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FEBRUARY 2022 CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA | VOLUME 7 ISSUE 2



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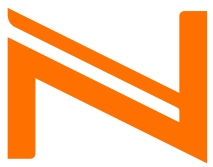
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EDITOR'S NOTE: CHOOSE YOURSELF THIS VALENTINE'S DAY

BY DEMI TAVERAS, EDITOR-IN-CHIEF

For once, January flew by this year! Now, with February's arrival, we're getting into the nitty-gritty of things, and by that I mean, we've approached the one day of the year you either love or hate: the oh-so-romantic day of Saint Valentine.

For most people my age, Valentine's Day growing up meant classroom parties where everyone exchanged cute little valentines and indulged in a large quantity of sweets that could rival Halloween's. That tradition ended in fifth grade for me, but throughout the years, my mom would always give me a box of candy or another small trinket of her love so that I never felt unappreciated. She would also remind me when giving me these trinkets that Valentine's isn't solely about romantic love; it's about showing appreciation to the many different types of love in our lives, including, let's say, self-love. And maybe it's because of her outlook that I don't see V-day as anything to get upset about, even when, like this year, I'm – try not to hold your breath here – single.

However, not everyone shares my outlook. I have many friends who start dreading the day as we inch closer and closer to it. Some would start dreading it as early as Christmas. I know some people who don't want to talk about V-day to begin with, like it's the Voldemort version of a holiday. I've even gotten looked at like I cooked someone's puppy for mentioning the day in casual conversation! Which is why I have made it here to say to all the single people who despise this quite simple holiday: It is really not that Sirius.

You know what sounds like an amazing way to spend Valentine's Day? Doing whatever you want, whenever you want, however you want! Think to yourself, if I wanted someone to charm the pants off me, what would that person have to do? Narrow it down to a top three. For me, I'd like to draw myself a bubble bath, get my nails done, put together a movie marathon for the night.*



Self-care is totally the way to go when you're single on V-day. All the energy and devotion you'd normally show to your significant other, just show it to yourself and then some! You'll feel better for it and much less lonely. Not to mention, because you're taking the time to invest in yourself and demonstrate love to yourself, you will help to attract even greater love toward you later in the future.

I know it's not easy to see everyone "boo'd up" on V-day, especially with all the constant showboating on social media, which is why I suggest taking the day off of it if you're not in the headspace for it or if you feel like it's going to send you deeper into despair. But please, please, please try your best not to be so hard on yourself. Being single or being in a relationship is just one random piece of information about you, like if you only eat cheese pizza and prefer beer over wine.* So don't let it define you.

*To my future spouse: Here is where I'd recommend you take some notes. I adore red roses, sunsets, and books that can make me cry. And I know what you're thinking, *Wow, it's that easy?* Haha, you wish. But at least you'll be getting off on the right foot! ;)



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TYSON RANCH COMMUNITY BY M/I HOMES DEVELOPS IN MEDICAL CITY

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF M/I HOMES

The gorgeous homes just keep on coming! Lake Nona welcomes M/I Homes and their 36 acres of development at Tyson Ranch at Boggy Creek Road and Highclere Street, where homes from 1,379- to 1,846-square-feet will become new forever homes to new and current Lake Nona/Narcoossee residents.

Homes will include either a one- or two-car

garage and one of six floor plans to choose from, one of which will be exclusive to Tyson Ranch and will be unveiled in May. Prospective homes will be available for preview at M/I Homes' *Town at White Center* located a stone's throw away in Sanford.

Area president for M/I Homes David Byrnes states that homes will be sold in the mid-\$300,000s. Tyson Ranch will also feature a

first-floor bedroom and bathroom, 10-year warranty on construction, one-year customer care warranty, and a tankless water heater. Proximity to Medical City and Lake Nona businesses are other benefits to the community's location. Developers expect the area to be a popular resident hub with easy access to all Orlando has to offer.



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WORK WELL: WHERE'S MY MOTIVATION?

BY NATALIA FOOTE

February is here. Did you make plans in January for the year? Has your motivation increased with momentum, or has it shifted to something new?

The temporal motivation theory is a formula to measure motivation. The formula is

$$M=V \times E / I \times D.$$

M is motivation.

V is value.

E is expectancy.

I is impulsiveness.

D is delay.

Motivation equals value times expectancy, divided by impulsiveness times delay. The equation recognizes the importance of time and meeting a deadline. If you have a deadline to meet (say turning this article in on time), then the motivation to write increases as the "delay time" for the deadline decreases. In addition, when there is a large denominator (the number on the bottom, math wiz), large value and expectancy is necessary to have high motivation. The larger the numerator (the top number) or the value and expectancy, the higher the motivation.

Think of a current situation where you are

seeking motivation. What is the value and expectancy for you to accomplish the task? Now, what is holding you back? Do you have a long timeline? Are you becoming impulsively distracted?

Your energy also plays a role regarding your motivation. If you are sleep deprived, you will lack energy to act. If you are hungry, you may be irritable and unwilling to behave. Maintaining your energy levels allows for the motivation equation to work properly.

The problem arises when we seek or wait for motivation to strike in order to accomplish a goal. Motivation can be elusive when there is a long timeline or when we get sidetracked with life's many happenings. We can't wait on motivation. We must ACT and BEHAVE as though we were motivated. We must DO as though today is the only day.

When in doubt, act or behave as if you are

motivated. Set the time aside and behave as if the deadline were earlier and you had zero delay time. You will still have impulsive behavior, but giving yourself a shorter deadline can direct your focus toward your goal.

The key is to identify what to direct your energy toward and behave as if you were already motivated to do the work. Be present in what you want to accomplish and direct your energy in that direction for the time allotted. As you behave like a motivated individual, the work becomes a little easier, and the motivation to do the work somehow flows a bit easier as well. As you become better at the work, you want to do the work more often.

You are a unique individual. There is no one else out there like you. Relish in the idea that you are uniquely you. With that in mind, remember that you garner motivation differently than others, but behaving as if you were what you WANT to be tricks your brain. Simply showing up for yourself and making small steps in the direction of where you want to go brings the motivation back.

Last year, my goal was to sit and write for two hours every day. I would glance at my computer and loath at the idea of finding two hours of time. I shortened the time by half-hour increments and found that if I made myself write for a minimum of 30 minutes, I'd usually end up writing for longer. And on days that nothing seemed to flow, I'd only write for 30 minutes and feel accomplished. I have written more this year than I ever have, and it was simply committing myself to show up for 30 minutes a day.

What are you seeking motivation for? Can you show up for yourself for 30 minutes? Maybe 15? Perhaps five minutes of your day? Motivate yourself for the shortest amount of time but do it DAILY. See if you have made progress after a few days or weeks.

Looking at the motivation equation, give yourself a delay time of one day. You have ONE DAY to get five minutes of something done. Make sure you are focusing on something that brings you value and makes progress.

Can you commit yourself to behave as though the motivation was already there?



SUNNY SIDE UP: SOCCER DAD

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.

I'm a soccer dad. I drive a minivan junked up with athletic tape, fast-food wrappers, whining teenagers, and the occasional lizard (no joke). I thought playing a sport like soccer in the unnatural heat of Florida would be a deterrent to sane people. Apparently not.

When I first got the bill for how much I'd pay for my children to play, I thought I'd lose my mind. Now my children practice three times a week and attend tournaments on weekends. Not only will I go bankrupt, I don't have weekends. I held off travel sports for as long as I could – coaching at the YMCA, playing with my kids in the street, watching YouTube to garner the secrets to soccer success. But I knew eventually I'd give into the cultural mandate of travel soccer. Now I look back on those years of shucking parental responsibility, tossing societal norms to the wind, and enjoying time and sport with my children and wife. We'd take long drives to natural springs, join up with other families for camping trips, and see manatees and owls.

The drumbeat of the cultural mandate went a little like this: Thrum. "How do you expect your children to develop into good soccer players if all you do is play at the Y?" Thrum. "Aren't you setting them up for athletic failure?" Thrum. Actual quote here: "You live in Orlando, and the travel system is the only way to go." Thrum. "Do you want your kids to play soccer like they have two left feet?" Thrum. "How are they going to play in middle school?" Thrum. "How are they going to play in high school?" Thrum diddledly. "How are they going to get scouted?" Skiddle thrum diddle. "How are they going to get college scholarships?" Diddly diddly. "How are they going to play professionally?" Pop-skid-

addle. "How are they going to play for the U.S. National team?" Thrum-balina. "How are they going to lift the U.S.'s game in the eyes of the watching world?" Du-op skat. "Do you want to raise national failures?" Snap crackle pop. "Do you want to put extra obstacles in your children's way?"

I hit a speedbump at full speed as I tried to bat away the questions I used to get. I used to enjoy weekends, but now I dread Friday because, when five o'clock rolls around, I know I'm going to drive my car until I can't feel my butt. And when we get to the game, we're going to watch our child play for five minutes. He'll get a cramp in his pinky toe and won't continue. Then, when the feeling is finally returning to my butt, I'm going to drive home. And then it'll be Monday.

I didn't realize how big Florida was until my two kids began travel soccer. There are so many cool little towns. I just drive through and sigh, realizing that I'm only passing through, with no time to explore the richness of Florida with all of its tales and histories, magical landscapes, and people. Nope, no time, because my kid needs to run around in a big rectangle and kick an air-filled sphere while adults watch and yell.

And when I question my commitment, the questions come again. "What about your children's needs? Your child needs to thrive. And if they don't get that college scholarship, they will probably drop out of school, live under a bridge somewhere, and eat rats. Some parent you'd be then." How many Olympic gold medalists say, "I just want to thank my parents, who refused to sacrifice their weekends to the goddess of athletic achievement, but instead took us to art museums, showed us how to camp and start fires, and drove us to the ocean just to rest and watch the waves. Actually, I don't want to thank my parents who taught me that I was a human being, not a wind-up swim toy. Now I dedicate this Olympic gold to my swim coaches who rescued me from my wicked parents, locked me in a locker room, and only let me out to swim and to eat. Actually, they just slid my meals under the door. Go, USA!"

Next, my mind wanders to the types of parents I'll be hanging out with this weekend.



Many of them are like me, duped into the madness like blind sheep. We're unlike the kind, nurturing parents who yell, "Kick the ball! Just kick the freaking ball! Come on, what's wrong with you guys?! You've gotta want it. You've got to bring the heat. Where's the desire? Do you want to lose? You're better than this. My grandma could kick the ball farther than you're kicking it, and she was born without legs! You guys are a disgrace! Kick it! Send it! Kick it! Just send it! Kick them in the face if you have to! Yes, kick them while they're down! If they push you, push them back!"

This is all before they turn their beat-red faces and foaming mouths to direct their unfettered rage at the poor hapless refs, who are usually hapless teenagers who look like they have all the security of reindeer caught in the lights of 18 wheelers. Pop a whistle in the deer's mouth, all better.

I think I need to go suck on a whistle to calm down.

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.

THE ARTIST: ANGEL WINGS

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF ANTONELLA RE & ANDRY MARQUEZ

Another magnificent Angel Wings mural has graced the community of Lake Nona! On Dec. 2, 2021, Colette Miller, the artist behind the GlobalAngelWingsProject®, officially completed her second mural in Lake Nona at LIME Fresh Mexican Grill's patio. The first Angel Wings mural, if you haven't yet snagged an Instagram-worthy picture, is located at Boxi Park.

When asked what brought her back to our Nonahood to create a second mural, Miller explained, "I was contacted by Vinay Rama representing LIME Fresh. He had learned about the GlobalAngelWingsProject® through the first Lake Nona Wings and looked up the art online. He read the purpose behind the project and offered me the opportunity to bring them to LIME Fresh with a bright pink wall base."

Rama, CEO of Mandal Holdings, owner and operator of the LIME fresh brand, emphasized the significance behind a second Angel Wings mural in our ever-growing community.

"The mural represents our brand's continued efforts to spread light and positivity in the Lake Nona community. So many of our neighbors have already visited the mural to shoot photos or just marvel at its beauty," Rama stated.

During the mural unveiling, Miller presented a check donation for \$5,001 in support of the Nobile Foundation. Two UCF students also received \$1,000 each through the LIME's Chips In give-back program. According to Miller, the donation event was "one of the core principles of the project" brought up by the LIME team.

"For quite some time, I've been aware of the amazing work The Nobile Foundation does serving Orlando's underprivileged children and young adults who aspire to get a solid college education," Rama commented. "I connected with Selena Nobile and learned about the opportunity to support five outstanding young women in our community. We were proud to provide each with a \$1,000 donation to their college education. With many of our staff thinking about college themselves, we see how much potential the younger generation has and how hard it can be at times to find the means to make it work."

Selena Nobile also shared her thoughts about the impact of these donations on the community: "Charity is personal. Getting a donation from LIME Fresh, an establishment in the local community that believes in our mission, means a lot. The donation 'made' Christmas for the five university students that the Nobile Foundation supports."

With a series of Angel Wings now in Lake Nona, we could only help but wonder: Could there possibly be a third Angel Wings mural in our community sometime in the future?

Miller teased, "I would personally love that. The areas I happened to drive through were peaceful, balmy and kempt. It sometimes felt like being on a giant golf course."

LIME CHIPS IN is dedicated to supporting the community, hosting numerous fundraisers for the Orlando community, including several Lake Nona schools. LIME is always open to partnering on Spirit Nights and other events. Visit www.limefreshmexicangrill.com/limeci/ to learn more.

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.



LIME CFO cutting ribbon with Lake Nona Regional Chamber of Commerce president Don Long.



LIME CFO Lee Babcock.



The Nobile Foundation students and founder Selena Nobile.

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HAPPY EATERS LAKE NONA: A BETTER WAY TO TREAT ARFID OR SELECTIVE EATING

BY KELLY KOMISARUK

Although Avoidant/Restrictive Food Intake Disorder (ARFID) is a relatively new diagnosis for picky eaters with food phobia, ARFID is now seen in approximately 13-23% of new eating disorder cases. It's characterized by a persistent disturbance in eating, leading to weight loss, growth disturbances, nutrient deficiencies, dependence on supplements, or impaired psychosocial functioning with the hallmark characteristic being a fear of food or anxiety around food. ARFID can occur in a child or family member with extreme picky eating for no real reason that can be pinpointed.

People with ARFID tend to internally know that the rules they have about food are irrational. For example, a person with ARFID may be able to eat a plain piece of bread or peanut butter individually. But there is a voice in their head telling them that eating bread that is toasted is dangerous or unsafe. Or perhaps that eating bread with peanut butter ON it is not a safe food. While the person understands this is irrational, it is impossible for them to not feel a sense of dread or extreme panic when trying these "unsafe" foods. To parents or caregivers of people with ARFID, this can look like severe picky eating and be extremely challenging to deal with on a daily basis. Kids or teens may stop eating, give up food they once loved, or could have been extremely selective from early on in life.

People with ARFID may report a fear of vomiting and/or choking and extreme aversions to a certain food or texture. They are often fighting with their own minds, and it's a constant power struggle. Unfortunately, there are not a lot of great therapy techniques out there to treat this type of feeding disorder. Therapy may be long and frustrating. But one such technique, hypnosis, may be right for you or your loved one.

So, how does hypnosis help?

Techniques such as hypnosis can help guide the individual to achieve their goal, typically in a quicker time frame. It can help calm or quiet the voice in their head that creates and makes them believe in these irrational food rules. This can help support the battle in their mind about eating certain foods so they can peacefully taste and try new foods without panic or anxiety. While hypnosis can have many positive effects for the person (and family!) with ARFID, it's important to remember that hypnosis is not a magic bullet. The person with ARFID may still need other treatment or interventions after completion of hypnosis sessions to help them progress.

What hypnosis CAN do:

1. Help guide you to achieve things you already want to do
2. Give you confidence and strength to meet your goals

3. Help push you in the direction you already want to go
4. Make you open and willing to taste and try foods
5. Help calm your anxiety regarding trying new foods

What hypnosis CANNOT do:

6. Make you do anything you don't already want to do
7. Change your brain or how it works
8. Hurt or harm you in any way
9. Make you get "stuck" in a trance-like state
10. Put thoughts in your brain that you do not wish to be there
11. Make you like foods that you would not like in the first place

Who are the best candidates for hypnosis? People who truly want to change! Hypnosis will only work for people who have a deep, intrinsic desire for change in their lives. It will not work, for example, on a child who only wants to change simply because his or her parents want them to eat.

Kelly is a feeding specialist and founder of pickyeatersonline.com treating children and adults with feeding disorders in Lake Nona. She also coaches families all around the world virtually with feeding concerns and has the ability to use hypnosis as a tool to treat ARFID and selective eating concerns if appropriate. If you would like to ask her any questions regarding feeding issues, email her at kelly@pickyeatersonline.com, and she will be answering your questions in upcoming articles!

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XL SOCCER WORLD LAKE NONA ANNOUNCES SYDNEY LEROUX AS GIRLS' DIRECTOR OF COACHING AND GLOBAL AMBASSADOR



XL Soccer World is delighted to announce that Sydney Leroux is joining our team as girls' director of coaching in Orlando and global ambassador for XL Sports. Sydney has 77 caps and 35 goals with the U.S. Women's National Team, helping the U.S. win both the 2012 Olympic Gold Medal and the 2015 FIFA World Cup. Leroux, who currently plays for the Orlando Pride, has made 113 NWSL appearances and scored 37 goals.

"We are absolutely thrilled to have Sydney as part of our team. She has played at the very highest level and will be instrumental in the development and mentorship of all players at XL from our youth development program

all the way up to our full-time school for elite players, The XL Academy," said Ciaran McArdle, CEO of XL Soccer World.

"My kids and I have been involved with XL Soccer World for years, so I have seen firsthand what a great organization it is and experienced the first-class facilities and programs they provide. I am so excited for the opportunity to give back to the sport that I love by coaching and mentoring the next generation of soccer players," said Leroux.

Leroux will be based at XL Lake Nona but will oversee the girls' programs in both Orlando locations as well as act as ambassador for all 10 XL locations throughout North America.



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Lake Nona Regional Chamber of Commerce Moving Into 2022

Looking back at 2021, this chamber is laser-focused on continuing our 2022 support of our entire regional community. With lessons learned, like how to better collaborate with government agencies and other organizations, we hope to continue our efforts in the areas of collaboration and teamwork.

At the same time, we will continue to emphasize our focus on creatively approaching events and projects. We will always seek something new and different that will bring excitement and benefits to our members while also providing services to the community.

During 2021, with the assistance of our local governments and our medical partners, we provided PPE and financial and COVID information assistance for everyone. We will continue to develop these relationships. In 2022, it will depend on us to do our best to be leaders of the community.

Don Long

CEO, Lake Nona Regional Chamber of Commerce

First Tuesdays After-Hours

Tuesday, February 1

5:30 - 7:30 P.M.

Drive Shack
7285 Corner Drive

Chamber Connections Open Networking

First Thursdays at 8:00am

"Coffee Club Setting"

Thursday, February 3

Culver's Lake Nona
11978 Narcoossee Rd

EVENT GALLERY



Stephanie Waddington (center left), property manager for Lake Nona Pixon Apartments, and Johanna Mejias cut the ribbon during sunset at Pixon's Sky Lounge on Tuesday, Jan. 4. (Photo by Danielle Conley)



Mark Setterington (right), owner of Island Fin Poke, presents Scott Steigrod of Innovation Eye Care with the Island Fin Poke door prize during LNRCC First Tuesdays on Jan. 4. (Photo by Danielle Conley)



Vanessa McCann (center), owner of Uptown Eyecare, welcomes chamber members to First Tuesdays on Jan. 4. (Photo by Danielle Conley)

RIBBON-CUTTING Ceremony

Nona Dental Arts

Friday, February 4

5:00 - 7:30 P.M.

94361 Narcoossee Rd



Caroline McCaughna (left), general manager of Club Pilates, and Michelle Bethencourt, owner of Club Pilates, present Corey Helvey of the Orlando Magic with the door prize of a one-month unlimited membership during the First Tuesdays on Jan. 4. (Photo by Danielle Conley)



Jim Kilp (right), owner of Rukus Cycling Studios, presents Patti Gutter of American Balloon Decor with the door prize during LNRCC First Tuesdays on Jan. 4. (Photo by Danielle Conley)



Ashley Swanson-Torres (left), owner of Veg'n Out, presents the First Tuesdays door prize to Corey Helvey of the Orlando Magic on Jan. 4. (Photo by Danielle Conley)

BREAKFAST CONNECTIONS

ORLANDO POLICE DEPARTMENT CHIEF, ORLANDO ROLÓN

Thursday, February 10th

8:00 - 9:30 A.M.

Eagle Creek Golf Club-The Belfry



Elizabeth Diaz (right), owner of Neighborhood Barre, presents the First Tuesdays door prize to fellow chamber member Ty Gilbert, COO of T & T Notary, on Jan. 4. (Photo by Danielle Conley)



The first Chamber Connections Networking event kicks off with speed networking at Culver's of Lake Nona on Jan. 7. Marcie Merlano, owner of Culver's and chamber member, provided coffee and breakfast. (Photo by Danielle Conley)



(Left to right) Ryan Thomas of Northpoint Mortgage and Hope Perez of Synovus Bank help present the LNRCC ribbon to F45 partners Doug Felton, Justin Downing and Lewis Balcomb, following F45's ribbon-cutting celebration on Jan. 15. Chamber CEO Don Long (far right) welcomed F45 Nona back to chamber membership. (Photo by Madelyn Long)

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COLLEGE MATCHDAYS RETURN IN FULL FORCE FOR 2022

ARTICLE BY DANIEL PYSER
PHOTO COURTESY OF USTA



College MatchDay, the USTA's popular neutral-site college tennis showcase event, will return to the USTA National Campus in 2022 with two marquee matchups.

The 2022 events, both set for February, will see the men's and women's programs from Florida and Florida State square off as well as the men and women of Army and Air Force. College MatchDay has averaged more than 1,000 fans in attendance since its debut at the campus in 2017. It returns this year after not being held in 2021 due to the pandemic.

The annual rivalry match between Florida and Florida State, which has become a staple of the College MatchDay schedule, will be held on Feb. 5. This is the first time both the men's and women's programs will play side-by-side since 2018, when nearly 2,000 fans were on-hand at the campus to catch all the action.

Florida State swept both matches in 2018, but the Florida men have knocked off the Seminoles each of the past two years at College MatchDay. The Gators also come into this year's match with fond memories of Lake Nona, the site where the men's team won their program's first-ever national championship last year.

The Florida men return a strong lineup in 2022 and were the consensus No. 1 team in the country heading into the 2022 season, according to the Intercollegiate Tennis Association's preseason coaches' poll. The Gators' lineup includes Lake Nona resident and reigning NCAA men's singles champion Sam Riffice.

Both the Florida and Florida State women's teams were ranked in the women's preseason coaches' poll. The Seminoles also made a deep run at last year's NCAA Championships at the USTA National Campus, reaching the quarterfinals before falling to eventual national champion Texas.

On Feb. 19, Army and Air Force will return to the campus, where they played in a memorable College MatchDay in 2019. That event was the first time two military academies participated in College MatchDay and notably featured a flyover by two Air Force jets.

Air Force swept both the men's and women's matches in 2019, and while the men met on a neutral site in 2020, the women have not played each other since.

The Army men's team is coming off an impressive 2021 campaign that culminated in a loss in the Patriot League championship match. Of note for the Army women, their roster includes freshman Paige Herremans, who played high school tennis for Lake Nona High School.

Admission is free for College MatchDays, each of which will feature kids' activities, live music, specialty food and drinks, games, and giveaways on-site at the USTA National Campus. While the event is free, a digital ticket must be reserved for entry.

Please visit CollegeMatchDay.com for ticket reservations and more information.

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COLLEGE MATCHDAY | **USTA** | **MATCHDAY IS BACK!**

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NAMASTE WITH NATALIA: BIG-TOE POSTURE AND HAND-UNDER-FOOT POSTURE

PADANGUSTHASANA AND PADAHASTASANA

YOUR MONTHLY YOGA POSE

BY NATALIA FOOTE

Our hands and feet are how we touch the world. Our hands feel the world while our feet feel the earth we walk upon. Connecting the two brings about a whole body circuit of energy.

A quick Sanskrit translation: "Pada" means foot, "angustha" means big toe, and "hasta" means hands. Hence, big-toe or hand-under-foot posture is a literal translation. Padangusthasana and padahasthasana are deep forward folds. Both align the back body while hand-under-foot posture also prepares the hands and wrists for inversions and/or postures that require the hands as the base of the body. Both postures are quite similar and provide nearly the same benefits. Padahasthasana is a more intense variation as it elevates the ball of the feet slightly, adding more length in the ankle and calf area.

Big-toe and hand-under-foot are postures that lengthen the spine, hamstrings, calf and ankle. The postures can appear to be intense, but several modifications are available to allow most bodies to achieve a variation of the postures.

Padangusthasana

1. Begin standing with the feet one foot apart.
2. As you exhale, bend forward and hold the big toes with the pointer and middle finger of the same hand. Some call this a "yogi-lock of the toes."
3. Keep the head lifted and feel as if the navel is coming toward the spine while stretching down the shoulders. The back should be straight or even attempting a slight extension.
4. Stay lifted for two breaths.
5. As you exhale, bring the head between the knees, lifting the tummy toward the back body and keeping the legs stiff.
6. The elbows move away from the body as the shoulders move away from the ears.



Padahasthasana with half lift.



Padahasthasana

7. Maintain a normal breath for 20 seconds while holding the posture.
8. As you inhale, return to the lifted head and release the toes. Exhale in this posture.
9. Inhale to stand.

Padahasthasana

1. Begin standing with the feet one foot apart.
2. As you exhale, bend forward and place the hands under the feet, palms up, so they are touching the soles of the feet.
3. Keep the head lifted and feel as if the

navel is coming toward the spine while stretching down the shoulders and keeping the legs straight. As in the previous posture, the back should be straight or even attempting a slight extension.

4. Press the toes into the palms of the hands feeling the lengthening throughout the forearms.
5. Stay lifted for two breaths.
6. As you exhale, bring the head between the knees, lifting the tummy toward the back body and keeping the legs stiff.
7. The elbows move away from the body as the shoulders move away from the ears.
8. Maintain a normal breath for 20 seconds while holding the posture.
9. As you inhale, return to the lifted head and spine and release the hands. Exhale in this posture.
10. Inhale to stand.

Variations for the postures are the use of straps under the feet as well as keeping the knees bent so the top portion of the body still receives the benefits of the lengthening. As with all postures, listen to your body and move at your pace, remembering that consistent practice is the goal.

Namaste.



Padangusthasana



Padangusthasana with half lift.

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TO NONA & BEYOND: TÜRKSAT 5B LAUNCH FROM LAKE NONA

BY EMERSON & ETHAN WALSH

over the glowing sign. This late night long exposure is also brighter than usual due to a full moon that was present at the time. The second stage burn was obscured due to a cloud deck. Just to our west, we could see flashes of lightning going off in the distance. We were actually fortunate to have captured anything on this night due to the aforementioned inclement weather. We hope you enjoy these shots and look forward to sharing more space-related news with you this year.

On Dec. 18 at 10:58 p.m., SpaceX's Türksat 5B mission took to the skies. On board the Falcon 9 rocket was a 4,500-kg. (~9,900-lb.) communication satellite manufactured by Airbus Defense & Space. The satellite's purpose is to provide telecommunication and broadcasting services to various countries in Afro-Eurasia. The mission was ultimately a success. The first stage, designated B1067, landed on drone ship ASOG (A Shortfall of Gravitas) over 600 km (~370 mi) downrange while the second stage inserted the payload into a geostationary transfer orbit. The satellite will reside in a geostationary orbit; this allows it to match the rotation of the Earth's surface at the equator. From an observer on Earth, it will appear stationary, which means satellite dishes can simply point at one spot in the sky. Whereas for a network such as Starlink, that is situated in low Earth orbit, the receiving dishes need to rotate to follow the satellites zooming past at multiple miles per second.

For this mission, we decided on a location that placed Lake Nona's beloved Canvas restaurant right in front of the launch streak! The first stage burn can be seen arcing



LIVING WELL: GETTING OLD ISN'T FOR THE FAINT OF HEART

BY CINDY COFFMAN

Well, it happened. My parents moved in. Yep, let that set in for a minute. The old, crazy people have come to stay, and, boy, have they upset the proverbial apple cart. Everything (and I mean everything) they do is completely opposite of what we do. They have routines that we shan't even suggest be changed for any reason. In fact, I am convinced my parents would do well in the state penitentiary. They get up at the crack of dawn, eat three square meals at the SAME TIME every day, and most of their clothes consist of the lovely, bright safety orange color. Truthfully, they might end up in a correctional facility soon. ... All we need is for someone to perform a search on my mom's Mary Poppins purse. You see, it weighs about seven pounds as it is loaded down with 300 napkins from Wendy's, 27 sugar packets from McDonald's, and 52 jelly packets from Denny's. Oh, and let's not forget the two half-eaten sausage links wrapped up in a slightly-used Kleenex. ... HOW CAN I POSSIBLY BE RELATED TO THESE PEOPLE?

My dad was recently diagnosed with bone cancer. As his disease continues to progress, we came to the agreement that he and my stepmother would find it an easier transition for the coming years if they came now to live with us in Florida. This meant big changes for us in many ways. I mean, it wasn't that hard to have a weekly conversation on the phone with them as they shared their immensely-detailed account of what they had to eat or who they saw at the grocery store. However, we are now getting in-person, eyewitness accounts of their daily bathroom regimen in meticulous detail at the breakfast table. Now that's a horse of a different color!

We are also learning that things that are frivolous and mundane to us are paramount to my parents. We get to hear about their opinions on life most often when we are trying to watch TV. Thanks to Magnum PI (that's what Mom calls him instead of his real name, Tom Selleck), we get to talk in length about reverse mortgages even though my parents don't own a home. And pleeeasseeeee, don't get them started about politics, religion, or how much it costs for a haircut these days. And although it's somewhat annoying to constantly deliberate about inane topics at home, it beats the opinionated remarks out

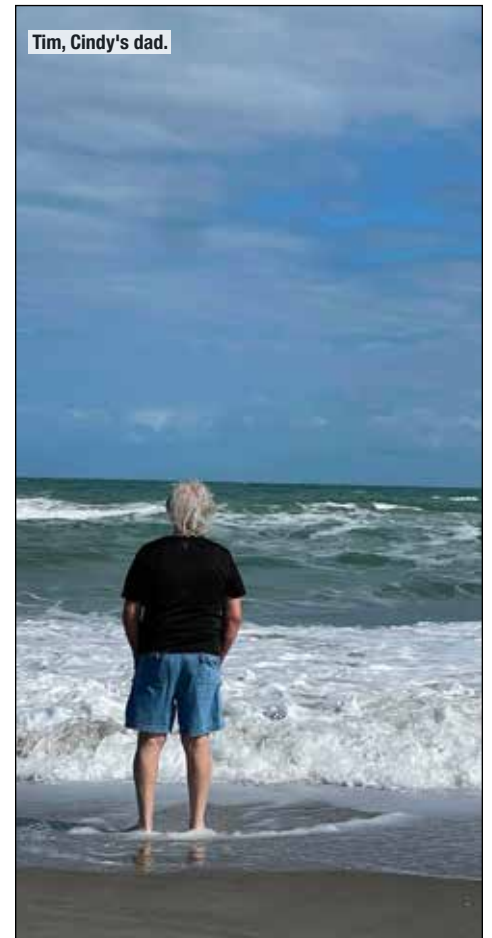
in public – as my parents have forgotten how to whisper.

People often cautiously approach me and ask, "How's it going?" Truthfully, there are days I want to run away. Then, there are days I want them to run away. But then, after they shuffle and mumble off to bed, I stop to reflect that it is a blessing to still have time with them. As I have mentioned in past articles, my mother passed away two years ago. There isn't one day that passes by when I don't think about her and how she impacted my life. I miss ALL the little things that used to annoy me. I also recognize that there are countless folks who didn't have a healthy relationship with their parents due to a myriad of circumstances. We often take so much for granted.

Martin Luther King Jr. said, "Life's most persistent and urgent question is, 'What are you doing for others?'"

So, what I am learning is that even though this season in our life is difficult, it's also an opportunity to give back to the people who sacrificed much to help make me the person I am today. For that, I am truly grateful.

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LET'S TALK LAKE NONA: INNOVATION INSPIRES THE WAVE HOTEL'S F&B PROGRAM

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PHOTOS COURTESY OF TAVISTOCK DEVELOPMENT COMPANY

Your connection to the development team behind Lake Nona's vibrant community. Read more from the master-planners each month for the latest updates and a behind-the-scenes look at what's going on in Lake Nona.

Since its opening in late December, Lake Nona Wave Hotel has proven its innovation extends far beyond the technology implemented throughout the property. From world-class art to diversity and inclusion, the pioneering hotel has curated a first-of-its-kind guest experience.

Designed as the Living Room of Lake Nona, Wave is one of Florida's most culinary-centric hotels with three restaurants and bars – BACÁN, HAVEN and Living Room Bar – led by an impressive roster of chefs and mixologists. At the helm of the hotel's culinary concepts is Chef Guillaume Robin, from northwestern France, who spent nearly two decades in Michelin-starred kitchens and four- and five-star hotels across the U.S. and Europe. Chef Robin has created an upscale yet approachable dining journey in partnership with two-time world pastry champion Laurent Branlard and beverage manager Alexa Delgado, who was a top finalist for Casa Dragones Tequila's International Cocktail Competition.

Open for early risers and night owls alike, Living Room Bar starts the day with health-minded breakfast options and ends with master mixology and mouth-watering small plates. The bar features intimate seating areas and a stadium staircase lounge centered around a show-stopping pink Dogwood tree.

With a focus on championing minority-led brands and bringing her own stamp of creativity, Delgado has conceptualized a mixology program that plays off the classics and focuses on sustainability. Living Room Bar guests can expect creative cocktails like Thomas Edison's Bright Idea, crafted with Lillet Blanc, Chandon Garden Spritz, and soda which are then poured from a light bulb fixture. The bar also offers a selection of light bites inspired by BACÁN's South American cuisine with dishes like charred octopus with Argentinian chimichurri and smoked feta with black olive dust.

After a cocktail at Living Room Bar, guests can head to BACÁN for an evening inspired by Central and South American cuisine. With a bold open-kitchen design, the hotel's signature restaurant features jewel-toned seating illuminated by gold lanterns and enhanced with gallery-worthy artwork and a striking 20-foot mural.

Placing an emphasis on supporting the local community, BACÁN has partnered with nearby fishermen for the perfect fresh catch as well as Orlando farms like Lake Meadow Naturals, specializing in cage-free chicken eggs, duck eggs, poultry and more. The eclectic wine list features more than 60 selections, including an Orlando varietal, wines from Mexico and Greece as well as Australian, New Zealand and South African wines.

"As a destination, Lake Nona has played a prominent role in how we envisioned and ultimately created our food and beverage program," Chef Robin said. "At the heart of this beautifully-designed community lies innovation, cutting-edge thinking, and thoughtful experiences. Incorporating each of these elements into our menus and sharing our team's culinary ingenuity with hotel guests is our utmost priority."

Stand-out dishes from Chef Robin's expertly-crafted menu include Smoked Scallops à la Plancha, with caviar, beetroot tartare and yuca crisps, and Whole Truffle Chicken Two Ways served with crispy potatoes and brava sauce. Those with a sweet tooth can then indulge in one of Chef Branlard's creations – including Esfera De Chocolate, featuring chocolate fondant cake, strawberry ice cream, and an Instagram-worthy presentation, and Banana Cream Tart with vanilla curd, tropical fruit salsa and guanabana pearls.

The hotel's next addition is HAVEN. Tranquil by day and upbeat by night, HAVEN consists of three distinct indoor and outdoor experiences – HAVEN Kitchen, HAVEN Pool and HAVEN Lounge.

HAVEN Kitchen emerges as a lively Mediterranean restaurant and bar located on the second floor, perched above the buzzing Living Room Bar. Under HAVEN Kitchen's trellis-like ceiling, the space is highlighted with lush greenery and an extraordinary velvet, feathered peacock chair that is sure to become an Instagram hotspot. Serving breakfast, lunch and dinner, the menu features selections such as poached lobster and burrata with green goddess cream.

Head outside to experience HAVEN Pool accentuated with candy-colored cabanas, turquoise green palm fronds, neon loungers, and seating nooks. HAVEN Pool offers a menu of favorites, including fresh salads, sandwiches, milkshakes, smoothies, frozen beverages and health-inspired cocktails.

The hotel's second bar, HAVEN Lounge, is set to debut later this month. A truly unique, beverage-centric experience where live entertainment and curious culinary creations come to life,



HAVEN Lounge will bring a distinctly adult night-time experience to Lake Nona each weekend.

"It has been remarkable to see our team's creativity and innovation come to life with the hotel officially open – particularly when it comes to our food and beverage team members," said Suzie Yang, general manager of Lake Nona Wave Hotel. "Whether you're stopping for a drink at Living Room Bar or spending the evening at BACÁN, it is evident the careful thought and attention that our chefs and mixologists have put into every dish and cocktail. We are looking forward to seeing locals experience their brilliance firsthand."

For more information or to make reservations, visit lakenonawavehotel.com or call (407) 675-2000.

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NONA YOUR NEIGHBOR: ASHLIE TILLMAN

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF ASHLIE TILLMAN



Ashlie Tillman is the owner of Jade Butterfly Boutique and a Nonahood resident. Read her interview below!

Nonahood News: What is your job?

Ashlie Tillman: I'm the owner of Jade Butterfly Boutique, which is an online clothing store that caters to women sizes small through 3xl. I'm also a stay-at-home mom.

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

AT: I get up, get my kids ready for school. I have the luxury of not having to be anywhere, so I try to get a workout in during the day or in my mornings. Then, I answer questions, pull and process orders, lots of shipments, scout inventory, enter inventory, play dress-up. I also spend time photographing inventory, creating social media posts, website updates, all on top of trying to make sure my house isn't chaotic. It's just me working on my business. I'm hoping to get to the point where I can hire some people, but we have kept it small for now.

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

AT: Right now, social media. Growing your following and making sure you're posting to all the appropriate places, and following the changes ... I can't keep up. I also have an active VIP Facebook group. I get stuck in there, and then I'm like, wait a second, I haven't posted on Instagram all week! It's completely social selling, so I'm making sure I have a presence everywhere. The other challenge right now is inventory because shipping cargoes are taking forever to get here. You're always behind because you're expecting a product at a certain time, and it doesn't come in.

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

AT: In my VIP group, my girls talk freely, and I get emails and pictures from them about how great an outfit made them feel. People say it's just clothes, but clothes can change the way you feel. Hearing feedback from customers and friends, that's my highlight.

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

AT: I had been in retail for 20 years. When we moved here, I was pregnant, so I decided not to go back to work because retail is hard. Some time passed, and I was antsy to start doing something again. I missed aspects of retail life but not going into retail. I had been repping for a brand, and I thought, "I can do this on my own. This is a good way to get



back into that and do something I'm passionate about."

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

AT: Clothing and watching runway shows. My husband and I love music, too. If you saw his office, the walls have CDs, which we don't listen to, but we love going to concerts and discovering new music.

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

AT: I would love to grow to the point that I could open a store here in Lake Nona. I'm hoping to be able to open my dream store and bring unique clothing to women here.

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

AT: We moved here in 2013. My husband works for the corporate side of 7-Eleven. He was in a position and got a call that it was being eliminated. At the time, I was six months pregnant. He called me and said, "Do you want to go to Boston or Florida? I have to leave this weekend." I chose Florida because I don't think I could deal with Boston winters. I was doing research on where we would want to live, and Water Mark Apartments kept popping up. They were building them when we moved out here. So I hopped on a plane, and I was here for three days. We drove out here and the second we hit Lake Nona Boulevard with all the beautiful trees, I was like, "This is it. This is where we're going to live." We picked our house that day. We rented a house at VillageWalk and just bought a townhome where we still live to this day.

NHN: Where are you from originally?

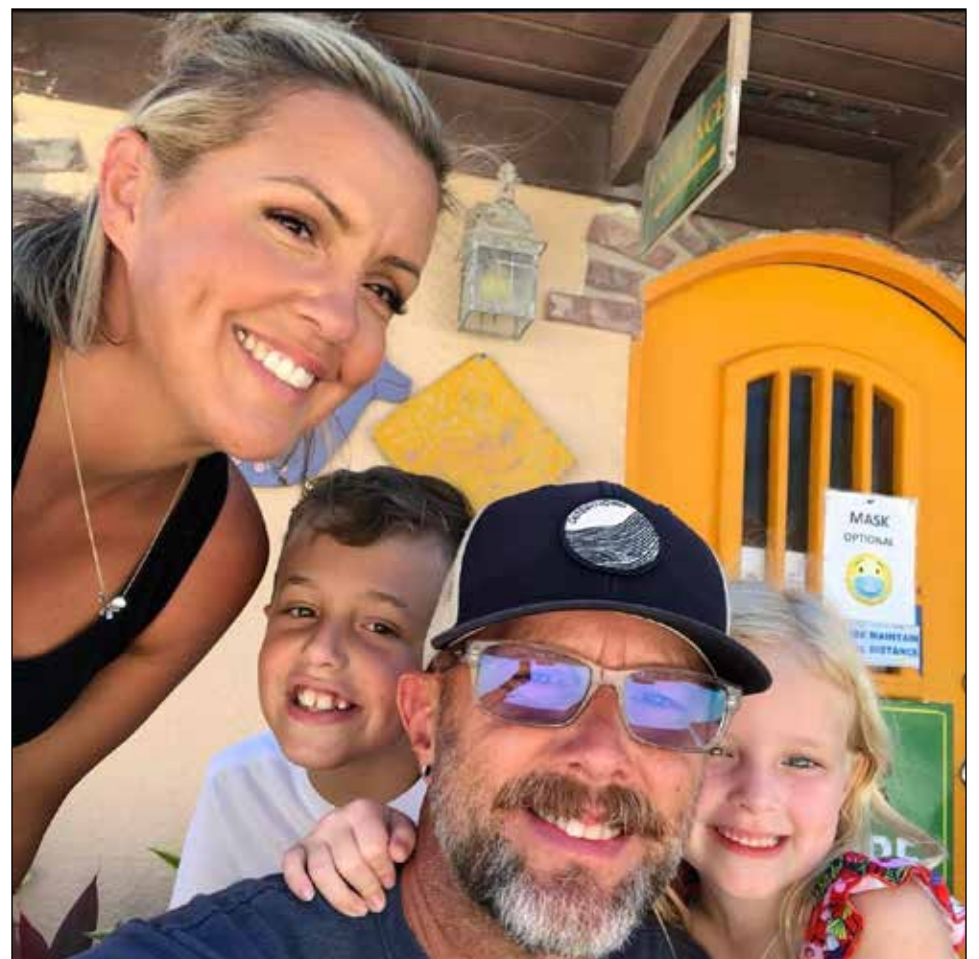
AT: I grew up in Broken Arrow, which is a suburb of Tulsa, Oklahoma.

NHN: What is your favorite part about Lake Nona?

AT: I love the growth that has happened. I love that they're bringing in things you can't just find anywhere else. I love the outdoor aspect of it.

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

AT: Make sure you work with somebody that knows the area. They know what's up and coming, and they'll put you in the right area based on your needs. Also, be patient.



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SAVOR TOOTH TIGER: MY CHEESY VALENTINE

BY ALLYSON VAN LENTEN

What do we really want for Valentine's Day? Chocolate? Sure. Flowers? You bet. Ah, but what about a heart-shaped pizza? That's true love ... at least in my world. I made this a few years ago for my pizza-loving husband, and I'm not saying that's what convinced him to propose but all I'm saying is it didn't hurt! Go ahead and buy store-bought dough if you must, but this homemade pizza dough is simple and truly delicious; plus it comes even more from the heart, pun intended. Select toppings that your valentine loves. I went for sausage, peppers and onions, using heart-shaped cookie cutters for the peppers.

To make the dough, you'll just need a packet of instant yeast, some all-purpose flour, salt, honey, and olive oil. A stand mixer will make quick work of the kneading process, but it can absolutely be done by hand. If you have a pizza stone, cast iron skillet, or griddle pan, these will mimic the crispy, charred crust of wood-fired ovens. I have a large cast iron griddle that I use for this purpose, and it works great but only works for personal-sized pizzas.

This recipe creates two medium pizzas or four personal-sized pizzas. If you have a pizza oven, this dough will work perfectly in there (and I'm deeply jealous). For those of us without pizza ovens and pizza stones, a traditional baking sheet will work great. May I make a suggestion about pizza baking in traditional ovens: Crank that heat up! No one wants a watery, underbaked crust. Heat it



up to 500-515 degrees Fahrenheit to let that crust fully develop flavor and for your ingredients' moisture to truly evaporate. Might I also suggest that you not go overboard with the sauce. I'm a saucy gal, but you can always add sauce on the side for dipping. If you over-sauce, the bottom of your crust really doesn't stand a chance against the moisture. This is where a cast iron base or pizza stone really helps because then it's getting the heat underneath. Lodge makes an excellent two-burner cast iron griddle that I especially like for pizza, but I also use it for pancakes, grilling steaks, vegetables, and even fried rice. For around \$40, you have a versatile, long-lasting, multi-use tool.

Another tip for making pizza at home is to use corn meal under your dough when shap-

ing. To get your pizza into a heart shape, flatten and round into a circle; then form your heart. Using the cornmeal will stabilize the shape as you press it into your baking pan. You may want to over exaggerate the shape as it will shrink a little when baking. Once formed, add some jarred tomato sauce (I like Rao's marinara), some shredded or sliced mozzarella, and desired toppings so it's ready to bake. Like I mentioned, you want a high temperature but keep a close eye. If your cheese is browning way too much, you can lower the heat a bit until everything else has fully baked, about 5-10 minutes depending on the size of your pizza. Serve hot and enjoy with your valentine.



Easy Homemade Pizza Dough

- 1 packet instant yeast
- 1 and 1/2 cups warm water
- 1 tablespoon honey
- 3 and 1/2 cups all purpose flour
- 1 teaspoon salt
- 2 tablespoons olive oil, plus more for the bowl

Instructions:

1. In the bowl of a stand mixer, add yeast, warm water and honey. Stir and let sit for 5 minutes undisturbed.
2. With a dough hook attachment, mix with flour, salt and oil for 5 minutes on low speed.
3. Place dough in a glass bowl. Roll dough in olive oil and coat all sides. Cover with plastic wrap for 1 hour at room temperature.
4. Cut dough into 2 or 4 pieces, depending on the size of the pizzas you are creating: medium-size or individual.
5. Bake at 500-515 degrees Fahrenheit for 5-10 minutes, depending on the size, until the bottom crust is golden and the toppings are fully cooked.

FELICITY'S FLICKS OF THE MONTH

BY FELICITY MAE GOMER

Flick of the Month: *Encanto*



I know, I know – most of us have probably seen it already. However, if you haven't or even if you have, *Encanto* is worth the watch (and then the rewatch)! Disney outdid itself on defeating gender norm conformity, representing Colombian culture, and of course the animation. I'm typically an unforgiving critic of family movies, but this one really got me. Behold, my honest review with a healthy side of spoilers.

I truly enjoyed the plot, characters, and most of the music. Some of the songs began at awkward, sudden times and were frankly off-putting, but the songs themselves were original, entertaining, and very clearly products of Lin Manuel Miranda's musical genius. Since the ever-popular *Hamilton*, Miranda has become intertwined with Disney and other creative efforts, and his style is becoming more and more distinct. Upon my first watch of this one, I found myself assuming the music was written by Miranda before I even knew he was involved. I must admit, I did add "We Don't Talk About Bruno" to my personal playlist, and it has been stuck in my head for the past few weeks.

In addition to the bangers throughout the soundtrack, there is something to be said for the representation of women as leaders with incredible strengths. Luisa, the protagonist's elder sister, is gifted with super strength and depicted with massive muscles, broad shoulders, and a deep voice. I absolutely loved the fact that a woman held super strength rather than the stereotypical trope of it being a man. The protagonist's other elder sister, Isabela, transforms from the perfect, floral goddess to master of messiness and wild vines and plants. Her transformation exhibited femininity in an untraditional sense but a more realistic one. Throughout the movie, you even see married couples where the wives seem a bit more dominant or, like in the case of Mariano, the men are much more romantic than in other cliché movies. Overall, the approach to gender was powerful and quite amazing.

Disney's navigation of the "family with special powers" concept was an absolute success with a magnificent cast and great tunes. I'd never seen Stephanie Beatriz in anything besides her co-starring role in *Brooklyn Nine-Nine* and was pleasantly surprised at her performance as the protagonist, Maribel, with a contrasting cheerful disposition. If you can get past the little twinge of pain that goes off every time a character notes Maribel's lack of special powers, it is a truly heart-warming story. Give *Encanto* a shot and then another one after that!

Show of the Month: *Emily in Paris*



While I wasn't entirely disappointed by the Netflix original series *Emily in Paris*, there are certain aspects that made my season one and season two watch-through worth it. If you're looking for something light-hearted and romantic-comedy-esque, look no further than this one right here.

Lily Collins shows a small scope of acting range in her role as the titular Emily. Given the fact that she was also a producer, it's no surprise that she was the starring role, but I'd have loved to see a different actress portray Emily. I found her character to be a bit bland, but the story was still enough to keep watching.

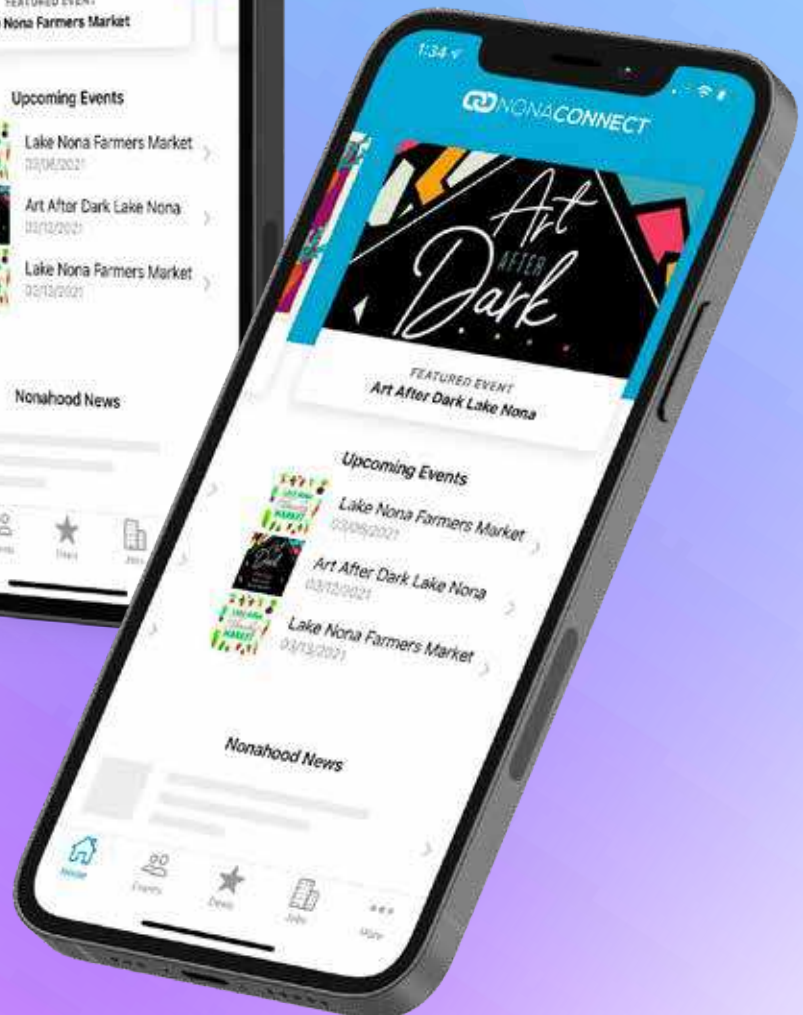
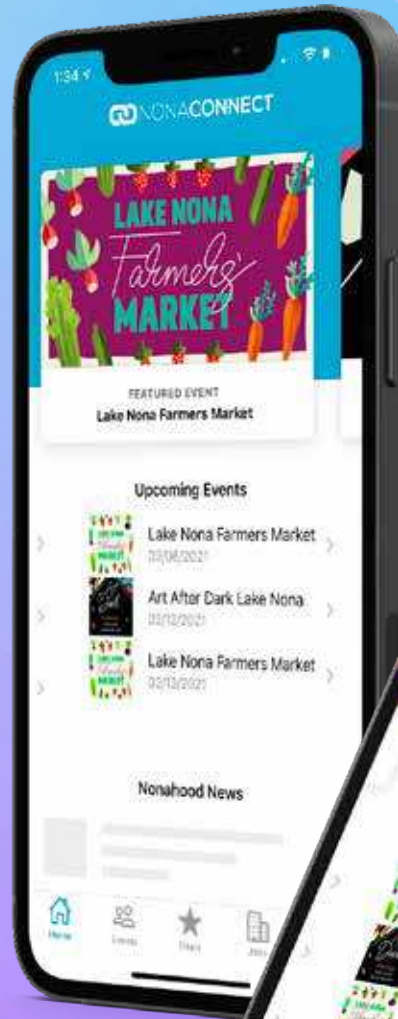
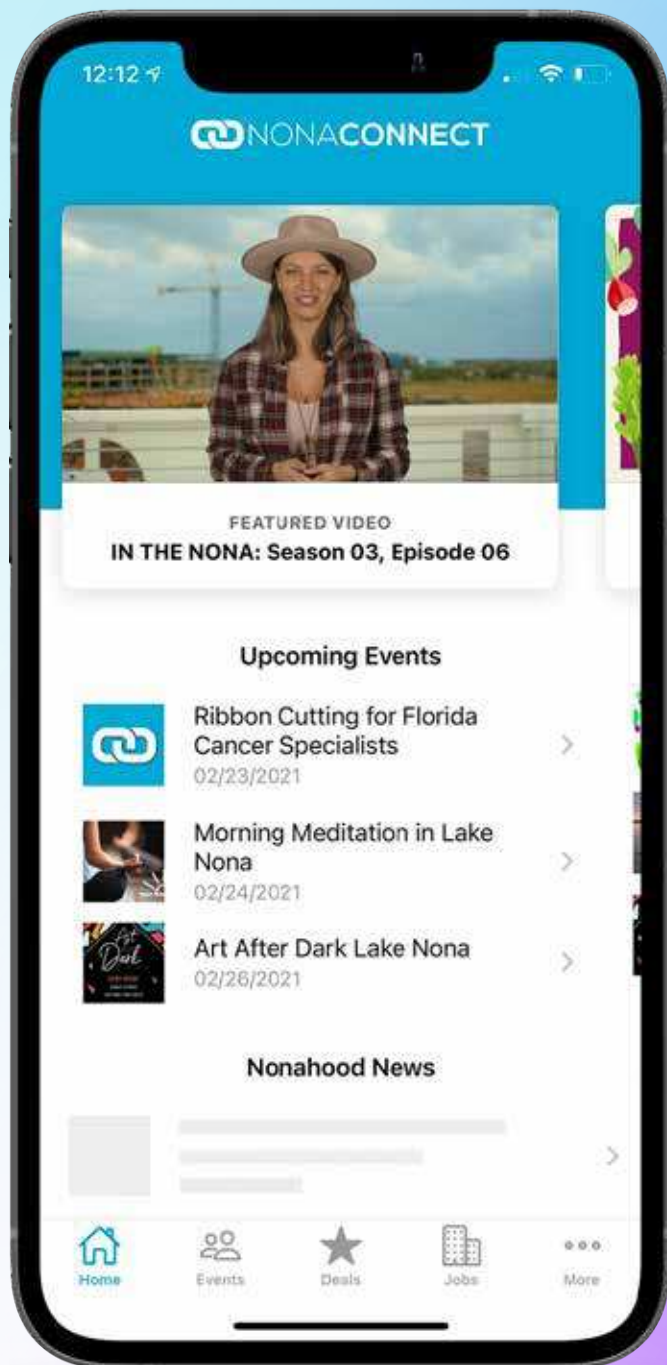
Emily's time in Paris seems attractive, comfortable and fun-loving as she takes on a role at her Chicago marketing firm's French subsidiary, Savoir. I couldn't complain about the other actors' performances throughout the show and really found myself enjoying the cliché Paris experience. Though Paris is, in actuality, a pretty dirty and dangerous place, the Parisian reputation was more attractive. Complete with romance, pastries, hot characters, music and glamorous parties, the show scratched every itch one could have about living in France and experiencing romance and allure.

Fashion lovers will greatly enjoy the show's costuming and luxurious themes about designers and brands and the like. Overall, it's a super light watch with a little bit of drama to tickle your innate need for gossip. Even as a fantastical description about life in Paris, it does fit the "romantic comedy" genre, though in the form of a television series. I ended up enjoying the show very much when I didn't expect to; cheesy, well-done and captivating, *Emily in Paris* was my favorite series from the past month. Give it a go!

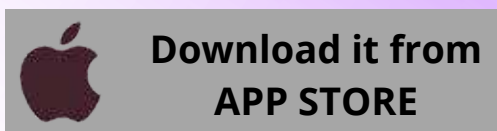
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