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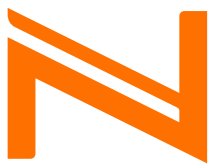
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EDITOR'S NOTE: EDITOR'S NOTE: I GUESS I'M TURNING NOSTALGIC

BY DEMI TAVERAS, EDITOR-IN-CHIEF

As someone with only 23-and-a-half years of experience in this world, I'm shocked at how often I feel like I have lived different lives during that short timespan. I spent the earliest years of my childhood in New York City, the second half of my childhood in Newnan, Georgia, and now most of my adulthood in Orlando – and all of those cities presented me with uniquely different, if not contrasting, experiences. It's also why when people ask me where I'm from, I have to sigh and say, "Now, what do you mean by that?" because one form of that question could bring out a different answer than another. Ah, the brain of an editor, nothing if not precise.

In March, I visited my birthplace, New York City, and every time I go, I'm reminded of the life I had there as a kid. With a large majority of my family still there, visiting feels like going back to my inner child, back to the point of my life where it was all so simple. It's a feeling I like to hold onto and enjoy to the fullest, and feeling it in all its glory brings back forgotten memories and experiences, even bringing back parts of myself that I had to leave there in order to prosper elsewhere. But as soon as the vacation is over and I've touched back down in the O, the feeling's lost, and all returns to normal ... usually. But after this past visit, I was left thinking, "How do I help myself remember more? How can I travel back in time and relive that again?" If only, right?

Wrong. Now, I'm not here to say I solved time travel, but I found a few ways to "take me back" to those previous lives I've led when just reminiscing isn't enough:

1. Thinking back to my favorite things during a certain period in my life and experiencing them again as if it were the first time. This works extremely well with music and movies. As a kid, I was a disgustingly dedicated Demi Lovato fan. The quickest way for me to relive my tween angst is to put on their album *Don't Forget* and let the world melt away in front of me as I sing my heart out. And after my quinceañera, I still can't hear the song "Vivir Mi Vida" by Marc Anthony without immediately getting transported back to the night I turned 15, when I surprised all of my Dominican family who thought of me as a "gringa" by dancing salsa.
2. Looking back at old photo albums. They don't even have to be physical. The other day, I went back to the oldest photos in my iPhone and scrolled through so many high school moments that I had once despised but have now grown to appreciate. My parents also kept photo albums of their days leading up to getting married and then having me, and we've looked through them from time to time. It's really irreplaceable to see those memories all in one place.
3. Actually traveling. Going back to those places I have once lived and taking the time to re-explore a place that used to be home. Revisiting my childhood home, my old schools, my favorite parks. My family does this often whenever we go back to the cities we've lived in. There's always time for a quick detour.

Until we mere humans are gifted the power of time travel, I have to say these work pretty well for me. But man, nostalgia is one hell of a thing.



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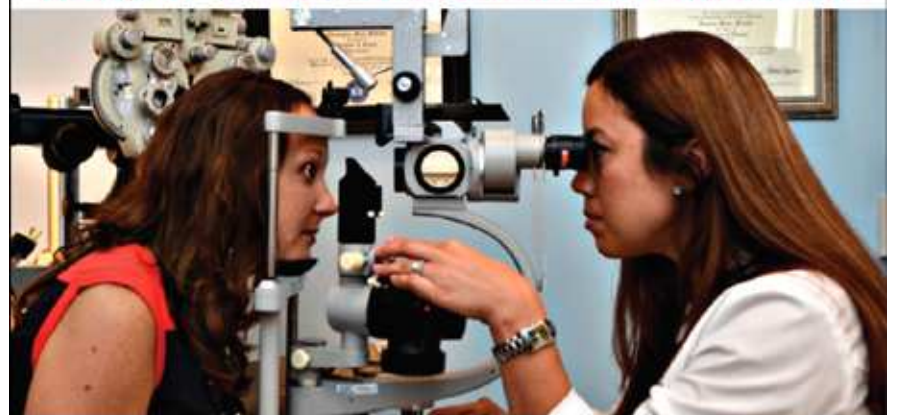
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NOBEL NOTABLE OF LAUREATE PARK: SAUL BELLOW, AGENT OF ANGST

BY DENNIS DELEHANTY

With this article, we continue our series on the Nobel laureates whose names grace the 130+ streets of Laureate Park.

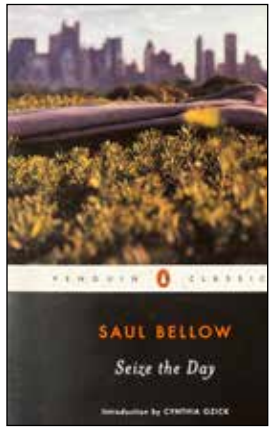


Some writers seem blessed with indelible fame, even if recognition emerges slowly. Herman Melville, for one example, garnered little praise during his lifetime. Not until the 1920s did critics crown *Moby Dick* as a literary masterpiece, and Melville's stature within the pantheon of American authors has grown only steadily since. Other writers are not so lucky. To a casual reader five decades ago, the Canadian-American Saul Bellow appeared to tower over other practitioners of the novel. He had brought a freshness and blunt irreverence to fiction that had attracted readers hungering for raw, unfiltered depictions of the daily trials of modern life. With the appearance of *Herzog* in 1964, critics started to shower plaudits upon Bellow, and the publication of *Mr. Sammler's Planet* in 1970 took on the contours of a genuine literary event, further adding to his burgeoning reputation as a writer of genius. By 1976, the year that the Swedish Academy conferred upon him the Nobel Prize for literature, Bellow stood shoulder to shoulder with the best of his craft.

Now, three decades into the 21st century, it is not unreasonable to ask whether Saul Bellow's writing has endured the trials of time. We wonder. In 2015, the centenary of his birth, NPR insisted that Bellow's prose "still sparkles" and that he maintains his commanding position as America's finest novelist of the past century. *The Adventures of Augie March*, we are told, is the Great American Novel. That, though, reflects the views of the community of literary critics, whose tastes do not necessarily resonate with the reading public — even for those who enjoy

an occasional difficult read. Googling "best American novelists" produces a surprising result: Bellow's name is often hard to find in the sundry lists of outstanding authors that pop up on the web.

But no matter. Let's try to answer this question about Bellow's durability by peeking into three of his more popular novels and examining, if briefly, his approach to themes, characterizations and style.



In one of his earliest efforts, *Seize the Day*, Bellow narrates one day in the life of a middle-aged loser, Tommy Wilhelm, who has survived economically only through the exasperated kindness of his wealthy father. The two inhabit separate rooms in a hotel on

Manhattan's Upper East Side, circa 1955. Here, Bellow introduces one of his favorite themes, the exploration of human frailty. Estranged from his obdurate wife and two children, Tommy is unable to secure a divorce even after failing to build any semblance of a useful career. Illustrative of his immaturity is his recent pursuit of a half-baked dream to work as a Hollywood actor on the recommendation of a hack agent who, as later revealed, has no real connections in the West Coast film industry. Back in New York after his ill-advised Hollywood adventure, Tommy faces financial and emotional ruin, a condition his father declines to repair. His solution? Having befriended a charlatan psychologist who dabbles in "sure bets" in the stock market, Tommy stakes his remaining life savings on a long-shot investment in the commodities market. In Tommy's muddled mind, the psychologist also offers him the promise of emotional healing. But on that day, the commodities market, you might say, seizes up, and Tommy's life savings vanish. As our story closes, Tommy, having wandered into a church, is found weeping on the casket of a stranger, a scene that reminds us of his alienation from those around him and from life itself.

Much like *The Catcher in the Rye* or Daniel Keyes' sci-fi classic *Flowers for Algernon*, *Seize the Day* faithfully captures the sights, sounds and daily bustle of mid-century Manhattan. If for no other reason, savoring the setting of that bygone Manhattan is worth the read.

Next, we have *Henderson the Rain King*, Bellow's most popular work. This is a novel like none other, a tale impossible to pigeon-hole. Eugene Henderson is a mild-mannered upstate New Yorker, an Ivy League grad on his second marriage, living an outwardly

conventional life. Henderson dabbles as a part-time pig farmer but dreams of attending medical school, a project that both his ex- and current wife regard with derision. Despite his hefty inherited wealth and solid social status, Henderson is hounded by an inner voice that repeats "I want, I want, I want!" In a desperate bid to quiet that voice, Henderson on impulse buys a one-way passage to East Africa, joining an old friend's travels on that continent. Recoiling at the extravagance of his friend's traveling style, Henderson strikes out for the bush together with his newly hired native guide, Romilayu.

A first stop brings the travelers to a village inhabited by the Arnewi tribe, whose drinking water has been contaminated by a plague of frogs. Henderson is taken with the tribe's aged queen, toward whom he demonstrates his adulation by kissing her wrinkled belly. The queen has shared with Henderson the secret of life in a native phrase signifying "I want to live." In gratitude, Henderson promises to rid the village of their amphibian pests with a bomb he assembles with assorted shotgun shells and batteries found in his backpack. The bomb, however, destroys not only the frogs but the village cistern, the tribe's only water supply. Under the cover of darkness, Henderson and Romilayu slip away from the village in shame.

The pair next travel to the mountain town of the Wariri tribe, where the welcome is initially coolish (they are lodged their first night in a hut occupied by a corpse). Henderson eventually gains an interview with King Dahful, who speaks perfect English, having been educated abroad. Henderson and Dahful spend hours in complex philosophical discussions (which, of course, do not advance the plot). Invited by Dahful to a ceremony to produce precipitation, Henderson is tricked into demonstrating his considerable strength by lifting a mountainous woman posing as a rain goddess. By passing this test, Henderson is unwittingly crowned the Rain King. The status gained with this title inserts Henderson into a dangerous palace plot, which ultimately causes Dahful's death during a hunt for a lion whose spirit was to have solidified his claim to the throne. In the mix, Henderson and Romilayu are imprisoned but manage to bribe their way to freedom, sneaking away again after dark. Arriving in Switzerland, Henderson calls his wife to announce his renewed plans to study medicine, leaving unclear whether he has found spiritual fulfillment during his adventures in Africa.

Categorizing *Henderson the Rain King* is an exercise in futility. Is it comedy? Though the plot and characters are amusing, few scenes will cause you to laugh out loud. A knock on African life and culture? But Henderson ceaselessly praises the African royalty he meets in his travels and seems happier there than at home in the United States. (Bellow, incidentally, had not traveled to Africa before writing this book.) How about satire, in the manner of Evelyn Waugh's *Scoop* or *Black Mischief*? Here again, though *Rain King* is wacky and weird, the narrative hardly spills

Drawing by Zoran Tucić



over into satire.

Let's now have a look at *Mr. Sammler's Planet*. Artur Sammler is a Jewish immigrant from Poland, a Holocaust survivor haunted by his wartime partisan exploits, living modestly in New York City, and remains supported by the generosity of a wealthy cousin. Over the course of two days, Sammler contends with a collection of zany characters who cause him considerable heartburn. These include a pickpocket he spies plying his trade on a bus who later follows him into his apartment building and, in a crude display of dominance, exposes himself to Sammler; his own daughter, who steals the sole manuscript of an Indian scholar's scientific paper on the colonization of the moon, pleading that she was only trying to "help" her father collect materials for a book she wants him to write about his one-time colleague, H.G. Wells; and a nephew who, convinced that his father (Sammler's benefactor cousin) has stashed cash into the plumbing of his Westchester home, manages to burn down the house in his search for the phantom treasure. As a short story, this would be a wild and fun tale. The difficulty is that Bellow regularly interrupts the rhythm of the narrative with pages upon pages of abstruse philosophical musings that, for this reader at least, detract from the book's intended message. Though Artur Sammler's state of mind may not rise to the level of angst, he nonetheless suffers from that certain disquiet that tickles at our lives in the modern era.

Now that we have struggled through six Bellow novels (*Ravelstein*, *Herzog* and *The Adventures of Augie March* in addition to the three above), what is our verdict? Simply put, Bellow is not to everyone's taste. Critics seem to love his work and apparently revel in the uber-intellectual references scattered throughout Bellow's longer novels. Average readers, though, may find only occasional beauty in Bellow's prose and are likely to wince at his obsession with the themes of sex and death, or his unfiltered depictions of the coarser aspects of daily life. In other words, you will probably enjoy *Seize the Day* and might like *Henderson the Rain King*. Just be wary about venturing any deeper into Bellowland.

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NONA HEROES: ESMA DENNIS

BY FELICITY MAE GOMER

It takes a strong person to see pain and do something about it. One of these strong people is Lake Nona local Esma Dennis, a foster parent recruiter. This hero has dedicated much of her career to helping people in the midst of misfortune.

Esma works with Embrace Families, a Central Florida organization dedicated to community-based care for foster families and children experiencing abuse and neglect. She helps connect children in need to parents who will love them, them, and provide the vital consistency that they may not have had otherwise.

Esma, her husband, and their twin boys came to the area to be closer to Disney – as many of us did – and to enjoy the suburban appeal. She and her husband are high school sweethearts celebrating nearly 30 years of marriage, and they love their boys dearly; she very clearly cares for her family and extends that care to other families.

Prior to coming to the region, Esma and her family did their fair share of traveling due to her husband's military career. She previously worked as a domestic violence case manager in Connecticut, contributing to her 20-year-long career in social work. Her passion is evident through all of her efforts in helping human beings.



Courtesy of Esma Dennis

"I remember, as a little girl, realizing the little girl that lived next door was not as fortunate as I was," Esma said. "That prompted me to want to help those I saw with a need."

Esma starts her day off with prayer and by helping her family prepare for their days before her own. In her day-to-day work life, she is in the community searching for opportunities to express the need for foster families and making sure these neglected and vulnerable children find comfort in family. The things any professional in this field sees are hard, but the successes are surely rewarding. Giving children the care they deserve has to be one of the most fulfilling things a person can do – even more so when they make a lengthy career of it.

"The positive side of working in this area is [that] it made me work harder, smarter and wiser to make sure I am getting quality foster homes for children who are in need," she explained.

This work is not something one can put down at the end of the day. It's a passion that speaks through everything you do, and recruiters like Esma are constantly motivated to find strong homes for these kids. She extends her professional obligation to make things happen for children in need and works with local chambers of commerce to spread the word.

For her contributions to the foster care community, she has received the Spirit Award from Embrace Families and earned the Ambassador of the Year title with the St. Cloud Chamber. It's one thing to excel in your work; it's another thing to be recognized for your integrity and hard work outside of work, around the clock.

Esma's advice to her younger self would be to listen to your mother when she gives advice, which I think we can all relate to. She plans to continue to be her absolute best self for her family, the foster community and, of course, herself – something she is already doing in her work and personal life. She's recently lost 40 pounds on her course to being the best person she can be, which deserves a huge shout-out!

This powerful woman shows us the value of family and taking care of others in their time of need. For bringing families together, finding safe and healthy homes for kids, and loving them enough to wish them the same fortune she's had, she is entirely heroic.



Photo by Bozanich Photography



Courtesy of Esma Dennis

care for

LAKEVIEW SURGERY CENTER OPENS IN DR. PHILLIPS

BY CAMILLE RUIZ MANGUAL

Physicians at the Orlando Health Digestive Health Institute Gastroenterology – Dr. Phillips have opened the Lakeview Surgery Center, a new ambulatory surgery center, as part of their pledge to offer patients high-quality healthcare closer to home. The new surgery center will provide general gastroenterology outpatient procedures. The Lakeview Surgery Center opened in the Southwest Orlando corridor on the Orlando Health Dr. P. Phillips Hospital campus.

"The new gastroenterology ambulatory surgery center reflects our core value – supporting the growing needs of our patients in the communities we serve," said Thibaut van Marcke, senior vice president, Orlando Health Southeast Region, and president of Orlando Health Dr. P. Phillips Hospital. "How healthcare is being delivered today is ever-changing, and keeping ahead of these changes is key to providing the best care. We believe the center will be very beneficial for our patients who need this service."

The Lakeview Surgery Center is located at 7448 Docs Grove Circle, Suite 108, just a short walk from the hospital. It has approximately 10,000 square feet of space with three state-of-the-art procedure rooms and 12 pre-op/recovery beds for patients in the center. The center will also be Medicare-certified and fully accredited by the Joint Commission.

Patients can expect expert, board-certified physicians to deliver a number of gastroenterology surgery procedures, including:

- Screening colonoscopy
- Colonoscopy procedures
- Upper GI endoscopy
- Upper GI procedures

The Lakeview Surgery Center's team is led by Christina Covelli, M.D., medical director, general gastroenterology, Orlando Health Digestive Health Institute. Dr. Covelli also oversees gastroenterology practices at numerous Orlando Health campuses, including Orlando Health Dr. P. Phillips Hospital, Orlando Health – Health Central Hospital, and Orlando Health St. Cloud Hospital.

"By thoughtfully expanding access to critical gastroenterology-related screenings and innovative treatments in a facility that's modern, safe and convenient, [we] will make it easier for patients to get the care they need and deserve," Dr. Covelli said. "We are excited to offer our patients the best medical care, which utilizes clinical medicine, cutting-edge innovations and compassionate care that places the patient at the center of the healthcare experience – where they absolutely belong."



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LAKE NONA RESIDENTS TO OPEN SALT THERAPY SPA

BY LAUREN KIRK, OWNER OF LIGHTLY SALTED

Lightly Salted, Lake Nona's first salt room and holistic wellness center, will open its doors to the community in the spring of 2022! Lake Nona is renowned nationally for its intense focus on health and wellness, and we are honored to add this new, innovative approach of healing to the array of wellness treatments available locally. Most people don't realize there's a full story behind this business. Read on to learn what inspired us to integrate salt therapy practices into our own personal lives and now to offer these therapies to our Lake Nona friends and neighbors.



Whenever I mention our new spa, Lightly Salted, the first question people usually ask is, "What's a salt room?" I've answered this question so many times that my response has become automatic, almost a part of me. (Though I am happy to say I am meeting more and more people in the community who do know about salt rooms and are avid enthusiasts of salt therapy.)

After hearing my spiel and talking through follow-up questions (such as "What the heck is a halogenerator?"), people then commonly ask, "Why a salt room?" My answer to that question is a little less automatic because it hits close to home. I am not launching Lightly Salted just because I happen to like spas. I haven't put so much of my time, heart and soul into cultivating this dream from thin air because it was fun. In fact, fun is not the first word I would use to describe the process of launching a brick-and-mortar business.

Answering the question of "Why a salt room?" is a bit more complicated. I feel that I owe it to the community to share the healing I have found with salt therapy. Let me explain. About eight years ago, while crossing the street as a pedestrian, I was struck by an F-150 truck traveling at approximately 45 mph. I am very well aware of how lucky I am to be writing this article, here and now. In the months and years that followed, I experienced chronic, long-term pain and tension in my back, shoulders and neck. I often had migraines and trouble managing my emotions (brain injuries are tricky like that). I was told I would need to be on maintenance pain medication and muscle relaxers for the foreseeable future.

I decided, though, that this course of treatment wasn't for me. I also realized that just because I decided "this treatment wasn't for me" didn't mean the pain or other symptoms would magically disappear. So I turned to holistic practices. I started visiting an acupuncturist biweekly, a massage therapist monthly, and a salt room as often as I could. Slowly but surely, I was able to wean myself off of conventional medications and live a symptom-free life. I didn't even have to take my allergy medication anymore! I was so overcome by the power of these treatments that I began integrating more and more holistic practices into my life.



With the opening of Lightly Salted, we are excited to offer these same salt room services in a consolidated fashion to the community of Lake Nona! We are beyond thrilled to invite the community to a space designed to elevate your health and wellbeing. Our salt room services have been carefully curated with the intention of elevating the health of one's mind, body and soul. We aim to be more than a spa and hope to become a center of gravity for holistic wellness.

Halotherapy, or salt therapy, is the foundation upon which all our other services rest. Guests absorb (no pun intended) the natural, healing benefits of the salt element by simply relaxing in one of our therapy rooms. Our state-of-the-art halogenerators circulate micron-sized, medical-grade salt particles in the air that are passively inhaled over 45 minutes. Our infrared saunas will offer a version of halotherapy as well as medical-grade chromotherapy (aka light therapy), which activates various wavelengths across the visible color spectrum to promote mental and physical healing. Our expert therapists will provide a wide range of healing and detoxification services such as acupuncture, fire cupping and nutritional counseling. Our salt-inspired massages will help your body relax, recover and renew.

Through our innovative use of salt therapy, we look forward to helping every member of this community reach their wellbeing goals!

Opening our doors in spring 2022

Learn more about our services, see our construction progress, and gain access to exclusive founding membership offers by visiting www.lightlysaltedspa.com or following us on Instagram @lightlysaltedspa.

Lightly Salted, Lake Nona's first salt room and holistic wellness spa

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OPTIMIZE FOR SUCCESS: THE KEY TO ALL SALES

BY SYDNEY BRAUNSTEIN

What makes a salesperson successful? It is the million dollar question. There are books, seminars, programs and classes that are developed by those claiming to have the magic recipe.

The key to a successful salesperson is their ability to deliver value. David Sandler said it best – "People buy emotionally, and they justify their decisions intellectually." Essentially, the consumer must perceive the value higher than the cost of the product, service or solution being presented. How do you determine what is valuable to you and your customer?

Know your target audience. Before investing time with a consumer, make sure they are in the market for what you are selling. Ask yourself – who needs, wants and/or benefits from what I am selling? For example, someone with cancer would likely pay any amount of money for the medicine to cure them. However, a patient dying of a degenerative condition simply cannot justify purchasing the medicine for just any amount of money. Devoting time to sell the cure to cancer to someone dying of HIV or dementia would be a waste of time.

Jeff Hoffman said, "When reps take the role of a curious student rather than an informed expert, buyers are much more inclined to engage." Asking the right questions will lead you to your solution. In order for the customer to see the value, you first must learn what it is that resonates with them. A successful sales professional is curious. They seek to understand what the consumer is looking for, what is important to them, and why that is. Most importantly, they focus on listening to their answers before making a suggestion to buy anything.

When developing a solution, reiterate what the customer said they value. Emphasize how your solution touches on the points they expressed a need or desire for. The lack of success in sales is likely due to the customer not seeing the value in the product or service being offered. If you face rejection, they likely perceive the cost of the product, solution or service at a higher price than their perceived value. As Kate Zimbriskie said, "The customer's perception is your reality."

When it comes to closing a sale, asking the customer for their buy-in is the easiest part.

Hopefully, you have understood their wants or needs and tailored the delivery of your offering to adhere. As John Maxwell said, "Successful people reject rejection." If you receive a no, begin by asking where you missed the mark. There may be an opportunity to overcome the rejection by articulating that what you are selling is of value to them.



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THE ARTIST: CHI SAVI

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF CHI SAVI



Our May artist of the month was born to a family heavily involved with the arts, and his talent, as a musician, songwriter, photographer and videographer (to say the least), has flourished because of a natural, if not hereditary, artistic force within him. Calling Lake Nona home, this artist truly brings a refreshing, contemporary quality to our community through his music. This is Chi Savi.

Nonahood News: What drove you to become a musician? And how did you come up with the name 'Chi Savi'?

Chi Savi: Ever since I can remember, I've always been around music, thanks to having some very talented and musically inclined parents! My parents never forced me to do music but always surrounded me with it. My dad is a producer/singer-songwriter and plays many instruments, like piano, bass and drums to name a few. My mom grew up in church singing and has influences of CeCe Winans and Crystal Lewis in her voice. As a kid, my dad would record me and my two other brothers (one of my brothers being the artist "ZVMVR") in his studio, and I believe my love for music started there. By the age of 13, I learned how to engineer and produce beats in the studio, and the rest is pretty much history.

The name "Chi Savi" came from my actual name "Malachi." I just shortened it to Chi, and the way Savi came together was not because of the word "savvy" or "savvy." Before I was born, my mom was going to call me "Xavier." A common nickname for Xavier is "Xavi" or "Savi," so I put two and two together, and the name became a part of me as I grew into my artistry.

NHN: How would you describe your sound?

CS: My sound is quite genre-bending. A mix between R&B, dancehall, pop and Latin pop. I never try to limit myself or put myself in one category. My music is for everyone! You can play it during a night drive, at a party, the beach, park, and even in the middle of the day. I have a song for every mood. It's just a vibe!

NHN: Walk me through a day (or a week) in your life of creating music.

CS: So I usually just go based off of what I'm feeling in the moment, the mood, or something I've experienced. There are times I'll make up a concept and write a story expressed through my lyrics. Once I have that, I automatically jump into the studio to get what I am feeling off my chest! The number one key to success in the studio is to have my red and blue LED lights on to set the vibes. First, I look through some samples and then create a beat behind it. Sometimes, I'll just pick out a beat sent to me by select producers who I work with, that I've been vibin' to. The lyrics usually come easy to me. I just go based off of the feeling. A lot of people throw their melodies down first and then write, but I just go in the booth. And if I like it, I keep it; if I don't, I delete it and redo it. There are times the lines don't come as easy, and I'll give myself a couple of days, sometimes weeks, to get inspired. Once my creativity hits and the feeling is right, the lyrics come effortlessly.

NHN: Which of your projects has been your favorite? Which has been the most challenging?

CS: By far, my most favorite project I've ever made that's out now was my *Love The Pain Away* album. The vibes from that album are so timeless to me. The most challenging project I've ever made was my "Amour" EP I made with my artist friends "Kev," "Kel,"

"Nikko" and my brother "ZVMVR." It was difficult because it's a Spanish album and I know little to no Spanish at all. I pretty much used Google Translate to help me write the lyrics for that album. Although a challenge, I have to say it was so much fun to create this album with my friends and family.

NHN: Besides music, what other passions do you have?

CS: I really just love to be creative. I do photography/videography outside of my music. I am also very passionate about fashion; I love looking good because it makes me feel good. I enjoy motivating and elevating the people around me. I'm a firm believer in "Whatever you put into the world is what you will get back." When I help the people around me, it also allows me to reflect on myself by making sense about my own personal struggles. I believe people just need that extra push to get them through their day, and sometimes you just gotta listen to your own advice to get yourself to that next level. I also love reading, too! A lot of people hate it or don't have the attention span for it, but they don't realize that knowledge is truly power. I have a mini library, and I collect the books that I read so I can always go back to that knowledge if I ever need it again.

NHN: What (or who) serves as your inspiration?

CS: This is such a hard question to answer because I look up to so many people. Vocally and lyrically, my inspirations are Chris Brown, Tory Lanez, Partynextdoor, Eric Bellinger and Drake. Aesthetically, my inspirations lean more toward artists like Travis Scott, Don Toliver, Drake, Kanye West and The Weeknd. I love the dark, cinematic, night-vibe-type aesthetic they bring to their art. Motivationally, I look to people like Russ, Gary Vaynerchuk, Kanye West, and Hindzight. If

you know, you know.

NHN: What are some of your dream projects or artists to collaborate with?

CS: My dream collaboration would be a Savi x Breezy collab (me and Chris Brown) or a Savi x Bad Bunny collab. I have lots of respect for many artists and enjoy tons of music, but these are the only two people that I presently dream of working with.

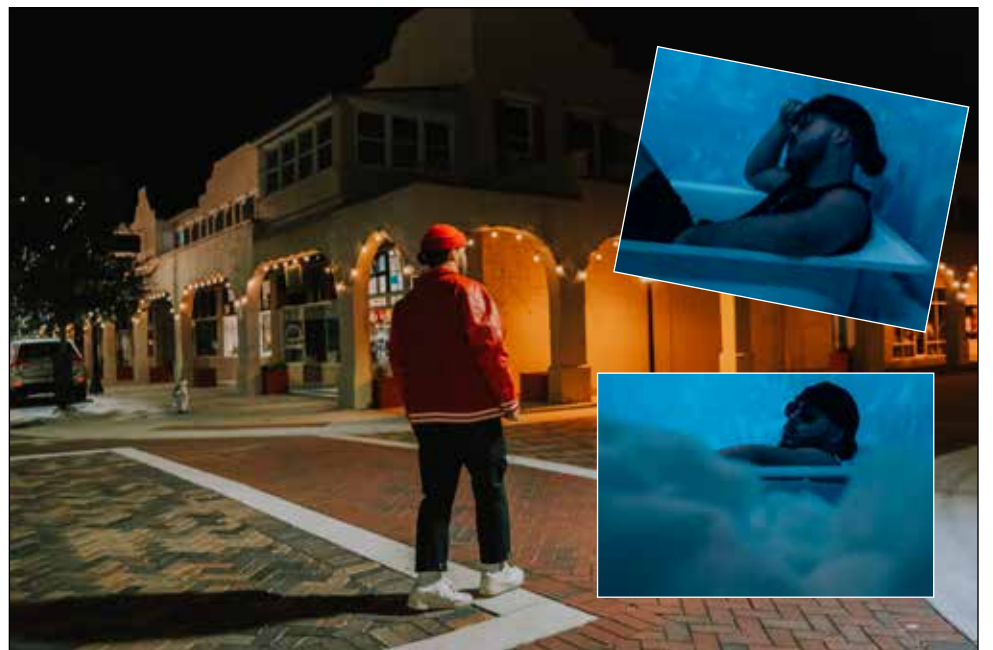
NHN: Future projects/plans?

CS: I am currently in album mode as we speak, working on a project that is about 16 tracks long. I also have a few dope features on this album. I can't say too much about the concept, but I believe it's gonna be a Chi Savi classic. I may drop a few singles that have nothing to do with my next album before the launch, but we will see how the year goes!

To stream Chi Savi's latest music, visit <https://songwhip.com/chisavi/press-rewind>. To keep up with Chi Savi, follow @CHISAVI-OFFICIAL on all platforms as well as his photography account @CHIVISUALS_.

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.



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LAKE NONA REGIONAL CHAMBER OF COMMERCE



EVENT GALLERY



Young Professionals' Group
The Young Professionals' Group meets on the third Thursday of the month at 5:30 p.m. at LIME Fresh Mexican Grill. (Left to right) Wayne Alleyne, Nona Enviro Group; Joel Ferguson, Edward Jones; Viviana Solano, Thomas Lopez; and George Rodriguez with Northwestern Mutual.



Chamber Outing, Orlando Magic Game
Forty-five members and guests of LNRCC enjoy an evening of basketball, watching the Orlando Magic win against the Oklahoma City Thunder on March 20. Our Platinum Partner AdventHealth invited the chamber into their suite at Amway Center, and the Chamber Outing succeeded with the assistance of our Chamber Magic representative Corey Helvey. (Photo by Madelyn Long)



Nona Professional Ladies' Luncheon, Today's Real Estate Market
The Nona Professional Ladies' Luncheon panel presents "Today's Real Estate Market" on March 21 at Wycliffe Discovery Center. Panel members are (left to right) Alyssa Faber, business development executive with Fidelity National Title in Orlando and Lake Nona; Joselyne Muszynski, broker/owner of Orlando International Relocation Realty (OIR Realty); Amy Zaki, owner of Great Florida Insurance in St. Cloud and Hunters Creek; and Jessica Sherrill, senior loan officer with Movement Mortgage. (Photo by Danielle Conley)



Ribbon-Cutting Ceremony at Five Star Claims Adjusting
Grecia Gill (center), marketing manager of Five Star Claims Adjusting, and Ernesto Ejuri (right), public adjuster, prepare to cut the ribbon at the grand opening on March 23. (Photo/Madelyn Long)



Ribbon-Cutting Ceremony for Nona Soccer Cares Foundation
Fabio Silva, owner, cuts the ribbon for the grand opening of Nona Soccer Cares Foundation on April 1. (Photo by Danielle Conley)



Luncheon Connections, UCF Lake Nona Hospital
(Left to right) Deborah German, M.D., vice president for Health Affairs and dean of the UCF College of Medicine; Don Long, CEO Lake Nona Regional Chamber of Commerce; and Wendy Brandon, CEO of UCF Lake Nona Hospital, gather after the LNRCC Business Connections: A New State of Healthcare in Lake Nona on March 25. (Photo by Danielle Conley)



First Tuesdays After Hours, Amazon
LNRCC members make the most of the night by receiving guided tours through Amazon's MCO1 facilities on Boggy Creek Road on April 2 during the First Tuesdays After-Hours Event. (Photo by Danielle Conley)



Ribbon-Cutting Ceremony at Watson Realty Corporation Lake Nona
William Watson, founder, cuts the ribbon at the grand opening of the new Lake Nona location of Watson Realty Corporation Lake Nona on Boggy Creek Road on April 2. (Photo by Danielle Conley)



Chamber Connections, Speed Networking
Stella Miller (left), Aagaard-Juergensen LLC, opened Chamber Connections: "Speed Networking" at Culver's Lake Nona on April 7. (Photo by Danielle Conley)

FROM THE CEO: NONA FESTIVAL INTERNATIONAL CELEBRATION SUCCESS

We thank an extremely hard-working and dedicated group of chamber volunteers who made our Nona Festival a grand success on April 23. Of primary importance is the **Festival Committee** that planned, organized and managed the event. We thank our primary contributors: events chair **Brandy Bennett of elSpaces Orlando**, committee chair **Brian Peck of Nona Mortgage**, logistics chair **Joel Ferguson of Edward Jones**, sponsor recruiter **Keliah Rios of OG Fitness**, volunteer coordinator **Kim Gordon of The Kendrick Team**, exhibitor and support recruiters **Linda Guzman and Lulu Rivera of Liv Realty**, entertainment coordinator **Hope Perez of Synovus Bank**, decorations coordinator **Sonita Khan of OneMed**, kid's zone coordinator **Stu Gutter of American Balloon Décor**, board representative and coordinator **Terri Turner of Fisher House Orlando**, performing DJ **Tyrone Walker of Orlando DJs**, and Drive Shack liaison **John Pilkinton of Drive Shack Orlando**.

Additionally, numerous event volunteers helped make the entire day a success for our community along with the help of the **Orlando Police Department** and **Orlando Fire Department**. Also helping secure our event as our safety sponsor was **Arnaldo Leon of COD Security** and **COD's uniformed officers**. Their presence made the entire event safe for everyone.

Most importantly, a special thanks to venue hosts at **Drive Shack**. Your courtesy during the event, along with your assistance during the planning process, was invaluable.

If you did not make it this year, make sure you add our Nona Festival to your calendar next year. **We will announce the 2023 date soon!!**

Don Long | CEO, Lake Nona Regional Chamber of Commerce

First Tuesdays After-Hours

Wild Florida

Tuesday, May 3rd
5:30 - 7:30 p.m.

3301 Lake Cypress Rd Kenansville, FL 34749

Chamber Connections: Connections over Coffee

First Thursdays at 8:00 a.m.

Thursday, May 5

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Saturday, May 7
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Friends of Fisher House Summer Kitchen

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- Venemex Fusion Grill
- Wings Financial Credit Union
- XL Soccer World Lake Nona

BEST FRIENDS IN THE NONAHOOD: THE TALE OF ODIN, FREYA AND THE BOW-WOW BUNCH

ARTICLE BY PATTY REBER
PHOTOS COURTESY OF NADIA RIVERA

They say that people rescue dogs, but in this case, Odin, a sweet little Husky, hopped into a car to select his owner! Smart pooch indeed!

Nadia Rivera and her partner, Caleb, tried to find the owner to no avail, so they put a notice of the lost dog online. Those who viewed Odin online wanted him until Nadia and Caleb decided they would adopt him themselves. It did, however, take time for Odin to accept affection in his new home. One year later, Freya, another adorable Husky, needed to be rehomed and thus joined the clan. Freya was only 4 months old and required some serious training. Freya quickly learned to take advantage of Odin, and she stole his dinner each night after quickly gobbling her own. After training with much patience from Nadia and Caleb, Odin and Freya now have become BFF dinner dates!

The end? Not a chance! The amazing Nadia is filled with love and kindness for pooches and dog-sits for 5 or 6 additional dogs at a time. Although Nadia first got the jitters at the thought of this, the pack introduced themselves to each other and now cuddle and nap together, in addition to riding to the park in Nadia's Bow-Wow Uber. One of the pooch



parents at the dog park saw Nadia with her Bow-Wow bunch and said, "If I ever leave my dog with anyone, it will be with Nadia. She is so kind and attentive." With so many dogs in their "puppy parade," as Nadia refers to them, she becomes a cleaning wiz without letting a day go by. She was determined not to have her home smell like a kennel.

Nadia enjoys salsa classes, which I am sure is a great release after tending to the pooches all day long, but she always enjoys returning to her furry friends. We need more dog-lovers in this world like you, Nadia! And, by the way, can you pooch sit our dog?

LIVING WELL: IT'S NOT ALL ABOUT ME

BY CINDY COFFMAN

We are living in the times of ME! What makes ME happy, what benefits ME, what makes MY life easier. Brace yourself, as I am bringing up the P word again ... pandemic. There, I said it. It's no longer a shock or buzzword, but I know we are all tired of hearing it as the excuse for everything bad in the world. At first, I was in denial. We can't possibly blame the pandemic for labor issues, supply chain issues, global warming, my growing bunions. However, from my current point of view, I feel it's now more true of a statement than ever before.

We've huddled in our homes hiding from the outside world for the last two years. We've wrapped our families up in this Batman-like cape of solitude. We've hunkered down, and we've hoarded. Why? Because we were told to do so. We've bought 45 gallons of purified water (which you probably have 43 gallons left) and 34 cases of toilet paper. (Just FYI, it makes great streamers for a bar mitzvah.) And we are lamenting over the cream cheese shortage – oh, our first-world problems.

Since fear is such a motivator, I kind of excused the "me behavior" during the height of the COVID craziness. However, we've been heading back to a somewhat normal way of life here in 2022, yet our selfishness seems to have gotten worse. Let me explain with a simple example: Recently, our local gas station closed due to having a short staff. THE GAS STATION. You know, the place we all need (well, except for us TESLA folks) to go to fill up our vehicle to get around this lovely Earth. I would go out on a limb to say that the gas station is a vital business for our everyday lives. However, the folks who used to work at the gas station have found that they would rather stay home and receive government funds than go back to their job.

Unfortunately, what they don't see is that their decision has a butterfly effect on the world around them. The butterfly effect suggests that a small change can lead to larger-scale change/variation of reality. So, in this case, three employees choosing not to come back to work causes the store to close. What could come from that? The owner can't meet his obligations to pay bills or other employees. Patrons must drive further to get gas. The gas station three miles down the street now raises their gas prices, as there is a much higher demand. That one decision by three people can affect thousands. Now, take that example and multiply it all over the city, state or nation.

Sadly, I see it everyday in so many situations. Let's look at my day today. On my way to work, I was driving through the neighborhood.



With homes still under construction, it can be like driving through a crazy-fun house maze. As I'm navigating down the road, I come to an impasse. A landscaping truck decided to park in the MIDDLE of the street, blocking all traffic from passing. Additionally, he chose to park next to a car on the side street that blocked anyone from being able to get through that way. I had to use my NASCAR skills to drive a half block in reverse just to find a spot to turn around. At that same time this morning, my husband, Todd, was playing chicken with a few cars in the local UPS parking lot. Folks were all clamoring for a space that didn't require a theme park tram to get back to the store. As another UPS customer parked his car, he jumped out and literally ran ahead to beat my husband to the door to get in front of him in line. I am sure we were both thinking the same thing today, something that our favorite comedian would say: "Ooooh, this is YOUR world, it's all about you, Captain You Planet ..." Ay-yi-yi, that must be a pretty empty life.

Todd and I have been married for 32 years. I love that man more than a deep-fried Twinkie dipped in chocolate! What we have learned as we grow in our marriage is that we find the most satisfaction in learning how to make the other one happy. We ask, "How can I take the attention off myself and please my spouse?" In doing this, we have found a deeper and more unconditional type of love. And this is the attitude we are trying to project toward others. Let me tell you, that has not been an easy task. However, it is a much healthier and happier way to live. Truett Cathy put it best when he said, "Nearly every moment of every day, we have the opportunity to give something to someone else – our time, our love, our resources. I have always found more joy in giving when I did not expect anything in return."

Join me in challenging yourself to choose kindness instead of anger. To brush off the little aggravations that don't merit the time they steal from your day. Value each day as if it were your last.

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CELEBRATING NATIONAL TENNIS MONTH

BY DANIEL PYSER

The college tennis season comes to a close in May, and for the third consecutive season, NCAA national champions will be crowned at the USTA National Campus.

The campus hosted its first-ever NCAA championship event in 2019 when it hosted the NCAA Division I Men's and Women's Tennis Championships. Nearly 12,000 fans took in the 10 days of action that saw the University of Texas men and the Stanford women win national titles.



After no spring championships were held in 2020 due to the pandemic, the NCAA Division I Tennis Championships returned in 2021 with reduced crowds and extensive health and safety protocols. The Florida Gators' men's team won its first national championship in front of a spirited pro-Gators crowd, while the Texas women continued the winning ways for the Longhorns in Orlando, taking home the women's title. Florida's Sam Riffice, a Lake Nona resident, won the NCAA Division I men's singles title as well.

This year, the USTA National Campus welcomes the NCAA Division III Men's and Women's Championships, providing an opportunity to shine a light on a different level of collegiate tennis. The event will be held May 23-28 and will feature the top eight men's and women's programs as well as the top singles and doubles players from across the country.

The Collegiate Center will once again be at full capacity for this year's event, and many of the fan activities that were popular at the 2019 event will return for the DIII championships. The event is free to the public, and no tickets are required.

Emory University in Atlanta is the reigning champions for both the men and women and are once again highly ranked heading into the postseason. The Emory men are looking to tie the all-time record for DIII team championships at seven, while the Emory women's eight titles are two shy of the women's all-time record held by Williams College.

Case Western Reserve University has been the top team in DIII men's tennis for most of the season, while that honor goes to the University of Chicago for the women. They will both be favorites for the title heading into postseason competition in May.

For more information on all upcoming events at the USTA National Campus, including the NCAA Championships, please visit www.ustanationalcampus.com.

During the month of May, the USTA is also joining its industry partners to celebrate National Tennis Month, which is a nationwide grass-roots effort celebrating tennis, a sport that provides a host of physical, mental and social benefits. For 31 straight days, players, local coaches, facilities, retailers, tennis manufacturers and more will be driving awareness about the sport and its benefits by bringing existing and new players to the game with special events, promotions and play opportunities in their communities.

Tennis saw significant growth in both participation and equipment sales in 2021, which marks the second consecutive year of this trend. According to the Physical Activity Council's (PAC) Participation Report produced by Sports Marketing Surveys, which monitors more than 120 different sports and activities, more than 22.6 million people took to the courts in 2021, up approximately 1 million players and 4.5% from 2020. In addition, data from the Tennis Industry Association shows that racquet sales have increased in numerous areas, with an uptick of 22.7% in total units (3.4 million units) and 46.2% in total dollars (\$122.9 million) last year.

For more information about National Tennis Month, visit USTA.com/NationalTennisMonth or search hashtag #NationalTennisMonth on social media.

TO NONA & BEYOND: SUN 'N FUN 2022

BY ETHAN WALSH

Air shows are a popular recreational activity for many people in Florida. Having the chance to witness incredibly powerful jets up-close can be an exhilarating experience. Not to mention being able to witness beautifully maintained historical airplanes, which have an irreplaceable charm. There are many air shows throughout the year in the Sunshine State, yet there is one that truly takes the cake.

Sun 'n Fun is the largest air show in all of Florida and, in fact, is the second-largest air show in the world! It takes place annually and usually occurs

during late March to early April. This tends to be a time where there is an abundance of sunshine without too much heat. The amount of performers at this air show is nothing less than incredible – totaling over 30 unique airplanes from a wide variety of categories.

This year, the Thunderbirds paid a visit to Sun 'n Fun. The United States Air Force aerobatic team flies six F-16 fighter jets. It has been their aircraft of choice going all the way back to 1983. They perform a number of close proximity maneuvers that have held spectators on the edge of their seats for many years. Additionally, if you are into photographing airplanes, the Thunderbirds are a wonderful subject, with their bright white paint and red noses sharply contrasting against a blue sky.

For one of the photos in this article, I managed to capture the Thunderbirds transiting the moon! Notice how the exhaust from the F-16s distorts our nearest celestial neighbor. In the other photo, the Thunderbirds can be seen in their iconic Delta formation. This is where all six jets create a V-shaped formation that resembles a flock of migrating birds. The amount of skill and concentration required to do this at high speeds is nothing less than astounding.

We hope you are able to make it to next year's Sun 'n Fun. The 2023 aerospace expo is currently scheduled for March 28 until April 2. General admission tickets can generally be purchased online a few weeks ahead of the event for a decent discount. Florida residents may also receive discounts on general admission.

Thunderbirds Delta Formation by Ethan Walsh



Thunderbirds Transiting the Moon by Ethan Walsh



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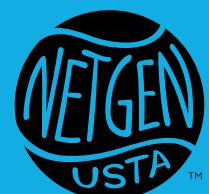
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NAMASTE WITH NATALIA: PLOW POSE

HALASANA

YOUR MONTHLY YOGA POSE

ARTICLE BY NATALIA FOOTE
PHOTO BY KELLY RODRIGUEZ

A stretch known to most is a seated forward fold, legs outstretched and hands holding the feet or reaching toward them. Plow pose, or *halasana*, is nearly the same posture, only with a different relationship to gravity. The legs are above the body, and the back is connected to the mat.

Plow pose has many benefits, and unlike supported shoulder stand, it is a pose recommended for those that tend to have high blood pressure. Performing plow before supported shoulder stand relieves the lightheadedness that you may feel. The pose massages the internal organs and provides the benefits of an inversion. It both stretches and uses your strength to attain the posture. In addition, it is an excellent stretch for the gluteus maximus. As your legs come over your head, your hips enter a deep hip flexion, creating space for the gluteus maximus. The whole back body receives the benefit of the legs overhead.

There are many variations with hand placement in *halasana*. The one pictured is with the hands released. Hands may also be clasped together or placed at the low back as they

are in a supported shoulder stand. There is also a variation where the hands are holding the toes, similar to an upside-down seated forward fold. In this variation, it is important to have a strong yoga practice as the spine receives a significant amount of pressure. As with all new movements, please confirm with your healthcare professional that this pose is suited for you.

One of the most telling aspects of plow pose is the strength in your breath. Regardless of body mobility, plow pose condenses the organs, thus making it quite apparent how easy, or difficult, it is to breathe in the posture. Maintain a steady and even breath while practicing most yoga postures, and pay close attention to your breath while in plow.

As with a supported shoulder stand, you may use blankets to elevate the upper back and provide space for the head and neck below.

1. Begin laying on the mat, bend the knees and use the hands to support the lower back.
2. As the hips begin to lift over the shoulders, extend the legs, allowing the legs to move past the head.
3. Release the hands from the lower back and clasp the hand or extend the arms, keeping the energy toward one another.
4. Allow your gaze to be soft and pointed toward your nose or knees.
5. Gently breathe, staying in the pose for one to five minutes.
6. Use your abdominals to guide the feet away and land with the legs on the mat.

Namaste.



SAVOR TOOTH TIGER: EASY REFRIGERATOR PICKLES

BY ALLYSON VAN LENTEN

My 2-year-old son has a serious pickle problem. He will eat half a jar in one sitting if I let him. Being the son of a chef, he has expensive taste; his favorite pickles from Lake Meadow Naturals run about \$9 a jar.

So we have started making our own, which is admittedly part family-bonding time, part money-saving venture. I think I've created a very similar recipe for a fraction of the cost.

These are refrigerator pickles, meaning no actual canning knowledge or equipment is necessary. You don't even need to actually cook anything. Simply prepare the brine, chop a few ingredients, and let the pickling commence! This makes one large quart-sized mason jar full of pickles or two pint-sized jars. These are essentially bread and butter pickles. They're sweet and sour, with a few spices for added flavor. If you're not into sweet pickles, you can omit the sugar and add some dill for a more traditional sour pickle. Did you know the term "bread and butter pickles" comes from a couple who invented them in the 1920s and bartered their pickles for grocery staples like bread and butter?

Almost every culture in the world has a unique version of a pickle with a wide array of ingredients. There's sauerkraut from Germany, kimchi from Korea, cornichons from France, pickled daikon from Japan, giardiniera from Italy, preserved lemons from Morocco, pickled herring from Sweden, pickled mango from India, or the classic American dill pickle. Why stop at cucumbers? This brine works well for red onion, with which I like to top onto my avocado toast. I also like this as a pickled cabbage, which works nicely with a fried fish taco.

We know that cultures have used pickling for centuries as a means to preserve foods, but what actually is happening in that jar? How does a cucumber become a pickle? Pickling involves covering a food in an acidic brine. Acid is key to transforming the flavor. Fermentation never adds acid, although sometimes it leaves a sour flavor after the good bacteria have worked through the sug-



ars. Use pickle-making as a science lesson for your kids. FATTOM is an acronym used to outline the conditions for bacterial growth, which is what we are trying to inhibit with the pickling process. F is for food, the object getting pickled. A is for acid, the vinegar in the brine. T is for time, the two days it takes to pickle the cucumbers in the fridge. The second T is for temperature, which is being controlled by the refrigerator. O is for oxygen, which isn't present in the jar because of the seal. M is for moisture, which is controlled by the amount of water and vinegar in the brine. Who knew pickles could save you money and teach your kids about science and history?

Sweet and Spicy Refrigerator Pickles (Recipe makes 1 quart-sized mason jar)

- 4 mini cucumbers (Kirby) or 1-2 regular-sized cucumbers (sliced to your desired thickness)
- 1 cup apple cider vinegar
- ½-cup water
- ½-cup sugar
- 1 tablespoon salt
- 1 teaspoon black peppercorns
- 1-2 cloves of garlic, chopped
- 1 tablespoon whole mustard seeds
- Pinch of turmeric (optional for color)
- Pinch of red pepper flakes (optional for added heat)

Instructions

1. Prepare the brine by combining the water and vinegar with the sugar and salt. Whisk well until all solids have dissolved.
2. Chop cucumbers into spears or coins. Whichever shape you choose, make sure they are of even thickness. You may use a mandolin to ensure uniformity.
3. Add spices to the brine. Fill the mason jar with the cucumbers first, leaving about an inch open near the top.
4. Fill the jar with brine.
5. Cover the mason jar with the lid and place in the refrigerator. After two days, you have pickles. Pickles will last about 2-3 months in the refrigerator.



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LET'S TALK LAKE NONA: OUR EXTRAORDINARY ECOSYSTEM

HOW LAKE NONA'S LANDSCAPE ARCHITECTS ARE ENHANCING OUR AREA'S WILDLIFE HABITAT

Earth is home to an awe-inspiring array of ecosystems – from the exotic rainforest and arid desert to the familiar Florida swampland – where multiple layers of living things work together, dependent on each other to thrive. And while each ecosystem is unique, none is quite as special as the one where we live. In Lake Nona, our community is home to countless types of ecosystems – from wildflower meadows and lakes to trail systems and conservation areas – that each serve a purpose while working together to support the environment.

Tasked with making sure our natural environment continues to flourish is Lake Nona's talented landscaping team. To achieve this goal, they focus on enhancing wildlife habitats by adding plants and trees that not only benefit the environment but make our community beautiful.

If you ask Lake Nona's director of landscape architecture Jeff Thompson, the best way to grow Lake Nona's ecosystem is to start small. You may have noticed colorful new flowers and plants located in different pockets around the community from Lake Nona Town Center to Laureate Park. These vibrant plants have been specifically selected to attract mason bees – the queen bee of pollinators. Mason bees are 100x more effective at pollinating than honeybees.

"Mason bees are terrific pollinators and are key to sustaining our ecosystem by helping plants reproduce," said Thompson. "And they're solitary, unlike honey bees. This makes them much more docile, and they can adapt better to a modern suburban environment like Lake Nona."



But mason bees aren't the only insects buzzing into Lake Nona. Blooming nectar plants are also attracting butterflies. Did you know that Florida is home to more than 200 species of butterflies? From monarchs and swallowtails to zebra longwings (our state butterfly), there are so many different species that have a home in Lake Nona. Starting your own at-home butterfly garden is easier than you think. Visit LakeNona.com for some tips from Jeff on how you can build one at home.

Rising above the flowerbeds are the ecosystem's foundation – trees. And in Lake Nona, we have a lot of them. From conservation areas to new landscaping additions, trees are crucial to a productive ecosystem.



Since 2018, Lake Nona's tree relocation program has moved more than 600 trees, including oaks, palms, crepe myrtles and maples, to new homes throughout the community. These mature trees add immediate value to the Lake Nona ecosystem. Thanks to their wide canopies, mature trees provide shade and nesting and sheltering space for birds, mammals and insects.

In the Lake Nona Sculpture Garden, nearly 300 hand-selected, Florida-grown palm trees joined the Lake Nona ecosystem providing habitats for birds like grackles, wrens and cardinals. In addition to the palms, the garden features climbing vines, fragrant shrubs including ylang-ylang, gardenia and night-blooming jasmine that will bloom seasonally. Beyond the Sculpture Garden, the surrounding meadow features a mix of native plants for pollinators, including wildflowers and the Powderpuff Mimosa – a versatile groundcover plant that blooms all summer long with cheerful pink flowers.



Home to more than 1,000 acres of lakes and waterways, the bodies of water in Lake Nona also play a critical role in our community's ecosystem. To help the lakes and waterways thrive, the Lake Nona landscaping team focuses on planting along the water's littoral shelf – the area between the body of water and the banks surrounding it. When planted, it creates a fertile border around the water, adding to both the function and beauty of the area. In fact, littoral plants are one of the most productive parts of the ecosystem. These plants provide food and shelter for fish and clean the water. As the waterway thrives, it begins to attract larger fish, reptiles, mammals and birds, expanding the ecosystem.

On top of enhancing wildlife habitats, the Lake Nona landscaping team has also helped find eco-friendly solutions for community problems. When it became difficult to enjoy the lake at Canvas Restaurant & Market due to pesky Florida mosquitos, the team suggested adding gambusia fish (commonly known as mosquito fish) to the lake. These freshwater fish have an appetite for mosquito larvae and help make the lake more enjoyable for residents and visitors.

When the Florida sun makes it too hot to enjoy the Lake Nona trails, shade can be added by introducing trees that also contribute to the ecosystem. The landscaping team is planning to add long-leaf pines along the shell trails in Laureate Park. Long-leaf pines are native to the Southeast and can grow very quickly. The tree's giant, nutrient-filled seeds make a good snack for animals and are a favorite of the fox squirrel. Fox squirrels are native to Florida and, unlike common gray squirrels, are not territorial. The landscaping team hopes this new addition will attract some of the local fox squirrels to Lake Nona and further add to the richness of our ecosystem.



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WORK WELL: A SOCIAL MEDIA FAST

BY NATALIA FOOTE



good friend had been in Spain. But hearing her tell me about it, I could feel excited and engaged without “pre-living” the emotions on my couch through my phone.

The main benefit I have found is time and focus. I didn’t realize I had lost the ability to plan, execute and dream for myself. I had so many other voices in my head that I had lost my own.

I am now at a precipice, about to start a virtual yoga space as well as a woman’s workshop. The time off social media has given me the ability to plan; however, I know I must return to social media to promote my business. It feels as though social media has become a necessity.

Moving forward, my goal is to return mindfully and share valuable content. I will create some discipline and structure to the time I spend on social media. I will also be aware when my emotions attach to photos and comments.

How do you spend your time with social media? Do you have a healthy relationship? Does it affect you emotionally? How focused do you currently feel?

Although I am a study of ONE, I encourage you to attempt a social media fast. Try it for a day or maybe even a week. Don’t do it while you’re on vacation. Do it while you are living your normal life. Prep yourself with something to do when you normally “scroll.” Check in with yourself and see if you notice a difference leaving the party.

Natalia Foote found yoga 20 years ago. Within those 20 years, she got married, had kids and switched career paths. Through all of life’s changes, she always felt at ease after practicing yoga. She wanted to share that with others, so she began teaching yoga and meditation. She started threeR (release, reconnect and reset), a company that brings yoga, meditation and mindfulness to companies, events and individuals. To learn more, visit www.nataliafoote.com.



Imagine walking into a room where a large party was happening. Only this party has small clusters of people surrounding one person who was screaming a statement or showing a photo. These clusters of people are liking the statement or photo, others are making their comments, and some random robot keeps shouting a website name. This is my personification of social media.

In January of this year, I decided to stop using the social media platforms I was checking daily, Instagram and Facebook; in essence, I left the party without saying goodbye. The decision came after I would sit and say I was going to “scroll” for five minutes, and then I’d find myself spending hours watching Instagram reels.

Social media has many benefits. It connects people and provides free or inexpensive marketing for businesses. It lets you know when there is a lost dog and when the next festival is happening. It’s also a great place to see far-away friends and catch up. I could sit on my phone and feel the joy of a loved one who went on vacation or reached a milestone. I would also feel upset when I would hear someone was wronged or when a virtual voice was misunderstood. I found myself emotionally invested wherever I was because of social media.

I realized I was wasting emotional energy and a significant amount of time. I wanted a piece of freedom from the news cycle and other people’s opinions. I also wanted to prove to myself that I could stop a behavior I very much enjoyed and that I was in control.

Although I never fully deleted my accounts, I deleted the apps from my phone. Taking this step was exhilarating and made “scrolling” difficult. Scrolling had become a habit, mindlessly picking up my phone and checking in. In *Atomic Habits*, James Clear explains how to swap a habit for another and make the undesired habit “hard to achieve.” I replaced the habit of scrolling with a digital book. I then became extra mindful of the times I was tempted to scroll social media. I would read.

At first, I felt disconnected. Events would pass, and I had no idea about them or would happen upon them wondering how everyone knew. Small businesses were difficult to get in contact with as they’re mostly on social media. I even lost touch with people I felt connected to because of social media.

As time passed however, I became elated to catch up with someone and see them face-to-face. I was genuinely intrigued to hear what they had been up to and happy that I wasn’t asking about something I had already seen. “You went to SPAIN?!” I had no idea a

LAKE NONA’S 13-YEAR-OLD GOLF PRO WINS SECOND IN AUGUSTA GOLF CHALLENGE

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF ANGEL PACHECO



Some of you may remember this young lady, whom I had the pleasure of interviewing two years ago. Is anyone surprised to hear she is continuing to make a name for herself in the golf world? Not me! Angelina Pacheco returns with another impressive win under her belt; this time, she took her skills to the Drive, Chip and Putt (DCP) National Finals in Augusta, Georgia, and came out in first place for putting and in second place overall.

Over 3,000 kids from all 50 states compete in the DCP Finals: After three qualifying rounds, only 80 of them proceed to the final round. They are divided into age groups from age 7 to 15. Angelina, in the 12-13 age group, represented the entire Southeast region within her division and certainly represented it well.

This young lady dedicates much of her time to practice, where she is improving her game five times a week for several hours at a time. In addition to her focus on the sport, she also practices meditation. It never hurts to utilize mindfulness for the benefit of mind, body, and soul and golf!

Support is never lacking in Angelina’s circle; she has the encouragement of her parents as well as the bustling Lake Nona golf community. Eagle Creek Golf Club, where the Pachecos practice avidly, is a huge source of support and has received so much joy from watching this 13-year-old grow and conquer throughout her time in the sport. After her latest victory in Augusta, the owner of Eagle Creek personally reached out to congratulate her – which, if you ask me, is indicative of the strong sense of community in Lake Nona.

“Everyone there is so kind to me and seems very pleased to watch my game grow through the years,” said Angelina.

She seemed wise beyond her years when she talked about her process throughout the DCP finals. She recalled doing her best to stay in the moment and simply focus on one shot at a time during the competition. When asked if there was a moment where she thought she might fail, Angelina said, “No, because you can never give up in golf until the final score is posted.” Wise words, and pretty universally-applicable ones at that.

“I understand that golf is a long journey and it’s a process with ups and downs,” she said. “I am also very driven and have goals for my future that keep me inspired.”

Young, ambitious folks deserve to be celebrated for their hard work and persistence. In this case, Angelina was invited to the DCP National Finals and had the opportunity to show Augusta what she’s all about. In addition to competing well, the event was featured on live television through the Golf Channel, and she was greatly commended by the commentators for her putting game. It is truly impressive to watch back. Angelina also took home a gorgeous trophy for her second-place overall win, which goes well with her first-place medal in putting. This local golfer has become an impressive competitor and continues to excel in her sport.

The Golf Channel’s commentators included a story about Angelina playing 18 holes with former number-one-ranked pro Lydia Ko. Ko had followed a similar path by becoming the youngest golfer of any gender to be ranked as number one in professional golf. According to the live broadcast, Angelina merely approached Ko on their home course in Eagle Creek and asked to join her. We very well may see an accolade just as substantial with Angelina in the coming years. She is doing an incredible job, and her work ethic will ensure that her success continues.

Keep an eye on our young friend as she competes in the Florida Junior Tour (which she had also recently won) and the Elite AJGA tour. She has had a great number of victories at only 13 years of age and looks forward to bringing home even more. Congratulations to Angelina Pacheco on a job well done at the Augusta National Golf Club’s Drive, Chip and Putt competition!



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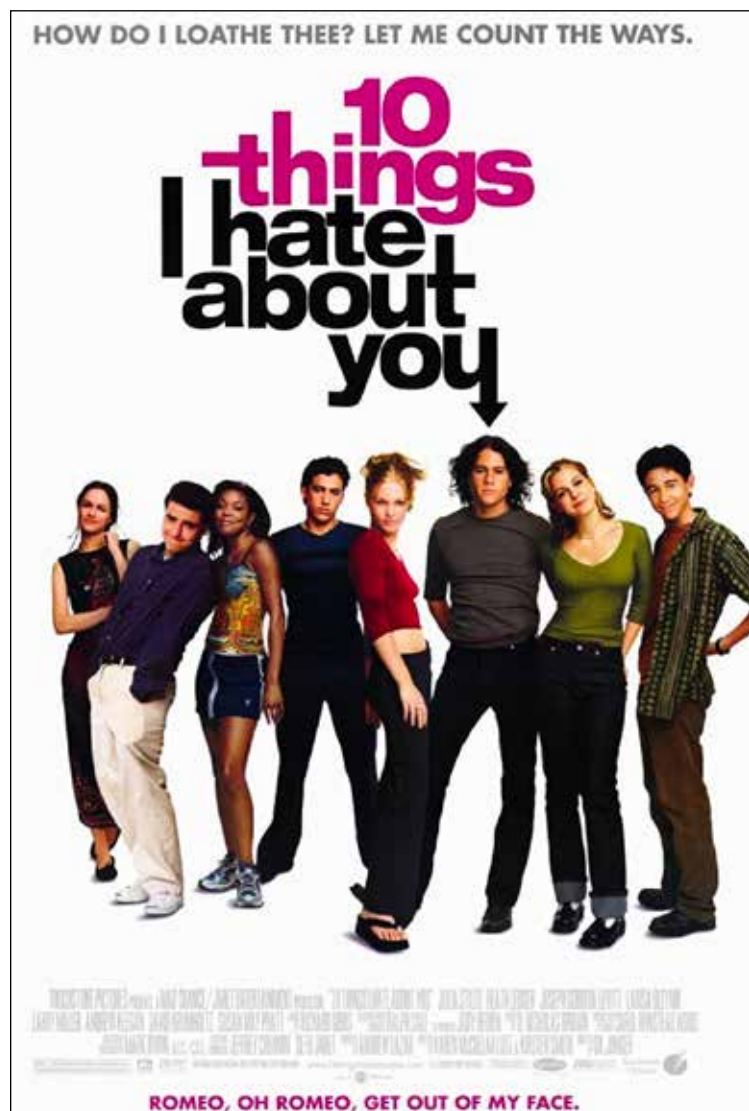


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FELICITY'S FLICKS OF THE MONTH

ARTICLE BY FELICITY MAE GOMER
PHOTOS COURTESY OF IMDB

Flick of the Month: *10 Things I Hate About You* (PG-13)



Kicking us off this month is one of my all-time favorite comfort movies, starring the equally beautiful Julia Stiles and Heath Ledger, *10 Things I Hate About You*. As a true classic in the romantic comedy genre, I'm sure most people have seen this. However, some extra appreciation for the greats never hurt anybody!

I've watched this film four or five times in the past few months alone. Its writing, soundtrack, costume design and cast list truly make this an unforgettable watch. Of course, we wouldn't be here without Shakespeare's *Taming of the Shrew*. As someone who hasn't read the traditional play, I can't speak to the validity or accuracy of the film adaptation, but I'm sure familiarity with it only enriches your experience with the movie.

First of all: Heath Ledger ... wow. Need I say anything else? His role as Patrick Verona is one of the best I've ever seen him in. He is as handsome as ever with lengthy brown curls and a clean-shaven, freckled face, and his accent is just the cherry on top. Patrick is the rough-around-the-edges-turned-dreamy-beau we all wish for. The scene where he takes over the stadium intercom, tips off the marching band, and dances while running from security gives me goosebumps. Who wouldn't want this man serenading you in the stands of a football field?

Other honorable mentions include Cameron, played by the young and adorable Joseph Gordon-Levitt, and Larry Miller's role as Kat's dad. The number of great actors – and even musicians – adds to the reasons to watch this.

The script is full of clever quips and jokes (and drawings on faces) that may be a little too risqué for the kids. Julia Stiles makes me cringe with the delivery of many of her lines, but I feel that they contribute to the classic feel of the film. She is an incredible actress but struggles in this instance with organic delivery; still, I don't know who else could portray the rebellious Kat like she did. I do

wish they spent a bit more time explaining their family history. Did their mom pass away, or did she just leave? Does that have anything to do with Kat's punk transformation?

Kat's popular sister, Bianca, undergoes some pretty substantial character growth as well, and the sisterhood theme is endearing through it all. They bicker, they snoop through each other's stuff, and they experience this difficult abandonment from their mother together. Their growth as a family navigating hard times while still being typical teenagers is sweet and relatable to many of us.

We can't talk about this movie without mentioning the famous scene where Kat reads her poem. I think I've cried every single time I've heard it – and that's all I'll say if you haven't seen it. Unforgettable, powerful, breath-taking.

With a strong combination of coming-of-age topics, excellent writing, clever humor and superb acting, it is so hard to not watch this one multiple times a week. As of the time this was written, *10 Things I Hate About You* is streaming on Disney+. Make sure to check out the parental guidance recommendations before making this a movie night feature. Enjoy!

Show of the Month: *Fleabag* (TV-MA)

I'm so thrilled to bring Phoebe Waller-Bridge's *Fleabag* to the table for my TV show selection of the month. Though currently only halfway through my second watch, this one immediately trumped everything and nestled into its spot at the very top of my list of favorites. This one's a little raunchy with a ton of signature English profanity. Waller-Bridge stuns us all with her writing as well as her performance as the protagonist ... though, after getting to know her character, you might think she's a bit of an antagonist, too.

Fleabag takes us on an absolutely hilarious and incredible journey through the life of a messy, chaotic and brutally-herself woman, referred to only as "Fleabag." Personally, I could not believe nobody had mentioned it to me before: I'm renowned for my guinea pigs, and Fleabag literally runs a guinea pig-themed cafe. A guinea pig-themed cafe!

Dialogue runs quickly and cleverly in both of the seasons currently out. There is so much unique, genuine funniness in this series and none of the ability to guess what the characters will say or do next. This is, by far, one of the funniest things I've ever watched. Fair warning: This is definitely an adult show that deserves a generous "heads-up" for adult content.

Hand-in-hand with the comedy is self-deprecation and some truly dark themes. The balance achieved here is so astounding, and Waller-Bridge's writing compels us to cry for her character, laugh at her character, and relate to her character. We see her best friend's tragic death as well as the loss of her mother, and we see how real human beings deal with these things in real ways. These ways are questionable at times, but Fleabag is so unashamedly herself that it makes the rest of us feel comforted, in some ways, to see that we're not alone, or maybe relief that we're not that bad.

Fleabag's episodes are reasonably short with only a few in each season. I don't believe many people have seen this series, so I won't spoil much, but this is one show that packs a significant punch. Stream this one on Prime Video and let me know how hard it punched you.



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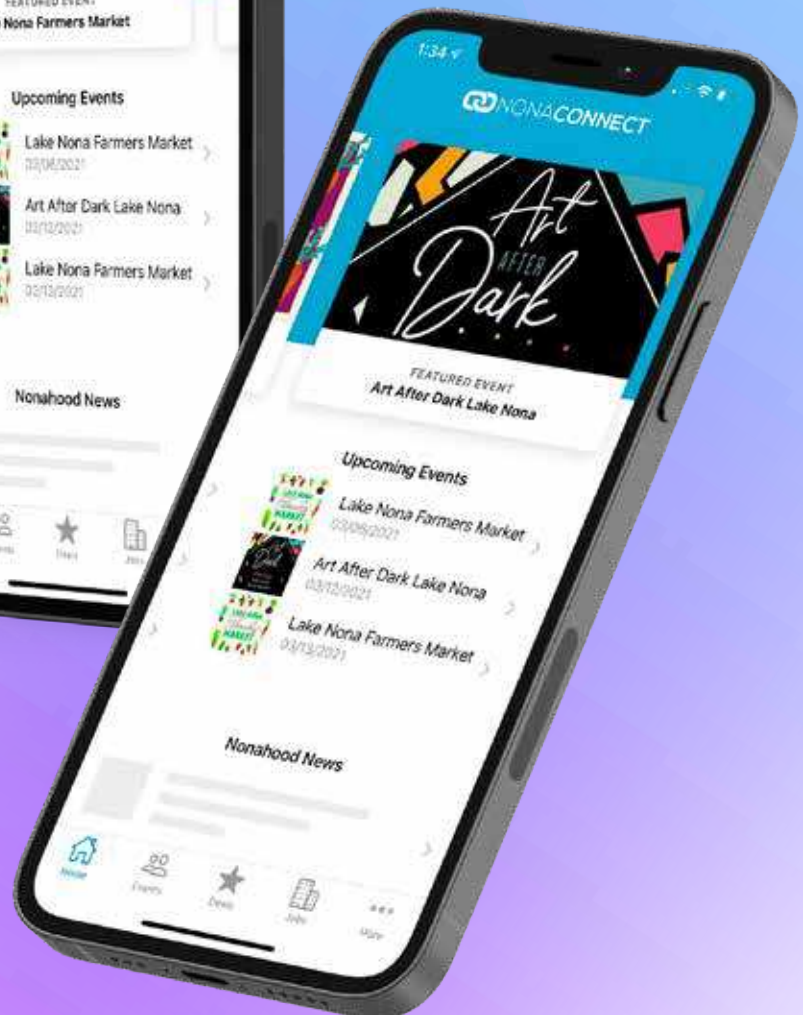
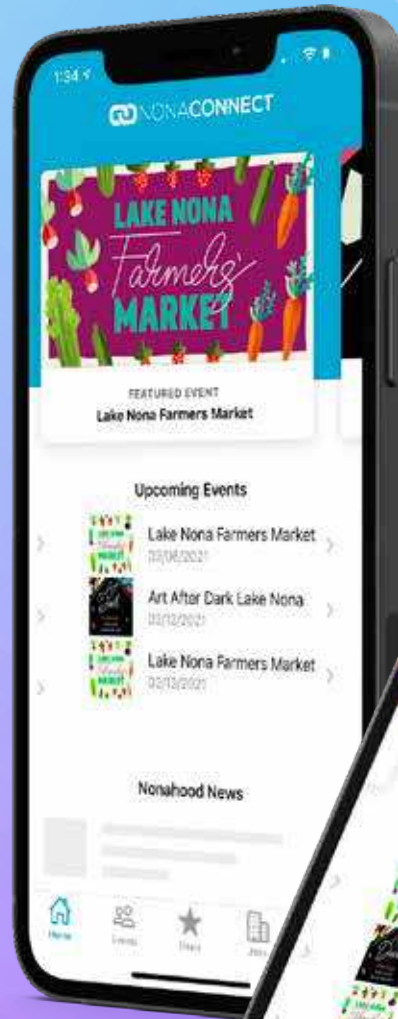
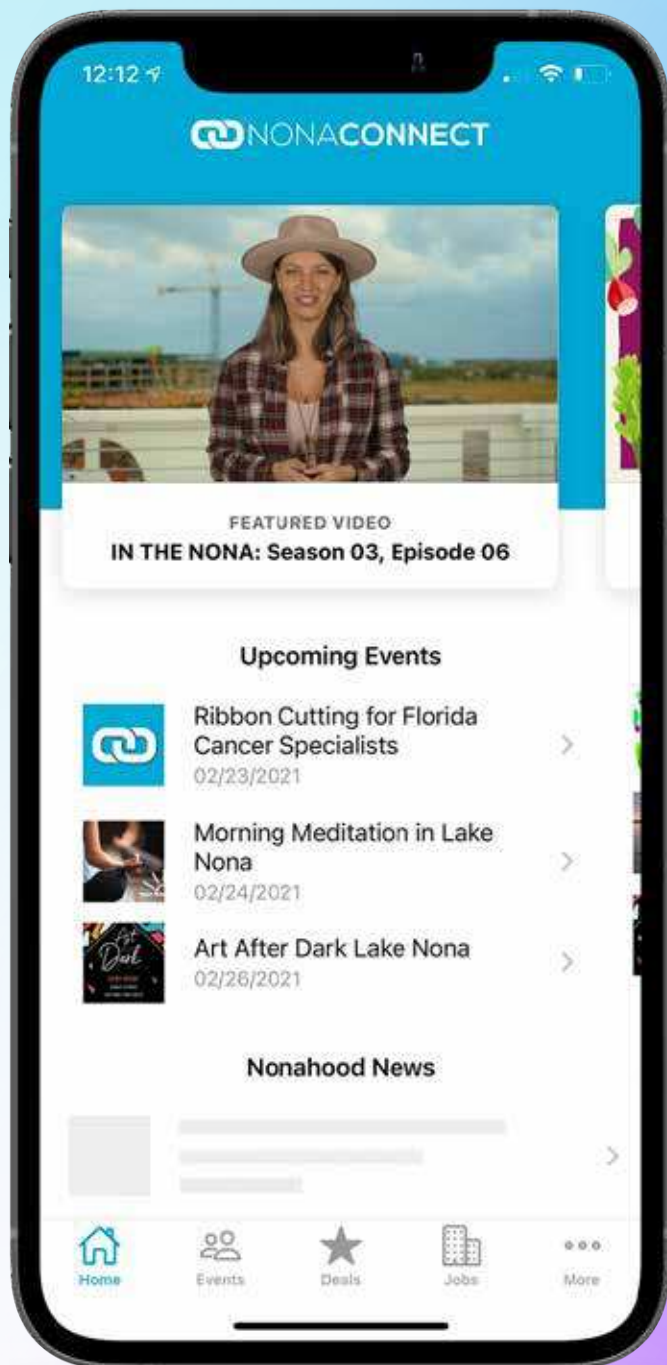
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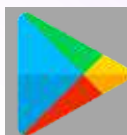
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