinyasa class. A proper warm-up is necessary for most to safely enter *eka pada koudinyasana II*.


Make sure to warm up the groin, hamstrings and hips before attempting. Core planks are a posture commonly done in vinyasa classes. A core plank is when you move from a three-legged downward facing dog (one leg is in the air in down dog) into a knee-to-nose core

plank. Flying split is a great way to deepen core planks for advanced students. In addition to deepening a student's practice, flying postures in yoga bring a sense of excitement. They sometimes create a rush like when you crush a golf ball. It keeps you coming back. Although consistent practice is the goal, postures like *eka pada koudinyasana* are what keep students searching for their next yoga thrill.

1. Begin in downward facing dog.
2. Breathe in and lift the right leg. Keep your hips in the same plane.
3. As you breathe out, bring the right knee to the right tricep.
4. "Rest" the right leg on the tricep as you gently bend both elbows, like chaturanga dandasana.
5. Simultaneously fly the left toes off the mat while extending the right leg.
6. Gaze forward and trust your balance.
7. Breathe for five breaths and return to a three-legged downward facing dog.

Namaste.





Keeping Lake Nona heart healthy.

407-846-0626
www.cvadrs.com

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



MORE than just a newspaper



www.nonahoodnews.com

TO KEEP YOU INFORMED THROUGHOUT THE YEAR WE OFFER YOU:

- A digital version of our newspaper
- Continuously updated news on our website about Lake Nona
- A prime venue for businesses and organizations to get noticed
- A platform for meaningful exchanges and the sharing of ideas

Do you have questions or suggestions?
Our passionate team is here to help. Reach out to us today!

sales@nona.media

 nonahoodnews

 nonahoodnews



CREATIVE AND INDIVIDUALIZED EDUCATION



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

NOW ENROLLING!

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

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

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



CHOOSE ER CARE CLOSER TO YOU

Orlando Health is nearby and on standby, 24/7, to provide emergency care you can trust. When you need medical attention, turn to the experts in your community with an ongoing commitment to your safety

For ER care, closer to you, choose Orlando Health.

**ORLANDO
HEALTH®**

**Emergency
Room**
Randal Park

OrlandoHealth.com/ER

A SERVICE OF ORLANDO HEALTH DR. P. PHILLIPS HOSPITAL. THIS IS NOT AN URGENT CARE CENTER. ITS SERVICES AND CARE ARE BILLED AT EMERGENCY DEPARTMENT RATES.

SIMCOM AVIATION TRAINING BREAKS GROUND IN LAKE NONA

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF TDC MARKETING



On Dec. 8, SIMCOM Aviation Training, a comprehensive aviation learning center, broke ground on a new 90,000-square-foot flight training center and global headquarters on Nemours Parkway in the Lake Nona Town Center.

SIMCOM's president and CEO, Eric Hinson, said that breaking ground on the new training center is "a great step forward in SIMCOM's continuing growth in the rapidly-expanding aviation training market."

"The new SIMCOM Lake Nona Training Center is scheduled to open in early 2023," continued Hinson, "and its location in Lake Nona's downtown area, within walking distance of premium hotels, restaurants and entertainment venues, will offer customers a uniquely-enhanced training experience not offered by any other training provider in the world."

The training center will be home to up to 12 full-flight simulators representing the most capable aircraft in business aviation. Some of the full-flight simulators that will be housed there include the Gulfstream G650, Bombardier Challenger 350, and Embraer Phenom and Praetor aircrafts. Once the training center is complete, approximately 10,000 pilots will travel to Lake Nona each year for both initial type and recurrent training. The Lake Nona facility will employ about 100 employees, most of whom will fill high-wage positions that are new to both SIMCOM and the Orlando area workforce.

"We extend our most sincere thanks to everyone who has supported our efforts to develop this new facility," Hinson stated. "These include Tavistock Development, together with Enterprise Florida and Space Florida, as well as SIMCOM's shareholders, all of which have been instrumental in supporting our move to the new center. We're honored to continue to thrive here in Orlando and to contribute to local economic growth while providing our services to the global aviation community."

"SIMCOM's continued investment in Orlando and now Lake Nona is a testament to our city's growing reputation as a thriving epicenter for the modeling and simulation and ... aviation industries," said Orlando Mayor Buddy Dyer. "SIMCOM's new training center will bring people from



all over the globe to Orlando for pilot and aircraft maintenance training, creating an additional impact on our community's economy and in our local businesses, where visitors will experience the world-class hospitality for which Orlando is known."

"We're thrilled to be here with SIMCOM to begin building the industry's most advanced headquarters and full-flight simulation training center in Lake Nona," commented Tavistock managing director Ben Weaver. "Orlando has a longstanding legacy as a hub for the world's top aviation, simulation and training companies, and we're excited to build on that legacy with SIMCOM."

ADVERTISERS, let's talk web ads!

A brief guide
to best practices in
advertising that
REALLY WORK!

Web ads tend to be small.
It's therefore important to keep
your message brief and ensure
the offer is visible at first glance.

**You only need four things
to create the perfect web ad:**

1. Your logo
2. A great headline and offer
3. An eye-catching illustration or photo
4. A clear call to action

Need help creating a great ad?
Want a decent return on your investment?

Contact us today
sales@nona.media

(STATS TO CONSIDER)

For the same number of publications
(10,000 impressions) **an ineffective ad**
has a click-through rate of about **0.01%**,
but **a well-designed ad** has a potential
click-through rate of **0.80%**.

**These items should
NOT be part of your ad:**

- Your address
- Your phone number
- Your website
- Any text not related to the main message

✗ This ad is poorly designed
and includes unnecessary elements:



✓ This ad is well designed
and meets all the above criteria:



St. Cloud
FLORIDA
Your Centerplace
for Recreation

Don't Curb It...
S.W.A.P. It!

INSTEAD OF THROWING YOUR OLD CHRISTMAS TREE TO THE CURB, SWAP IT OUT FOR A NEW TREE TO PLANT AT HOME! IF YOU DO NOT HAVE AN OLD CHRISTMAS TREE, YOU CAN STILL STOP BY TO GET A FREE TREE. MUST BE FREE OF DECORATIONS.

**JANUARY 8, 2022
9 A.M. - 1 P.M.
ST. CLOUD CIVIC CENTER
3001 17th Street - St. Cloud, FL 34769**

FOR MORE INFORMATION CALL 407-957-7243

THE KNIFE ARTIST

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF PHILIP LONG



You may know Philip Long as the writer of our recurring comedy column “Sunny Side Up.” This month, we get to see him in a totally different, unexpected spotlight — as the one and only Knife Artist! Take a look.

Nonahood News: Tell me a little about how you got your start in woodcraft/woodwork.

Philip Long: About four years ago, while I was a journalist, I was writing with the nonprofit organization Cru. There were periods where I needed a break from the screen and something to do with my hands. One weekend, I decided to carve a wooden car for my seven-year-old son from a piece of mulch from our front yard. Looking back, it looked terrible, but I was so proud at the time.

From there, I got a table saw and made some rustic coffee tables and stools but didn’t have as much fun as when I was whittling. So I continued to carve. It wasn’t until recently that I realized that my desire to whittle was birthed in me when I was about seven and my mother read to me *Treasures of the Snow* by Patricia St. John. In the story, an old man teaches a boy to carve animals and the boy makes “Noah’s Ark.” Carving revived my memory of a deep boyhood curiosity about how people shape beautiful objects. I soon moved to carving any wood I could find into toys, spoons and kitchen tools.

NHN: You specialize in making knives for any kind of woodwork. What goes into the process of making a knife from scratch?

PL: Yes, now I make knives for a living. Early on, I was having a hard time keeping my manufactured knife sharp. While searching on YouTube for sharpening videos, I also saw guys making knives with minimal tools. I learned that with a bench grinder, a butane torch and some effort, I could make a knife. The first knife I made looked like a nail stuck into the end of a stick. However, I could carve with it and I’d made it. It was a thrill like nothing else.

Making a knife sounds complicated, but it’s not too bad. First, you need to find some steel that you can use. A saw blade or a file will work as they both respond well to what you’re about to do. From there, it’s a series of heating, shaping and reheating the steel. Then, you heat and quench or harden the steel in oil and finish by tempering or softening in an oven or toaster.

Once you’ve done all this, you can do some final shaping of the steel and clean it up and get it razor sharp. I like to think of sharpness as three levels. Level one is leg hair sharp; it shaves my leg hair. That’s okay for my hatchet. Arm hair sharp; means it’s good enough for my wife’s kitchen knife (unless I’m making a chef’s knife). Lastly, peach fuzz and face sharp. I didn’t even know I had peach fuzz under my forearm hair until I began making knives. Needless to say, now it’s hard to find hair on my body.

At this point, there’s still a lot to do. I’ll check the blade for edge retention by carving with it and attach an exotic wood handle and sand or carve it into shape. Next, I make a custom leather sheath for the knife.

NHN: Can you break down the process of whittling for readers who might not know exactly what goes into the art?

PL: I use the terms whittling and carving interchangeably. But carving gets more into using chisels and seems to take more time to set up.

Obviously, it’s helpful to have something in mind when you begin whittling, but you don’t have to. And first, you want to watch some YouTube videos that explain the different kinds of techniques like the push-cut, pull-cut and stop cut. If I’m carving something specific, like an Ewok from Star Wars, I’ll try to find a photo online and study it as I remove wood. I try to be brave and carve challenging things. However, I often opt for more relaxing whittling or chip carving to make a staff or a spoon covered in cool designs. It’s funny, but there’s really very little use for the Boy Scout technique where you cut away from yourself in a big forceful arm push. That works for removing bark and making a spear point, but that’s about it.

Key to all of this is to not be afraid of the edge of the knife. You want to hold everything close to your body and use minimal force to remove wood. That way, the knife is never coming at your hands or body from a distance with force. That can be problematic. If this happens, I always keep super-glue handy.

NHN: How would you classify your style as a woodworker? What themes crop up in your carvings?

PL: I’m inspired by myth and story. So, I draw my inspiration from great stories, like *Lord of the Rings*, *Robin Hood*, or contemporary stories, like *Star Wars* and Marvel. These stories and themes generate ideas of what I could make, like what kind of pocket knife would Boba Fett carry or what would I find Will Scarlett whittling with.

Also, I like things that look like they’ve been hand-made, not manufactured. However, I have manufactured knives I love because a lot of human ingenuity has gone into their design. In fact, I’ll often study manufactured knives and see how close I can get without taking any shortcuts. I like trying to keep what I’m making as close to what I see while incorporating mistakes into the knife. I don’t sell these, but these studies inform the knives I design. And the tiny nuances that happen as I make my knives make every knife beautiful and unique.

A theme I’ve found inspiring is that in making a knife, I’m playing a key role in an artist’s ability to create. I’ve seen this firsthand as I’ve watched someone in Switzerland using my knives to make spoons and buttons; and someone in England to carve an armadillo, bees, and most recently an alligator for friends; and someone in Norway to make a knife handle.



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

PL: There are times when I make a big mistake. Like I over-tempered or softened the blade and only find this out when I’m doing final edge-testing and I’ve finished the handle. I often can’t save the handle, and it’s sad. But even with these little losses, I often learn something invaluable moving forward.

I’m a high, high feeler, so when I’m asked to make a knife I’m not excited about or I’m not currently using, I can find fabricating motivation difficult. For example, my sister asked me to make some mini-peasant folders that I’d made a while back. They’re time-intensive and I’d forgotten a lot of the steps in their process, so I was discouraged with the time it was taking. However, I’ve found that trusting the process and just getting started helps a lot and that if I have a firm deadline, the inspiration will come.

With my sister’s folding knives, the inspiration came near the end as I was polishing them up and thinking about how, now that I know the process again, I could make a whole batch for folks. I kind of think of making knives like using a recipe to bake cookies.

NHN: Which of your projects were your favorite?

PL: Usually whatever I’m working on in the moment is my favorite. Right now, I’m making batches of knives for camping and survival. I call them “Singing Bushcrafters” after the annoying singing bush in one of my favorite movies *Three Amigos!* I love making these guys as they’re beefy and their look harks back to a simpler time. You can use them to split wood as well as make all sorts of fun stuff from shelters to marshmallow sticks.

NHN: I noticed from your pictures that you generally work outdoors. Do you get inspired from working out in nature? (If not, what inspires you most?)

PL: Yes, I love to be outdoors, unless it’s hot. Just kidding, we live in Central Florida! So, yes, I am inspired a lot by nature. While nature is wild by nature, hmm, it’s also full of patterns, design and things that are full, wholesome and, if not perfect, extremely close.

My faith plays a huge part here as it does through my whole knife-making adventure. In nature, I find glimpses of my creator. The Hebrew Bible says, “I will praise you because I am fearfully and wonderfully made.” Fear can also mean being made with extreme care, skill and creativity. I believe God has baked into the patterns of creation, or nature, a world that calls so deeply to our hearts that we can be tempted to simply worship nature. It’s only natural, har. But I prefer to see in nature a fearful and loving passion that’s as simple as a rock yet as complex as a flower, tangible to touch yet untamable like a black panther. Nature reflects the nature maker and inspires me to create in kind.

NHN: Future goals/plans?

PL: I want to become the greatest knife-maker in the world! No, while this would be amazing, I want my knives to continue to bring joy to others on a broader scale. So, for me that literally means embracing the grind of my work. The more quality knives I can make in a day, the lower I can keep my costs for my customers (whom I consider friends) and the more joy I hope to bring into the world.

If you want a knife, visit me on Instagram at @philipatmendedtwig and DM me with a screenshot of any of the knives you want. I'll make you a unique copy.

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.





LNRCC 2021 Performers of the Year

The year 2021 presented many challenges for our chamber and its members. At the same time, 2021 supplied numerous opportunities for the chamber to prove its support of the community while also allowing several of our members to shine through their contributions to our mission.

At our Holiday and Membership Appreciation Party on Dec. 7 at Dockside in Lake Nona, we recognized several of the most active contributors of 2021. The award recipients for 2021 are:

- Chamber Charger: **Joel Ferguson** of Edward Jones
- Chamber Ambassador: **Nicole Euler**, individual member
- Chamber Recruiter: **Connie Steinwart** of Courtyard & Residence Inn by Marriott
- Chamber Campaigner: **Brandy Bennett** of elspaces Orlando
- Government Enthusiast: **Maribel Gomez-Cordero**, Orange County District 4 Commissioner
- Small Business of the Year: American Balloon Décor, **Stu and Patti Gutter**
- Business of the Year: Beep, **Mark Reid**
- Nonprofit of the Year: Friends of Fisher House, **Terri Turner**

Also, during our annual party, we had the honor to present certificates of appreciation to our 25 partners while also thanking our board of directors for their support. Find these events and much more by visiting our chamber Facebook page. Search Facebook for Lake Nona Regional Chamber and please like our page while you're there.

Please join me in thanking these supporters of our community during the past year. Looking forward to a great 2022!

Don Long,
President/CEO

EVENT GALLERY



Lee Babcock, CFO of Lime Fresh Mexican Grill, cuts the ribbon for the new Global Angel Wings Project mural painted by internationally-known artist Collette Miller at Lime Fresh Mexican Grill in Lake Nona on Dec. 2.



Kyle Tokar, general manager of Tijuana Flats in Lake Nona, cuts the ribbon to open the new store on Dec. 3.



Chamber members present a check from the Chamber Swing Event to Ronald McDonald House Charities during the Merry and Bright Holiday Party at First Tuesdays on Dec. 7. Left to right: Joel Ferguson of Edward Jones, Brandy Bennett of elSpaces of Orlando, Jarrod Daab of Ronald McDonald House Charities, and Terri Turner of Fisher House of Orlando.



Keilah Rios (left center), owner of OG Fitness, cuts the ribbon during the Grand Opening Ceremony on Dec. 10 in St. Cloud.



Keilah Rios, owner of OG Fitness, is our Ambassador of the Month for January! Congratulations!



Sandra Shorter (center), owner of The Naked Cupcake, cuts the ribbon at the Grand Opening Ceremony on Dec. 11 in Eagle Creek.

Our New and Renewed Members

NEW MEMBERS

Hoar Construction, LLC

Narcoossee ATA Martial Arts

Nona Enviro Group

Osceola Air LLC

Regions Bank

Set Your Business up for Success

Varisource

Vig

NEW PARTNER

KPMG Lakehouse - Copper Partner

RENEWED PARTNERS

AdventHealth - Platinum Partner

RENEWED MEMBERS

Academy Bus

American Classical Charter Academy

API Insurance Inc & Allied Professional Services

Beazer Homes

Carlisle Realty, LLC

Core Values Physical Therapy and Wellness, PLLC

CPA Orlando

Cruise Planners/Micdan Travel

Icy Knights

Lake Nona Performance Club

Paradise Grills

Rosenthal Meyer, PLLC

WCI of Florida, LLC

Worth Real Estate Company

ZenBusiness



Merry and Bright Holiday Party and Member Appreciation during First Tuesdays at Dockside in Lake Nona on Dec. 7.

FIRST TUESDAYS AFTER-HOURS
& RIBBON CUTTING
Tuesday, January 4
5:30 - 7:30 P.M.
Lake Nona Plixip Apartments and Businesses
7004 Tavistock Lakes Blvd

Chamber Connections Networking Group
STARTING: Thursday, January 6, 2022
First Thursdays at 8:00am
Culver's Lake Nona

NONA PROFESSIONAL LADIES
LUNCHEON
"Women & Wealth: The Importance of a Financial Plan"
Tuesday, January 18, 2022
11:30 a.m. - 1:00 p.m.
XL Soccer World

RIBBON CUTTING
Celebrating
Regions Bank
Friday, January 21
8:00 - 11:00 a.m.
14010 Narcoossee Rd

Space Florida Influence in Central Florida
Presentation in Florida followed by lunch in the cafe and networking
GuestWell Information Center
Friday, January 28, 2022
11:00 a.m. - 1:00 p.m.

DIAMOND

NONA MEDIA
COMMUNITY DRIVEN ENGAGEMENT

BRONZE

OUC
The Reliable One

COPPER

Nemours

PLATINUM

AdventHealth

Ronald McDonald House Charities
Central Florida

ORLANDO HEALTH

CHAMBER PARTNERS

LAKE NONA SOCIAL

amazon

GUIDEWELL
Innovation

GOLD

CENTRAL FLORIDA
MONTHLY

STARLING

SYNOVUS
the bank of hero

SILVER

FIRST COLONY
BANK

Walmart
Save money. Live better.

TAVISTOCK
RESTAURANT COLLECTION

Lake Nona Medical Center
HCA NORTH FLORIDA DIVISION

onemed TRC

CHASE

VERANDAH PROPERTIES, LLC
A REAL ESTATE INVESTMENT FIRM

Northwestern Mutual
Wealth Management Company

FIMM
FLORIDA INTEGRATIVE
MODERN MEDICINE

CENTRAL FLORIDA
LIFESTYLE
MAGAZINE

KPMG



LAKE NONA

ADULT LEAGUES

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

REGISTER NOW:

XLNONA.COM
(407)863-3101



The USTA National Campus Welcomes Dave Bailey!

The USTA National Campus is excited to announce that Dave Bailey will be joining the team as the Campus expert on tennis movement and footwork starting this month.

Dave has spent the past 30 years studying tennis professionals and teaching tennis footwork and movement patterns to tennis players of all ages and levels. He has developed his own training system and is excited to be coming to Orlando to help players reach their goals.

SCAN THE QR CODE TO LEARN MORE



USTA NATIONAL CAMPUS

© 2021 USTA. All rights reserved.

USTA: CARDIO TENNIS

BY DANIEL PYSER

For those looking for a safe and easy way to get fit in the new year, look no further than tennis. Recreational tennis has continued to thrive across the U.S. as participation has skyrocketed since the start of the pandemic. In addition, there are numerous health benefits to tennis as multiple studies have documented that playing tennis regularly improves overall health and leads to a longer life.

The USTA National Campus offers many options for those looking for a new fitness routine, including its popular “Cardio Tennis” programs. Cardio Tennis is a heart-pumping combination of tennis drills and a cardio workout allowing players to improve both their fitness and their tennis skills.

New in 2022, the campus is introducing a new cardio class called “Cardio Fit” to go along with Cardio Move, formerly Cardio Tennis, as well as Novice Cardio for beginning players.

Another new, exciting addition to the campus programming portfolio is the hiring of renowned tennis movement expert David Bailey. He will be joining the USTA National Campus team in January and will be part of regular campus programming in addition to offering his own classes and clinics.

Bailey has spent more than 30 years studying the footwork and movement patterns of the top tennis professionals. Based on his extensive research, he has developed a progressive and cutting-edge teaching method that addresses a complex and misunderstood aspect of the game: movement and footwork.

Bailey has consulted with and trained players from across the globe and is a regular presenter at coaching conferences and clinics. He has worked with top professional players, including Monica Seles, Bethanie Mattek-Sands and Johanna Konta.

Bailey’s programs and clinics will be available at the USTA National Campus starting in January. For those wanting to learn more about Bailey and his “Bailey Method,” please visit www.baileytennisfootwork.com.

As always, the full complement of USTA National Campus programming will be available in the coming year, with a wide variety of adult and youth programs available.

In addition, the new pickleball and padel courts are in full swing and available for classes or drop-in play.

To register for all USTA National Campus programming, please visit www.ustanationalcampus.com.



STEAM IS ESSENTIAL FOR A 21ST CENTURY EDUCATION

(407) 495-2325 | aexplorers.com

FAMILY SHIFT:
TEACHING THE
RULE OF FIVE TO
YOUR FAMILY

BY RODNEY GAGE, LEAD PASTOR

As you start 2022, what would it look like if your family narrowed everything you do down to just five activities/priorities that you repeat every day to help you accomplish your preferred future? Imagine if your kids did that. What would those five things be? Best-selling author and leadership expert John Maxwell says, "The secret to success is hidden in your daily routine."

One of the biggest mistakes I see in many families today is how they live for and build their lives around experiences and forget about the importance of the process. Our instant gratification culture conditions us to live for the "events" or "experiences" in life. However, it's the process of what we do daily and consistently that allows us to experience the "big moments" or "opportunities" in life. Sure, anyone can go viral, be a one-hit-wonder, or be the next YouTube sensation. But what goes up like a rocket comes down like a rocket. Most people see the highlight reels of someone else's experiences on social media. What is often overlooked is the process of steady, disciplined and consistent actions that take place behind the scenes.

Imagine trying to cut down an oak tree using an ax. If you tried cutting down an oak tree using a dull ax and you were to swing your ax into the tree over and over and over, two things would happen. First, you wouldn't get very far using a dull ax. Secondly, you would wear yourself out from exhaustion. However, if you took a sharp ax and took one precise swing into the tree and repeated that same process every day, that oak tree would eventually fall over. It's easy to fall into the trap of confusing activity with accomplishment.

So what is the Rule of Five? The Rule of Five is a series of things that you seek to practice EVERY day. In essence, it is a system. A system is a process for predictably achieving a goal. It is based on specific, orderly, repeatable principles and practices. Systems leverage your time, money and abilities. Small disciplines repeated with consistency every day lead to outstanding achievements gained slowly over time.



The sooner we can teach our kids to establish the right actions built around their priorities and then help them create systems to support them, the more long-term success they will experience in their lives. So, how do you help your kids discover what their Rule of Five will be? Start by assisting them to look at five critical areas of life.

1. Physically

What physical activity and what nutritional choice can they repeatedly do every day that will help them grow stronger and healthier in the physical realm of their lives.

2. Relationally

The single most important area in life is people. Relationships can be our greatest asset or liability. Help your kids take a close look at their friendships. Our friends are like an elevator. They are either taking us up or taking us down. Your kids will become who you associate with.

3. Financially

Dave Ramsey says, "If you do the things oth-

ers won't do, then someday you will have the life others won't have." Teaching our kids the practices and disciplines of good money management will be one of the most important lessons we could ever teach them.

4. Intellectually

My friend Dave Martin says, "What you know is the difference between where you are and where you desire to be." Teaching our kids the value of personal growth is a quality that will set them apart as they grow older. It's more than just knowledge; it is helping them know how to make wise decisions and grow daily to reach their full potential.

5. Spiritually

Having a foundation of faith is not only crucial in the spiritual realm of our life and an anchor to hold us together during the storms of life, it's also essential to have a True North to guide and navigate our lives.

Take some time at the beginning of 2022 to sit down with your kids. Introduce them to the

Rule of Five. Talk about the importance of establishing daily routines in each area listed above. Have them identify steps or actions they can take in the five categories and have them write them down and place them in a visible area to serve as a reminder. Have each member of the family participate, share each other's Rule of Five, and hold each other accountable. You will be amazed at the growth you will experience in 2022.

FAMILY SHIFT
HELPING FAMILIES BUILD A LEGACY

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

10% OFF WHEN YOU MENTION NONAHOOD NEWS

WE DO IT ALL, JUST CALL!

FULLY LICENSED AND INSURED

COMMERCIAL AND RESIDENTIAL PROPERTY MAINTENANCE

CALL FOR A FREE ESTIMATE!

(321) 362 1021

ROCKET TREE SERVICE

WE TAKE YOUR LANDSCAPE TO NEW HEIGHTS

BOBCAT HAULING PRESSURE WASHING PAVERS & SEALING TREE REMOVAL

TREE INSTALL CLEANING DECKS AND PATIOS GRADING & LEVELING AND MORE!

TO NONA & BEYOND: THE NATIONAL AIR AND SPACE MUSEUM

BY EMERSON & ETHAN WALSH

This month, we ventured beyond Central Florida and traveled to Washington, D.C., for the National Air and Space Museum. We had the opportunity to explore the galleries while learning more about early human aviation flight and its progression to space-flight. Perfect for all ages, the museum’s mission is to “Commemorate, Educate, Inspire,” and it delivers! We recommend a visit if you are in the area or looking for a future vacation destination.

Two notable exhibits we enjoyed were the Wright Flyer and Friendship 7. We began with a self-guided tour of the Wright Flyer exhibit. It details the historical backgrounds of Orville and Wilbur Wright. On Dec. 17, 1903, this first powered airplane was piloted by Orville Wright over the sands



of Kitty Hawk, North Carolina. It successfully flew for 12 seconds, traveling 120 feet and inaugurating the aerial age. While exiting this exhibit, you can view the actual Apollo 11 spacesuit worn by Neil Armstrong for his historic moonwalk.



Mercury Friendship 7 was our next stop. There you can view the actual bell-shaped capsule. On Feb. 20, 1962, Astronaut John Glenn made history as the first American to orbit the Earth. The re-entry proved tense due to a faulty heat shield reading but successfully splashed down in the Atlantic close to five hours after liftoff from Cape Canaveral. Seeing the capsule in person is awe-inspiring. Small in size, measuring 6’10” long by 6’2” in diameter, it has a single hatchway and tiny window. The courage Glenn must have had to pioneer this orbital mission makes him a true hero!



LIVING WELL: THE CORNERS OF MY MIND

BY CINDY COFFMAN

It’s been two years since my mom passed away. You would think by now, I would have my stuff together. I mean, two years seems like enough time to work through things, right? Nope. Last week, my husband and I went to Disney. After a few hours of acting like a 12-year-old at the happiest place on earth, I found myself blubbering instantly. As we walked past a particular store, I suddenly remembered the last time I was at that park was with my mom. The memories flooded my mind, like a dam that just broke. You see, she wasn’t well. And with her illness, she spent many days, even weeks, in bed. But she longed to spend time together as a family and get out of the house.

We started the evening with a buffet dinner at Hollywood Studios. Not because the food was fantastic; in fact, it was much like your elementary school cafeteria. But we chose that location because my mom was a feisty, little, semi-Italian. I say “semi-Italian” because it was part of her heritage, but she didn’t have the typical traits us hand-flailing Italians have.

For instance, my mom hated garlic. What kind of Italian hates garlic? Additionally, she was a VERY picky eater. In fact, there were only four restaurants in Orlando in which we could dine, and Mom consistently channeled Meg Ryan’s character from When Harry Met Sally when ordering food.

“I don’t want a salad, I just want tomatoes. If they aren’t cherry tomatoes, I want them sliced – but not round slices, I want them in quarters...” It was ALWAYS an adventure. After dinner, Mom had enough energy left for one ride. So we headed to Toy Story Land and enjoyed a little shooting gallery action on Toy Story Mania. I hope I never forget the sound of my mom snort-laughing as we blasted through that carnival-themed 4-D arcade.

Memories are funny things, and more complex than you realize. According to new studies by several researchers, this thought process from [HowStuffWorks.com](https://www.howstuffworks.com) brings to light some interesting information: “What seems to be a single memory is actually a complex construction. If you think of an object – say, a pen – your brain retrieves the object’s name, its shape, its function, the sound when it scratches across the page. Each part of the memory of what a ‘pen’ is comes from a different region of the brain. The entire image of a ‘pen’ is actively reconstructed by the brain from many different areas. Neurologists are only beginning to understand how the parts are reassembled into a coherent whole.”

Pretty wild, huh? But it makes sense. It’s because we are such complex human beings

that a powerful memory can be triggered by the smell of cookies, the sound of a laugh, or just walking by a familiar place. These were all precious reminders of who my mom was. And even though it’s been two years, there are so many times it feels so fresh. Simple things I took for granted are now things I long for. It’s the “You don’t know what you got ‘til it’s gone” philosophy.

Eleanor Roosevelt said, “The purpose of life,

after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

It’s a new year. I encourage you to remember the past to help make the most of your present. Challenge your fears and be willing to learn something new every day. And most importantly, make the most of the time you are given.

Live well, my friends.



BY ALLYSON VAN LENTEN

Generally in our culture, January is a time when healthy recipes are plastered on every magazine as penance for going a little wild over the holidays. What if instead of flocking to food diet influencers, we looked to the oldest living people on the planet for sage advice on nutrition? More specifically, the centenarians (those living 100 years or more) living in “Blue Zones.” Blue Zones have been extensively researched by Gianni Pes and Michel Poulain and include Okinawa, Japan; Loma Linda, California; Ikaria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. So what are these people eating to grant them such long lives? A mostly-carbohydrate, plant-heavy diet with whole grains, beans, legumes and little meat, with moderate alcohol consumption. What’s equally important is the tradition of the foods being eaten here. The passion and pride Ikarians get from baking their own bread and sheep’s milk cheese is aspirational. Centuries-old recipes passed from generation to generation impart culture into their diet from foods that have grown in their respective regions for years. Local and seasonal eating is what we hear constantly, and these centenarians are living proof that it works.

in Okinawa, and all over Japan, miso soup is eaten all throughout the day but especially at breakfast. You may be familiar with miso soup as an appetizer at your favorite sushi restaurant, but you'll be happy to know that it's incredibly easy to make and extremely healthy. It's loaded with probiotics from the fermented miso, dietary fiber from the seaweed, and protein from the tofu. Miso soup is also low in calories, gluten-free, full of antioxidants, and makes a complete protein with 20 essential amino acids. Know a juice cleanse or fad diet with those stats? In a 2003 study of women eating miso soup every day, it was found to even decrease chances of developing breast cancer.

What exactly is miso? Miso is fermented soybeans mixed with sea salt and koji, a special rice mold that jumpstarts the fermentation process. Depending on the amount of soy and how long it's left to ferment, different forms of miso are produced in a wide variety of colors. I used a white miso for this recipe, but you can use any you like. Note that red miso is stronger, so you may not need as much. The other integral part of this soup is the broth called dashi, which is a mix of kombu (dried kelp) and katsubushi (dried shavings of bonito fish). Traditionally, seaweed called wakame, green onions and tofu are fillings in miso soup.

Where can I find these ingredients? Your local supermarket may sell pre-packaged miso soup and miso, but the kombu, matsubushi and wakame are a little harder to come by. Whole Foods does carry all three, but I like going to my local Asian market or even ordering online. If you've never pursued the aisles of an Asian market, I highly recommend Dong A Supermarket on Mills Avenue. It's a great place to stock up on Thai curry paste, soba noodles, fresh bean sprouts, and Japanese candies. It's a really fun place to spend an hour!

hope you'll give this recipe a try or at least have a greater appreciation for miso soup the next time you order it at your favorite sushi restaurant. If you're interested in learning more about Blue Zones, I recommend Dan Buettner's series of books and cookbooks.



Miso Soup (6 Servings)

- 6 cups water
- 4" by 4" piece of kombu
- 1 cup bonito flakes (katsuobushi)
- ¼-cup dried wakame seaweed
- 8 ounces silken tofu (patted dry with paper towels and diced)
- 3 scallions (sliced thin – dark green parts only)
- 6 tablespoons red or white miso paste (note that red miso is stronger, so you may not need as much)

Instructions:

1. In a pot on medium heat, add water, katsuobushi and kombu. Cook for 10 minutes on simmering heat. Do not boil.
2. Drain over a fine mesh strainer. Discard solids.
3. Add broth back to the pot and heat back to medium. Whisk in miso one tablespoon at a time. Taste in between. Miso pastes vary in potency from brand to brand and between varieties. Adjust salt level by adding a splash of soy sauce if needed.
4. Add green onions, dried wakame and tofu. Serve when all ingredients are warm and wakame has rehydrated.

Caribbean surrounded by pirates, in Holland surrounded by windmills, in Jurassic Park, or in some insane combination that gives him the same creeped-out feeling he gets at Disney on the ride "It's a Small World." A native knows that if it's a course that has been open more than a week, it will likely smell, feel, and look like the apocalypse has just sauntered through. He knows that putt-putt courses with all their attractions are little more than casinos for kids, and to say yes to a child is to feed the addiction. A native knows that every course, no matter the designer, has at least one hole that is physically impossible to score a hole-in-one in. Yet somehow the baseball wind-up kid will get that hole in one, which will only encourage his golf swing of death. He knows that this will likely happen in the front nine, making the back nine a spine-tingling, adrenalized terror for anyone with a fully-formed frontal lobe.

Now, I was going to write about how I enjoy a good game of putt-putt, but now that I know all a native knows, I realize that to do so would go against all I know. I think what I'm realizing even as I write this is that what makes putt-putt so attractive, in spite of all the above, is that it pulls out the imaginative child in us and puts it into a competitive, real life game that most anyone can play, few can master, and even fewer can resist. You know, like those who say no to a Coke on a hot day or those who tear up in "It's a Small World" or those who are afraid of tetanus, possible electrocution, drowning, getting gatorated, and/or golf clubs to their teeth.

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



BY PHILIP LONG

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

To live anywhere in Florida is to live within a one-mile radius of a putt-putt golf course. No matter how much you hate golf and all of its associates, at some point you'll have to play putt-putt or goony golf (named after a flock of goonies who landed on a course, attacked, and flew off with two 13-year-old boys who were flapping their arms and squawking like idiots). And, if you're like me, you'll relish it.

I love it when out-of-towners think they can come to my very own Pirate's Treasure Trove of Dilapidated Astro-Turf and Sun Damaged Plastic Boulders. Out-of-towners think they can beat me. They can't. I've trained too long and too hard for these moments. Sure, they might brag about their putting skills on the "golf course," but they haven't played putt-putt with a native.

Yes, the native knows that putt-putt is a game where your ball will at some point get stuck, dragged, eaten or drowned in some sort of windmill, dinosaur, shack, covered bridge or zombie pit bar. He knows that in a game of putt-putt, it's just as likely that you'll get tetanus as a hole-in-one. He knows that someone will take an infinite number of practice strokes, lulling one into a stupor, until a younger someone will take a full baseball wind-up and snap one back into reality. He knows of festering holes that threaten with all sorts of festering diseases when he finally sinks a putt. He knows it's a game that's no fun with people who take it too seriously and, at the same time, a game that's no fun with people who don't take it seriously enough. He knows its courses are either designed by a mechanical engineer or a group of drunk monkeys. He knows that each course is a multiple-ER-visit-worthy trip hazard. He knows that, for some inexplicable reason, putt-pazz comes with go-carts, arcades and snotty kids running around with Fun Dip dripping from their fingers. He knows that cheaters in fact do prosper on the putt-putt course, especially if they're any good at math, and if (and this is a big if) they somehow manage to keep the score card through the entire game. He knows that if people who are bad at math will break down and cry by the third hole as they realize that not only does their pencil not have an eraser, but they have 15 more holes of excruciating addition, subtraction and possible quantum. He knows people may think they are in deepest darkest Congo, having survived a plane crash, in the

Lake Nona's PREMIER MED SPA





Chirag J. Patel,
MD, FACS



Krishma Patel,
PA-C



Astrid Inzaray,
Medical Aesthetician



hydrafacial




ZO® SKIN HEALTH

NonaEyeMD.com

407-863-8626

BRAVOMarkets

Much more than your neighborhood Supermarket!

The finest Domestic & International Grocery Brands

Catering and Work Lunch services by Chef Herminio

Great selection of wines at The Nona Winery



FOLLOW US ON



@bravonarcoossee



@bravonarcoossee

13024 Narcoossee Road, Orlando

NONA YOUR NEIGHBOR: LISA VAZQUEZ

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF LISA VAZQUEZ

Lisa Vazquez is the owner of Butter Bliss Bakeshop. She is also a Nonahood resident. Check out our interview with her below!

Nonahood News: What is your job?

Lisa Vazquez: I'm the owner of Butter Bliss Bakeshop; I do custom cakes. I also do sweets and desserts for any occasion.

NHN: What does your daily schedule look like?

LV: I have a three-year-old son, so I start off by dropping him off at daycare. Then, I come back home, and I check emails, answering back to people. If it's a Monday, that is usually my admin computer stuff day. After that, I try and get all my baking stuff done for the week. Then, I'm usually working on the decoration; some stuff has to dry. So, if I have a cake on the weekend, I'm working on it throughout the whole entire week. And then I finish off my days in the afternoon because I have to pick up my son. I try and leave the night time for family time, dinner, and then by the end of the week, it's usually just finishing up orders and making deliveries.

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

LV: I would say it's once I finish and I deliver my cakes to people because it's a long planning process usually, especially if it's something big. So seeing that person's reaction to the finished product and how much they love it.

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

LV: Admin stuff and remembering to post on social media. That's kind of why I tell people I'm closed on Mondays – so it kind of forces me to get computer stuff done.

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

LV: I've been baking and decorating cakes for almost 12 years now. I've always liked to bake, and then after high school, I got to pick what I want to do. And so, I decided to go to Le Cordon Bleu in the pastry program. I graduated in 2010. So ever since then, I've had a full-time job but baking on the side. So, I just figured a little over a year ago, like March of last year, I decided to actually make it my full-time business. Also, I live with my parents, so they've wanted to move to Lake Nona for a really long time. I was getting a lot of orders from people that lived in Lake Nona because you can't find too many people that are willing to deliver to Lake Nona. So it



was a win-win situation.

NHN: How did the pandemic affect your business?

LV: It wasn't too bad. I was trying to get into events or farmer's markets to get my name out. And I was able to do one event before everything completely shut down. Once I did that, I pivoted more towards the delivering aspect. So, people could order online and then get it delivered. No contact; I would just leave it at their door.

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

LV: For hobbies, it'd probably be photography. I took a class in high school, and ever since then, I love to do it – and making cakes. It goes hand-in-hand because you need good pictures of your cakes. And then for collection, I actually kind of collect sneakers. Probably six or seven years ago now, I was able to afford my favorite pair of Jordans. I've probably worn them less than 10 times. Right now, I think I probably have around 20 pairs of sneakers.

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

LV: In the next five years, I'd love to be settled in my own house. I'd like to have a big shop close to the Lake Nona area. And I just want to keep making cakes. When people think, "I'm in Lake Nona and I need a cake," I want the first thing for them to think of to be Butter Bliss.

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

LV: I would definitely say to do it. There are so many things here, so many new things happening. Everything's popping up. You can see tons of wildlife; you can be in an area that's like a city but not so city-like. You get a bit of everything. And, like I said, I have a three-year-old, so the schools were an important thing and there are good schools here. There's just a lot of opportunity in the area.



FELICITY'S FLICKS OF THE MONTH

BY FELICITY MAE GOMER

Flick of the Month: *Last Night in Soho*

Baby Driver's Edgar Wright returns with an equally colorful and unique film from his musical mind: *Last Night in Soho*, released in October, stunned audiences with plot twists and engaging cinematography. Though it took a minute for my final thoughts on the film to settle, it is deservedly this month's Flick of the Month. Another job well done, Mr. Wright!

Slight trigger warnings relating to sexual assault, violence and

grief should be mentioned first and foremost. The film is rated “R” and falls within the drama, horror and mystery genres. Wright’s style tends to include a dark twist, but keeping these ratings in mind, he still manages to create a thrill of a tale.

If you’ve seen any other Wright movie, you might notice that he incorporates music and dancing in his films. This one has an incredible soundtrack that keeps you enveloped in the story, hopelessly engaged. The use of bright color and neon, additionally, is another Wright giveaway.

Bringing one of my personal favorites, Anya Taylor-Joy, as a star in his latest endeavor was a huge draw for me – that, in combination with listening to an interview of Wright on my favorite podcast, made seeing this film in theaters a total priority. That’s not to mention how pleased I was by *Baby Driver* and its unique form of storytelling.

Though Taylor-Joy performed spectacularly as a singer and dancer in the swingin’ ’60s, the true joy was Thomasin McKenzie as the protagonist Eloise, or Ellie. McKenzie’s performance

was truly beautiful and displayed facets of her character with the deepest understanding of Ellie. She played this old-soul fashion student with such depth and rawness and was one of the central highlights of the film for me. Matt Smith, Terence Stamp, Diana Rigg and more add further credit to the notable cast list.

Those in the mood for a dark and mysterious thrill with a quirky edge should indulge in *Last Night in Soho*. I went in blind and came out shocked, curious and empowered. Though some holes in the plot make it a little rough around the edges, it is overall a captivating watch.

Show of the Month: *Pen15*

If you’re a Hulu regular like me, you’ve probably seen that a second part to *Pen15*’s second season was recently released. I was not expecting this – as few people would expect a Part 2 to a season posted over a year ago – and was pleasantly surprised as a huge *Pen15* fan. Though sometimes tough to watch, cringy and obnoxious, it is brimming with relatability, nostalgia, and the beauty of growing up. Season 2: Part 2 was absolutely no different.

Adult women Maya Erskine and Anna Konkle portray seventh-grade girls, reliving what most of us went through when we were in seventh grade. They show us the best-friend-forever-ship, the poor fashion choices, the crushes, the family issues, and the heartbreak. While kooky and hilariously awkward, the two-season show also gives us beautiful moments of reflection and melancholy. It makes us remember our parents’ divorces, our first crushes, thousands of moments of public embarrassment, and the power of a good, strong friendship. All in all, *Pen15* is an uncomfortably familiar blast from the past.

This television series is worth a watch if you’re looking for something lighthearted, goofy, nostalgic and heartwarming. Both seasons are available on Hulu, but don’t get too heavily invested as there are (very sadly) no plans for a third.

Pop onto Hulu and give a few episodes of *Pen15* a try. Enjoy Anna and Maya replaying our teenage years before our eyes and think of all the ways that things have changed. This show was selected as this month’s feature to honor a truly touching conclusion to a fantastic series.

ONE DATE AT A TIME: “STRENGTHENING” YOUR RELATIONSHIP IN THE NEW YEAR

BY SHARON FUENTES

A new year is upon us, and with the change of the calendar often comes a change in mindset, and by mindset I really mean ... RESOLUTIONS. Like many people, in the past I have made the resolution to get into shape! But also like many people, by February, that resolution slipped away. You see, unlike my hubby (who I fondly refer to as a gym rat), I hate exercise. It’s not that I am lazy; it’s just going to the gym for me is right up there with going to the dentist! In the past, Hubby would try and help me keep my New Year’s resolution by dragging me to the gym with him. While spending time together was always nice, the gym to me was boring and way too crowded. Instead of concentrating on what I was supposed to be doing, I would be watching others and inevitably comparing myself to them. It always ended the same way, me feeling self-conscious and Hubby getting frustrated. But this summer, something changed.

I was talking to my husband about all the things we still needed to buy to get our daughter ready for her first semester of college when he said something that just sort of clicked.

“Sharon, it’s not about buying all the stuff on the college dorm lists. It’s about making sure she is ready mentally, which I think she is.” I must have looked at him funny because he continued with the analogy that changed my love-hate relationship with exercise. “It’s like me and the gym. You think I go to the gym to look nice, but I go to keep my body in shape so I can do all the other things I want to do.” It was like a light bulb went off. Instead of trying to change everything about myself, what if I used exercise instead to get to know and appreciate the body I have already and improve what I could so I can do all the things I too want to do? I know ... mind blowing!

Pilates is the only exercise program I have ever stuck with. In fact, in October, I reached my first of many fitness goals – I joined the “100 club.” Yes, the girl who hates exercise has now taken over 100 classes. I finally got what Hubby was

saying. While I certainly am enjoying the great physical changes I am seeing, I keep going to classes because they make me feel stronger, more centered, and more in control of my body. My new excitement must have been contagious because HUBBY agreed to come with me to the studio to try it out for my choice of our date night. Because after all, exercise is more fun with a friend, and what better way to strengthen our relationship than by strengthening our bodies!

Club Pilates is a boutique Pilates studio owned and operated by long-time Lake Nona resident Michelle Bishop Bethencourt. Michelle opened the 1,900-square-foot studio in 2019 because, as she says, “I honestly feel that everybody can benefit from Pilates!” And from the diversity of people who attend, she is right. I think that is what I love the most, you will find all ages, shapes, sizes and sexes, too. YES, men do attend classes! Pilates is for everyone because it strengthens your core ... you know, the muscles you need to basically do everything else! Even though I tried to explain all this, I don’t think Hubby thought he was going to get much of a workout. Boy, was he wrong.

Michelle arranged for Hubby and me to have a private class with the one and only Teresa who, among us regulars, is an instructor known for her awesome taste in music, her high energy, and for her fun but HARD classes. Teresa was going to give us a sample of many of the classes they offer and include using the reformer machine, cardio jumpboard, and even the TRX® suspension training system. My guy, who jokes about everything, suddenly became very quiet; he was concentrating because the movements and exercises were very different from anything he had ever done before. He was using muscles he never uses. And yes, the day after, he was sore in places he never knew he had! I’m not going to lie; I did get a bit of a smug satisfaction over that part! Soreness aside, he said he had a lot of fun and would like to go back again. I take that as a win!

Doing this physical date with Hubby made me realize that relationships and dating are a lot like New Year’s resolutions – they can be fun and exciting at first, but for them to thrive and last, it takes work. And just like Pilates, a strong core is key!

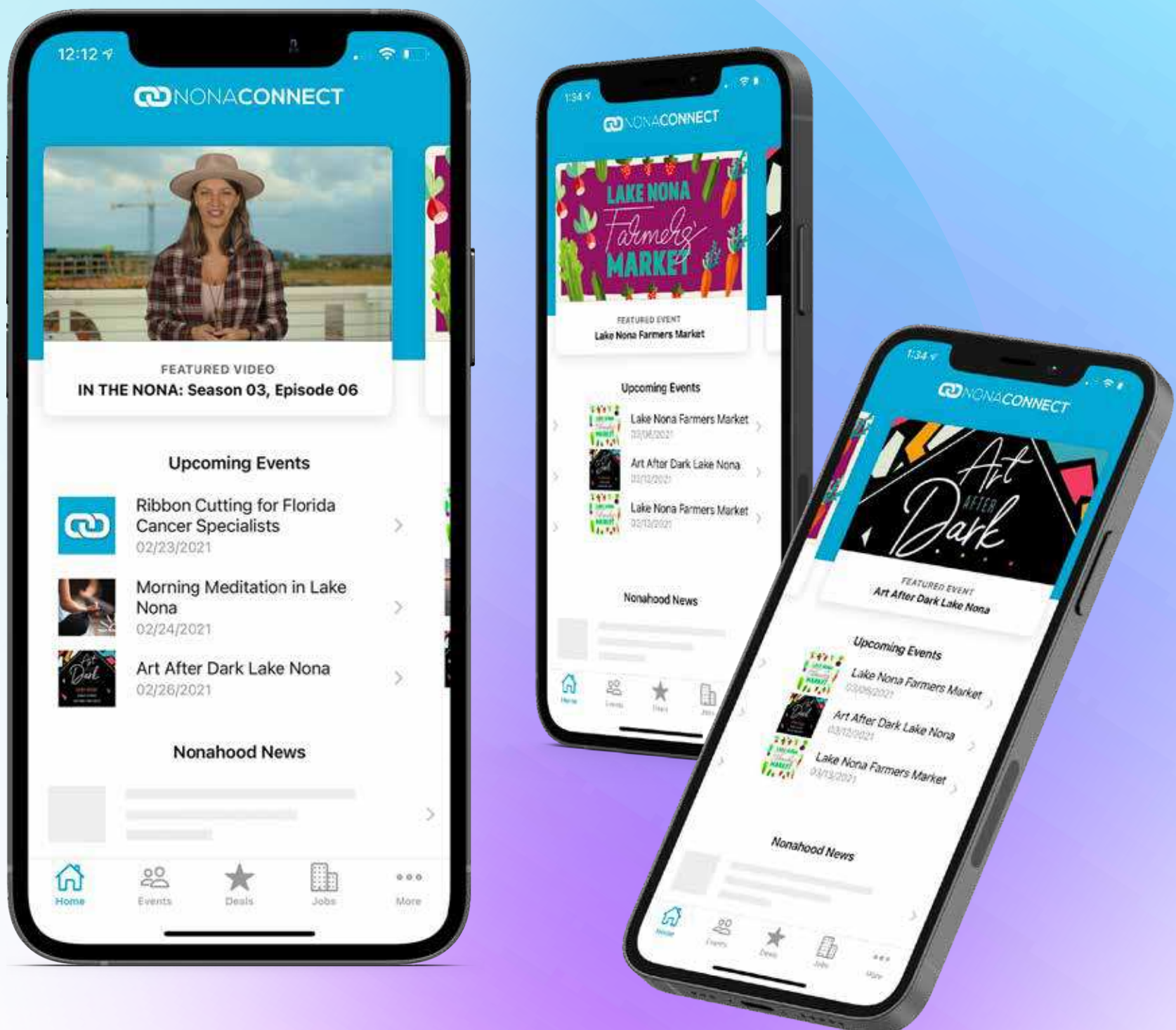
Club Pilates is located at 7004 Tavistock Lakes Blvd., Suite 144, Orlando, FL 32827, on the ground floor of Pixon Apartments across from the Lake Nona Town Center. To celebrate their two-year anniversary, Club Pilates Lake Nona is bringing back Founders Rates! If you sign up in the month of January, you save 20% on the lifetime of your membership. To lock in this rate, schedule a free introductory class, or get more info, call the studio at (407) 910-2855.

JANUARY 2022 15



The moment you have been waiting for is here!

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



DOWNLOAD the new
Nona Connect app today!



Download it from
APP STORE



Download it from
GOOGLE PLAY



<https://nona.link/app>