

# nonahood news<sup>®</sup>

JUNE 2022 CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA | VOLUME 7 ISSUE 6

4

**THE ARTIST:  
WELCOME TO  
WONDURLAND**

ARTIST: WONDURLAND

**I LIVE HERE! I PLAY HERE! I SELL HOMES HERE!**

30 YEARS EXPERIENCE HANDLING COMPLEX NEGOTIATIONS THAT WIN MY SELLERS TOP DOLLAR  
AND SECURE THE BEST TERMS & PRICE FOR MY BUYERS PURCHASING THEIR DREAM HOME.

ROYALTY REAL ESTATE BOUTIQUE  
B BARFFTER LAW FIRM  
www.BartLaw.com

*Domenique makes it happen!*  
DOMENIQUE G. LOMBARDO  
BROKER/OWNER/REALTOR®

ROYALTYREB.COM

**407.474.7000**

NEW

5

ROTARY CLUB OF LAKE NONA  
LUNCH MAY UPDATE

10

THE GREAT GREEK  
MEDITERRANEAN  
GRILL OPENS IN LAKE NONA

10

GOODWILL INDUSTRIES  
OF CENTRAL FLORIDA  
ANNOUNCES NEW TUITION  
SCHOLARSHIP PROGRAM

13

OVAHCS VETERANS  
PARTICIPATE IN THE NATIONAL  
VETERANS CREATIVE ARTS FESTIVAL

**Founded on Faith, Family, & Friendship**

Peter Luu  
SIGNATURE GROUP

Premier  
Luxury

POWERED BY  
**exp**  
REALTY

321.917.7864

PeterLuu.com

PERMIT NO. 4  
CALLAHAN, FL  
PAID  
U.S. POSTAGE

Nonahood News LLC  
6555 Sanger Rd  
Orlando, FL 32827



**Publishers/Owners**  
Rhys & Jenny Lynn

**Editor-in-Chief**  
Demi Taveras

**Media Specialist**  
Angelica Hamm

**Production Manager**  
Kyle Hamm

**Media Service Manager**  
Michael Perez

**Writers & Reporters**  
Allyson Van Lenten, Camille Ruiz Mangual, Ciaran McArdle, Cindy Coffman, Daniel Pyser, Demi Taveras, Don Long, Emerson Walsh, Ethan Walsh, Felicity Mae Gomer, Natalia Foote, Patty Reber, Rodney Gage, Sharon Fuentes

**Proofreading**  
Joe Henry

**Layout Design**  
Marnie Brophy

**Creative Director/Producer**  
James Rayner

**Submissions**  
If you have news you would like to share with your community, visit [nonahood.to/stories](https://nonahood.to/stories) or email [press@nona.media](mailto:press@nona.media).

**Advertising**  
For rates, deadlines, and specifications, visit [nonahood.to/ads](https://nonahood.to/ads) or email [sales@nona.media](mailto:sales@nona.media).

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

Nonahood News is a nona.media publication

**NONA.MEDIA**

# NAMASTE WITH NATALIA: FISH POSE

## MATSYASANA YOUR MONTHLY YOGA POSE

ARTICLE BY NATALIA FOOTE  
PHOTO BY KELLY RODRIGUEZ

Opening the heart is a common concept in yoga. The idea of opening the heart, or expanding the chest, creates an opening in areas of our body that tend to curl in.

It is natural for us to protect our hearts. We do so both literally and figuratively. Our ribcage is exquisitely designed to protect two vital organs: our lungs and our heart. Outside of our skull, nothing else in our body is surrounded by bone. Our bodies literally protect our hearts.

We also protect our emotions – not showing too much love or care for fear of embarrassment or hurt. We figuratively protect ourselves so we don't feel the pain of rejection. Do we allow ourselves to harden or open?

As we age, the natural curvature in our spine curls forward. Our shoulders slump forward, and our mid-spine presses backward. Fish pose is a great posture to alleviate this natural slump.

According to B.K.S. Iyengar, the effects of *matsyasana*, or fish pose, are that the dorsal region is fully extended and the chest is well expanded. Breathing becomes fuller. The thyroids also benefit from the exercise due to the stretching of the neck.

1. Lay on your back facing up.
2. Support your weight on your forearms.
3. Slide your hands, palms down, under your buttocks.
4. Take a breath in and open your heart, lifting the top of your chest toward the sky.
5. As you open your chest, allow your gaze to lift up and back.
6. Your head might land on the mat, or it may be slightly elevated off the mat.
7. Point your toes and take 5 breaths.

If you've been following along, month to month, fish pose is also the counter posture for shoulder stand. The series would follow a plow pose.

Namaste.






**AMERICAN**  
POOLS & SPAS




**LAKE NONA'S PREFERRED  
SWIMMING POOL CONTRACTOR**


- ✓ Custom Inground Swimming Pools + Spas
- ✓ Outdoor Pavers
- ✓ Outdoor Kitchens
- ✓ Screen Enclosures
- ✓ Commercial Pools

7320 Narcoossee Rd, Orlando, FL 32822  
Call for an estimate 407-847-9322      [American-Pools.com](https://American-Pools.com)




**NOW, AT THE PIXON BUILDING IN LAKE NONA**





**Unique High Quality Products**



**Professional & Efficient Service**

**SPECIAL CONTACT LENS FITTING FOR:**

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

**Hablamos Español!**  
Saturday Appointments Available

**CALL FOR AN APPOINTMENT:**  
**(407) 855-6132**

**Doctors of Optometry offering Routine Vision and Medical Eye care**  
**WWW.UPTOWNEYECAREGROUP.COM**



# THE SOCCER OF BUSINESS: PLAYING TO WIN

BY CIARAN MCARDLE

Top players don't play to compete. They play to win at every level. If you go to any Premier League training ground and observe the training session, you may be amazed at how competitive the games are. Players playing against THEIR OWN TEAM-MATES, giving everything they have got to win what may seem like just a meaningless training game or exercise and being genuinely gutted if they lose said game. Why? Because they are keeping score.

Let me repeat that sentence but highlighting one word: Because THEY are keeping score. Players play differently when they know what the score is at all times and are playing to win because of that. It drives them. They are playing at this level due to the innate internal drive to succeed within them, fueled by the score and the competition. This is one of the rules that creates the discipline of "Playing to Win."

According to the book *The 4 Disciplines of Execution*, the four characteristics that each successful team should demonstrate are:

- They know the goal.
- They know what to do to achieve the goal.
- They know the score at all times.
- They hold themselves accountable regularly and frequently for the results.

We see this in every professional team.

- Each team knows the goal for the season. They know the goal for that particular game, and each player knows their goal individually for each game or set piece.
- Process, process, process. Great teams and great players don't go into each training session thinking, "Are we going to win the Champions League this week? Are we going to win the Premier League this week?" They go into the training session thinking about THAT training session. They measure and focus on the process rather than the goal. They have key measures that, when done consistently, RESULT in the success of the long-term goal. They know when you add up all those focused training sessions, all those good nutritional choices and social sacrifices, the compound result of all these

- small processes, success follows.
- The Premier League table is in front of every player, coach and fans at all times. You can't hide from it. Pretty much every stadium has an enormous scoreboard during the game showing the current score and the time remaining to change it. They are keeping score, and they are driven by it.
  - Players are in the public eye so much that they are accountable at all times. They are interviewed by the press constantly and are held accountable by their peers every day. If they have been out on a Friday night before a big game on Saturday and fail to perform, their teammates let them know about it and how much they have let the team down. There is no stronger drive than the thought of letting the team down. With social media and hundreds of thousands of followers, sometimes millions, they can be held accountable in a matter of seconds, directly from fans at any time of the day or night. Accountability is key – regularly and frequently.

So, what can we learn from these professional teams and the game itself to implement into our daily lives and our businesses at any level, from the entry-level worker to the CEO?

1. Know the goal. Setting goals is such an important part of business and life. We need a target to aim for personally and professionally. We need team goals as well as individual goals. Individual goals make us move in the right direction, but team goals create a powerful force greater than the sum of its parts if they are all acting toward the success of the main goal.
2. Focus on the process. If the goal is the destination, then the process is the GPS to get us there. We need to figure out what we need to do to achieve the goal and then do it. Sounds simple, right? But this is the step where most people fall down. When the goal is such a distance away and progress seems slow, they change things up, move away from the process, and try the quick fix. Trust the process and focus on the process. Want to increase your bonus by \$10,000 this year? Don't focus on the \$10,000. You know that each new sale

- gives you a \$1,000 bonus. You know that making 10 new calls per day gives you 1 hot lead, and out of the 20 hot leads in a month, you always close one. That's your process, making 10 new calls per day. You can measure that. You have control of that. You can win that game daily. Focus on THAT.
3. Know the score at all times. In the above example, you could probably guess how many new calls you have made every day. But if you have a scoreboard and you KNOW, there is no way you are leaving the office that day having only made nine calls. You know the score, and you know it's 10 that will bring results. Even if everyone else is leaving for happy hour, you are staying five minutes extra to make that final call. It's the same for your team. Having a scoreboard so that your PEERS know you have only made nine calls toward the team goal is a powerful motivation tool to get every last call done. Not only knowing that you are letting your

- friends down but also knowing that you are going to be held accountable, as described in the next rule:
4. Accountability. Having an office scoreboard is one thing. But another is that each week you are going to be reviewing it as a team and going through everyone's process measurements to make sure you are doing what you agreed to do. You are going to be in the limelight, just as players are with the fans at the end of the game when the weekly result is final and you are judged by your performance that week. If your workload on the pitch isn't what it should be, then the fans will let you know about it. If you are not pulling your weight as part of the team and are constantly falling short of your process, which in turn brings the team's results down, then your teammates and co-workers will (and should) let you know about it.









**HIGH INTENSITY,  
MUSCLE SHAPING CARDIO CLASSES  
IN THE MOST  
TECHNOLOGICALLY ADVANCED  
PREMIER INDOOR CYCLING STUDIOS**

**FIRST RIDE IS FREE • (321) 320 - 7746**  
Located in the heart of Lake Nona, just steps from Boxi Park.  
7004 Tavistock Lakes Blvd #119 • Orlando, FL 32827

**Visit us: GoCycleNow.com**  
  
First Ride Free promotion is for new riders only. See studio for details.  
Must be a resident of Lake Nona, and may not be combined with any other offer.



# THE ARTIST: WELCOME TO WONDURLAND

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF WONDURLAND

Budding independent artist Abraham Sosa is a Lake Nona High School alumni bursting with artistic flair. A Nonahood native through and through, Sosa has recently worked to create the concept of a musical entity titled “Wondurland.” As he releases his second single “Serendipity” and works to make himself a name in both an acting and musical capacity, we can say we were here to watch Wondurland’s success from the start.

**Nonahood News: What drove you to become a musician? And how did you come up with the stage name ‘Wondurland’?**

Wondurland: My father is a musician, and I inherited his talents. He taught me a lot, and growing up, I always aspired to create something beautiful. My heroes saved me through art, and it’s what I hope to do for my audience. I came up with a stage name because I want my material to be inclusive and not attached to a specific entity. Wondurland is supposed to be more than an artist. I hope the productions will involve many talents and performers one day.

I was always obsessed with fantasy worlds like Narnia, Oz or, obviously, wonderland. Alice in Wonderland is my favorite animated

movie, so I wanted to take that inspiration and run with it. Just switch the “e” with a “u.”

**NHN: How would you describe your sound?**

W: I would say pop ... I leave it as simple as that because, in my eyes, pop music is universal. It incorporates many sounds, and it’s flexible. I want my sound and my material to constantly evolve, so I would say my audience will always be in for something fresh. Expect cinema, though. Always.

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

W: That varies; I don’t necessarily have a formula. I’m constantly polishing that aspect of my craft on what would sound dope, unique or poetic. Lyricism is important; you never know how someone interprets that or [how it] imprints on their lives. I aim for the writing to always impact in some way. And for the overall production to be felt. My goal is to create albums, and a body of work incorporates in-depth thought and detail. I’m never just writing random songs. Everything will always be a part of a theme and story.

And I would say I go over this almost every day of every week.

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

W: My current project is certainly the most challenging [laughs], but that’s a part of the process and journey. Marketing is extremely difficult as an upcoming artist, balancing being creative but also getting the material out there. [Getting] people to give the product and artist a genuine shot is very challenging. But it wouldn’t be worthwhile if just anyone could do this, so I do my best but always

aim to grow and improve. Always. I haven’t worked on enough projects to have a favorite yet, but I would like to take this opportunity and say being friends with Buzz Lightyear til this day is my favorite thing I’ve done as a performer. If you know, you know.

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

W: I want to do many things within the entertainment industry, but acting means a lot to me. Touching back on the stage name, that’s also a big reason I chose that route because I want Wondurland to be separate from Abraham Sosa or any acting opportunities I have done or will do. I can’t disclose the films I will be appearing in, but they will be released [in] 2022. An indie film and a feature film, and I’m very grateful for the opportunities, the people I worked with, and the experience.

Also cats. I love cats. I have four of my own, and [I am] fostering a newborn kitten. I hope to open many cat sanctuaries, foster all my life, and just help any cat I can.

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

W: Inspiration can be pulled all around us; it’s about how we share it. I’ve experienced a lot of beautiful things in life, tragedies, and committed many errors and mistakes. I want to share that vulnerability through song, story, cinema. The debut single “Esmeralda,” for example, is about mistakes with infidelity, and the lack of discipline when temptation arises ... the sound and the way I told it through song was inspired by Michael Jackson’s “Dirty Diana.” I’m going to be sharing myself with the audience, and it feels somewhat daunting, but I think about the people that may need it. It’s an important part of why I do this.

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

W: Anyone that knows me even slightly can tell you I adore The Weeknd [laughs]. That’s my hero, ever since 2011. It’s a dream to work with him one day, maybe even a whole collab album. All of the albums in my head that I want to create are for sure dream projects I intend to bring to life, but I try not to think too much about the artists/talent I’ll work with one day because the future is big and bright. I have no clue what superstar will enter the industry one day, and that goes for whatever you are: singer, producer, engineer. I hope to keep the wheel moving and give people opportunities I once had to fight for.

**NHN: Future projects/plans?**

W: “Serendipity” has just released. It’s the second single to a project I’m currently completing. It’s a very special track to me. It’s a record I created with the intention to give something euphoric to the audience. The project is a nine-track independent album, and it’s a journey. I think it’s going to be beautiful. I won’t share too much because there’s beauty to enigma, but I’m very eager to accomplish this. And I’m grateful to Nonahood News [for giving] me a platform to speak from the heart. I went to high school at Lake Nona, so this opportunity feels full circle. Very excited and grateful for what’s to come and all who experience Wondurland.

*To keep up with the journey of Wondurland, follow @\_wondurland on Instagram.*





ROTARY CLUB OF LAKE NONA  
LUNCH MAY UPDATE

BY ROTARY CLUB OF LAKE NONA LUNCH

The Lake Nona Lunch Rotary Club is making a difference. Madame president Maurita Sutton-Brown and its members continue to be a community service club. Maurita and her husband, David H. Brown, were inducted into the club in 2016 as charter members, along with other business and social leaders in the community. She has served on many projects the club has offered throughout the years. The club has supported projects in our community for nonprofits, hospitals, local schools and more.

Sutton-Brown has resided in Lake Nona for nearly 10 years. She and her husband focused on making sure her children created a life for themselves that they love. Her Ph.D. candidacy in psychology and her entrepreneurial businesses have strengthened her to share her life with her community, along with rotary's motto: "service above self." What keeps her going and leading in all she does is her passion to serve the diverse community and make a difference. You can become familiar with her works at a general rotary meeting every second and fourth Tuesday of each month.

Rotary International is a global network of 1.4 million people and over 45,000 clubs serving their communities worldwide, consisting of neighbors, friends, leaders and problem-solvers. The goal is to create lasting change to unite the world by taking action through visions and real commitments. The passion, energy and action to sustain projects to their completion are shared responsibilities to better our world. Sutton-Brown joined her local club to support education, promote peace, protect the environment, and save mother and children, to list a few services. Rotary does much more, and she loves to serve where and when she can. Rotary's mission states: "We provide service to others, promote integrity, and advance world understanding, goodwill and peace through our fellowship of business, professional and community leaders."

The Rotary Club of Lake Nona Lunch has been a part of great lasting change by serving the community through service projects. The club is currently serving Lake Nona at the Ronald McDonald House, serving the programs: Share-A Meal, Adopt-A-Highway (sign has been placed on Narcoossee Road) and Million-Meals (Publix pick-up and deliveries). Our service projects are open to our club members and to the community. Sutton-Brown's chosen Act of Kindness service project for 2021-22 was the Christmas in July – Blankets & Socks Donations. By December, the club and community collected over 50 blankets and 200 pairs of socks. The donations were given to the homeless at Eola Park in downtown Orlando to over 40 homeless men and women.

Rotary Club of Lake Nona Lunch members are serving and making lasting change in their community. Our annual fundraising event this year is the "Heroes Gala" to raise funds for the Ronald McDonald House. This year is the 4<sup>th</sup> Annual Award Ceremony acknowledging first responders on their outstanding achievements during the pandemic, representing the workplace and commitment to serving the Lake Nona community. Physicians, firefighters, police officers and many more community leaders will be awarded at 6 p.m. on June 11 at the Lake Nona Wave Hotel. Follow the Rotary Club of Lake Nona Lunch's Facebook page and Eventbrite link to purchase tickets to our event. There is also an opportunity to choose an Unsung Hero of Lake Nona.



WORK WELL: THE HAPPINESS HABIT

BY NATALIA FOOTE

"Every habit and capability is confirmed and grows in its corresponding actions, walking by walking and running by running. ... Therefore, if you want to do something, make a habit of it. If you don't want to do that, don't, but make a habit of something else instead." – Epictetus, Discourses, 2.18.1-5

The search for happiness is one that has puzzled minds throughout time. Happiness is not tangible and is often fleeting. It doesn't always arrive when we think it will, and oftentimes, we expect happiness to come after something else happens. (I'll be happy when ...) It's evident in the Declaration of Independence: "Life, Liberty and the PURSUIT of Happiness." There is no guarantee.

I recently held a Mom, Move, Learn event at Dockside in Lake Nona where we discussed the changes that happen in our brain when women become mothers and how we can establish habits to create a positive bias to increase joy and happiness. Our brain, forever moldable and malleable, receptive and learning, can increase the good or the bad. This is called neuroplasticity, and it is not exclusive to mothers. Our brains are constantly taking in information and reinforcing beliefs. It picks and chooses what to focus on based on previous beliefs and strengthens or adapts its neural pathways based on our thoughts and behavior. Any time you've changed a habitual behavior, you have experienced neuroplasticity.

In essence, anything we practice we get better at. Thus, we learn how to walk, run, brush our teeth, eat food and any other behavior you rarely have to put forth effort to accomplish. We get so good at it that it becomes almost automatic. If what we practice we get better at, then we can choose what to practice, and we can create behavior that increases the good we naturally have within. Habits are not limited to behavior; our mind has repeated thoughts that also become habitual.

The habit to increase happiness is recognizing the good that is currently here. We often live worrying about the future or regretting and replaying the past. The past is what created the person you are right now. The future is the hope of what you will become, but literally, right now is the only moment you have. Happiness is not something we get "WHEN." Happiness is something we recognize "NOW."

The truth is, RIGHT NOW, you are breathing. Right now, you can see this article, so your eyes are taking in information. Right now, you can stop and see the colors and textures around you. Right now, you are hopefully safe. Your mind may make you a prisoner, worrying about what's to come or regretting choices from the past, but you can't do much about that. What you can do is take a moment to appreciate all that is good RIGHT NOW.

Creating the habit of recognizing what is currently good begins to strengthen and change your neural pathways. You begin to take in the good, and taking in the good becomes easier and easier. Suddenly, life becomes a bit lighter because you have shifted your focus to notice all that is right instead of worrying about all that is wrong and waiting for the wrong to get "fixed" in order to be happy.

Awareness of our thoughts and worries is garnered by practicing mindfulness and meditation. If you don't have a current meditation practice, I have a free 7-day meditation habit starter at [www.nataliafoote.com](http://www.nataliafoote.com). It takes 5-8 minutes a day, but a simple 5-second reflection every day begins to strengthen your ability to NOTICE the good. Naturally, the more you practice, the better you'll get at resting in what's good by using habit formation as a way to lighten the daily load.

Thich Nhat Hanh said, "We should learn to ask 'What's not wrong?' and be in touch with that. ... Life is filled with many wonders, like the blue sky, the sunshine, the eyes of a baby. ... Breathing is very enjoyable, but many people appreciate the joy of breathing only when they have asthma or a stuffed-up nose. We don't need to wait. ... Awareness of the precious elements of happiness is itself the practice of right mindfulness. ... The secret to happiness is happiness itself. ... We can be in touch with these things right now."

Start now, this moment, before you get distracted and your mind moves to its habitual thinking. Acknowledge the good within. Notice all that is working and that is right with yourself, your body, your mind. Take 5 seconds to soak in the good, and remember that good within is always there for you to appreciate.



Photo by Kelly Rodriguez

Premier | Sotheby's  
INTERNATIONAL REALTY



ORLANDO

12575 Faraday Lane \$1,300,000  
Tatiane Aponte & Stephany Cornelius 305.804.4366



SAINT CLOUD

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



SAINT CLOUD

75 Nolte Road \$4,000,000  
Susan Abshire 407.908.2801



SAINT CLOUD

2813 17th Street \$615,000  
Susan Abshire 407.908.2801



ORLANDO

7917 Gamemaster Avenue \$415,000  
Tatiane Aponte & Stephany Cornelius 305.804.4366



SAINT CLOUD

2040 9th Street \$405,000  
Susan Abshire 407.908.2801



View area listings

your home has never been  
— WORTH MORE

SOUTHWEST ORLANDO | 407.581.7888  
LAKE COUNTY | 352.227.3905

SPRUCE CREEK AND THE BEACHES | 386.761.2172  
SOUTHEAST ORLANDO | 407.480.5014

NEW SMYRNA BEACH | 407.644.3295

SEMINOLE COUNTY | 407.333.1900

WINTER PARK | 407.644.3295

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

Contact us for a  
confidential consultation

PremierSothebysRealty.com



# Minutes Matter: Trust Central Florida's #1 **ER**

When every second counts, count on us to be there for you at AdventHealth ER. It's the compassionate care you want — when and where you need it.



With 26 locations, the  
#1 ER in Central Florida  
is always near you.  
**YourTrustedER.com**



22-EAST-02498

## EXPAND YOUR CAREER OPPORTUNITIES WITH THE UCF PMBA LAKE NONA

The UCF PMBA Lake Nona is a part-time, cohort program, offering professionals the ability to complete their MBA while maintaining their career path.

### Coming to Lake Nona in Fall 2022

The PMBA Lake Nona accommodates professionals living and working in the Lake Nona and southeast Orlando areas. The program will be conveniently located at the UCF College of Medicine in Orlando's emerging medical city at Lake Nona.

### Program Highlights

- 24-month program with 13 courses
- Cohort format with limited class size
- Two classes per week - Monday & Thursday evenings
- Concierge-style academic services
- State-of-the-art classroom technology
- Professional mentoring program

To learn more about the PMBA Lake Nona, including information sessions, early application tuition discounts and application deadlines, visit [business.ucf.edu/pmbanona](https://business.ucf.edu/pmbanona).







LAKE NONA

# SUMMER ADVENTURE CAMP

REGISTER NOW!

\*LIMITED SPOTS AVAILABLE

- EDUCATIONAL  
ENRICHMENT

- WEEKLY  
FIELD TRIPS

- UNIQUE ACTIVITIES  
"TRY IT FRIDAY'S"



#NEVERSTOPPLAYING





# FROM THE CEO: FATHERS AS PART OF THE TEAM

In May, people in our nation and around the world celebrate Mother’s Day. Now, during June, we will honor the fathers of the world.

Father’s Day 2022 will present an opportunity to honor, respect and cherish our father figures – and by this, I mean whether they are biological, adopted, step- or in-law. For most, these father figures brought a strong love and encouragement when we needed it most. As I reflect, I am thankful for my biological, step- and in-law fathers who each in their own way embossed a lasting legacy on my life. Without them, I would not be a capable household handyman, a man who respects the sacrifices and honors owed to our veterans, or a person who learned of the hardships faced by the strong immigrants who came to this country to help build it into the home of the brave.

Though none of my three father figures is still with me, I wish we could tackle a task together, get the grill going, take a walk in the woods, listen to some old records, share a meal, or listen to tales of gallantry and hardship. These are just a few suggestions that you may want to consider. This is our chance to show our love and respect for part of the home team.

Don Long  
CEO, Lake Nona Regional Chamber of Commerce

### WELCOME NEW MEMBERS

Artemis Lifestyles  
Good Samaritan Society  
Gymboree Play & Music, Nona  
Lucky Seventeen Entertainment LLC  
Luxe Lightscapes LLC  
Nelsons Tents & Events  
Orlando Jewelers  
Pace Center for Girls, Orange  
Restorative Hands  
Rishi Bagga for Florida House District 35  
The Landruá Group Real Estate  
Thrive Counseling, LLC

### NEW BRONZE PARTNER

Arcimoto Inc.

### RENEWED MEMBERS

Carbone Law, P.A.  
CJ Johnson Insurance, LLC  
Golson Designs - Decorating  
Den Interiors  
Inspire Weight Loss - Lake Nona  
Lake Nona Wave Hotel  
Nona Medical Arts  
Nona Street Bistro LLC  
Nova Engineering and Environmental

Orlando Credit Union  
Prugner's Digital Marketing  
Snap Drone Media  
Splash & Dash LLC Pressure Cleaning  
The Oasis at Moss Park Preserve  
VIP Mortgage Group  
Wolf Group at Keller Williams  
Advantage III Realty

### Chamber Connections: "New Member Showcase and Networking"

Thursday, June 2  
8:00 a.m.

Wycliffe Discovery Center  
11221 John Wycliffe Blvd, Orlando, FL 32832

### First Tuesdays After-Hours Nona Adventure Park

Tuesday, June 7th  
5:30 - 7:30 p.m.

14086 Centerline Drive, Orlando, FL 32827

### BREAKFAST CONNECTIONS: "LET'S TALK ABOUT MEN'S HEALTH!" Provided by AdventHealth

Thursday, June 9  
8:00 - 9:30 a.m.

Ronald McDonald House - Lake Nona  
6551 Nemours Parkway, Orlando, 32827

### BUSINESS LUNCHEON: IMPACTING TRANSPORTATION - STATE & COUNTY UPDATES

Friday, June 17  
11:30 a.m. - 1:00 p.m.

GuideWell Innovation Center  
6555 Sanger Rd, Orlando, FL 32827

### Young Professionals' Group

Tuesday, June 21  
5:30 - 7:00 p.m.

Lime Fresh Mexican Grill

Third Tuesdays: 5:30-7:00 p.m. Lime Fresh Mexican Grill

Networking and educational opportunities for young professionals in the area.  
Free for Members and first time guests 10 and under.

Contact Joe Ferguson at [JoeFerguson@EdwardJones.com](mailto:JoeFerguson@EdwardJones.com) for more information.

### NONA PROFESSIONAL LADIES' Luncheon Evening Social

Monday, June 27  
5:30 - 7:00 p.m.

Azteca Mexican Restaurant  
10783 Narcoossee Rd Suite 201, Orlando 32832

## THANK YOU CHAMBER PARTNERS

#### DIAMOND

NONA MEDIA  
COMMUNITY DRIVEN ENGAGEMENT

#### PLATINUM

AdventHealth  
amazon  
GUIDEWELL Innovation  
HCA Florida UCF Lake Nona Hospital  
ORLANDO HEALTH  
SYNOVUS the bank of here  
TRC TAVISTOCK RESTAURANT COLLECTION  
CHASE  
LIFESTYLE MAGAZINE

#### GOLD

STARLING  
onemed  
TAVISTOCK

#### SILVER

FIRST COLONY BANK  
Walmart  
OSCEOLA COUNTY

#### BRONZE

ARCIMOTO  
OUC The Reliable One  
Ronald McDonald House Charities Central Florida  
FIMM FLORIDA INTEGRATIVE MODERN MEDICINE  
VERANDAH PROPERTIES, LLC  
Northwestern Mutual Wealth Management Company

#### COPPER

NEMOURS CHILDREN'S HEALTH  
HAMMOCK BEACH RESORT





**Nona Professional Ladies' Luncheon: Style and Branding**  
The Nona Professional Ladies' Luncheon panel presents "Style and Branding" on April 18 at Wycliffe Discovery Center. (Left to right) Marissa Burns and Cheryl Moore are a mother-and-daughter team of personal stylists who showed attendees of the luncheon how to create a professional look on a budget. (Photo by Danielle Conley)



**Ribbon-Cutting Ceremony at Papasan's Vietnamese Cuisine**  
Don Long (right), CEO of LNRCC, presents the signed ribbon souvenir to the owners of Papasan's Vietnamese Cuisine during the grand opening at their St. Cloud restaurant on April 18. (Photo by Danielle Conley)



**EVENT GALLERY**  
**Young Professionals' Group**  
The Young Professionals' Group meets on the third Thursday of every month at 5:30 p.m. at LIME Fresh Mexican Grill.



**Nona Festival International Celebration**  
LNRCC and Drive Shack hosted the Nona Festival International Celebration on April 23. Local childrens' groups entertained attendees, and sponsors and vendors networked their products and services. (Photos by Madelyn Long)



**Chamber Connections: Connections Over Coffee**  
David Worth of Worth Real Estate Company leads the Chamber Connections Event: Connections Over Coffee at Culver's Lake Nona on May 5. (Photo by Danielle Conley)



**Ribbon-Cutting and Grand Opening Ceremony at Core Values Physical Therapy and Wellness, PLLC**  
Megan (left) and Rebecca Smith (right), owner and physical therapist of Core Values Physical Therapy and Wellness PLLC, cut the ribbon at their grand opening on May 7. (Photo by Madelyn Long)



**First Tuesdays After Hours: Wild Florida**  
LNRCC members make the most of a wild night by visiting the animals via a drive-thru safari at Wild Florida. Shortly after, they were treated to a delicious meal, followed by a Q&A session with Sam Haught, owner of Wild Florida, during the First Tuesdays After-Hours Event on May 3. (Photo by Danielle Conley)



**FACP Spring Conference**  
Chamber CEO Don Long (standing middle) co-hosts the Clean Energy – Powering Workforce Development Panel Discussion at the Florida Association of Chamber Professionals Spring Conference on May 11 in Orlando. The panel was moderated by Alan Byrd (far right) with Chambers for Innovation & Clean Energy. Also on the panel were (left to right) Britta Gross with Orlando Utilities Commission; Racquel Asa from Beep, Inc.; and Adrian Brand with Arcimoto Inc. (Photo by Madelyn Long)



**Arcimoto Demo**  
Glenn Cook with EV Transports shows LNRCC CEO Don Long the ropes of Arcimoto's FUV electric vehicle on May 11 in Orlando. Arcimoto recently joined the Lake Nona Regional Chamber as a Bronze Partner. (Photo by Madelyn Long)



# LAKE NONA REGIONAL CHAMBER

**Progressively** serving the Lake Nona Region with  
**Opportunities** that enable growth and success while  
**Supporting** our members through their journey.

## JOIN TODAY

Large, small and home businesses, organizations, charities,  
political candidates and nonbusiness/individuals welcome!

Annual membership \$150 to  
Trustee levels available -  
[www.lakenonacc.org](http://www.lakenonacc.org)



# THE GREAT GREEK MEDITERRANEAN GRILL OPENS IN LAKE NONA

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTO COURTESY OF THE GREAT GREEK MEDITERRANEAN GRILL

On May 16, Lake Nona gained a new restaurant The Great Greek Mediterranean Grill®, an award-winning Mediterranean fast-casual concept. This is the third restaurant in the Orlando area of its kind.

Fitting with The Great Greek Mediterranean Grill's mission to help "Live Your Life Deliciously," the menu includes chef-inspired, homegrown recipes and delicious flavors. Every item on the menu is prepared in-house with fresh ingredients, providing guests with the opportunity to try traditional flavors from recipes passed down among generations.

Guests can select from several items such as the fan-favorite traditional gyro as well as lamb, steak and chicken souvlaki platters. Visitors can also enjoy the flavors of four signature house-made dips, featuring hummus, tzatziki, melitzanosalata (eggplant dip) and tirokafteri (spicy roasted red pepper) as well as fresh feta fries. The menu includes various customizable dinner options such as a classic Greek salad with choice of gyro meat, chicken souvlaki, salmon or other protein



choices. Guests can also indulge in desserts such as baklava ice cream and rice pudding.

The restaurant's recent opening will be celebrated with a Giveback Day on Thursday, June 16, benefiting Give Kids the World Village. On this day, 50% of sales will be donated to support the organization in providing weeklong wish vacations to critically ill children and their families at no cost.

The Great Greek Mediterranean Grill is part of the United Franchise Group family of affiliated franchise brands and consultants. Franchisee Kevin Carmean, a local businessman and entrepreneur who owns The Great Greek Mediterranean Grill locations in Hamlin and downtown Orlando, intends to continue expanding throughout Central Florida to meet increasing demands for fresh, healthy dining options.

"Lake Nona is an amazing community that is growing rapidly, making it the perfect home for The Great Greek Mediterranean Grill," said Carmean. "We love providing delicious food and fantastic service and are excited to further expand our reach in Central Florida."

**The Great Greek Mediterranean Grill is located at 14152 Narcoossee Rd. The restaurant will serve lunch and dinner from 10:30 a.m.-9 p.m. Sunday through Thursday and 10:30 a.m.-10 p.m. Friday through Saturday. The newly constructed 1,900-square-foot restaurant will offer pick-up and delivery options as well as dine-in seating for 47 inside and outdoor patio seating for 16.**

# GOODWILL INDUSTRIES OF CENTRAL FLORIDA ANNOUNCES NEW TUITION SCHOLARSHIP PROGRAM

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTO COURTESY OF GOODWILL INDUSTRIES OF CENTRAL FLORIDA

According to a study by the University Professional and Continuing Education Association, about two in five college students drop out of school due to financial reasons. With this and other reasons in mind, on May 3, Goodwill Industries of Central Florida (GICF) announced its new Tuition Scholarship Program. The program will cover the cost of college tuition or vocational certification for employees.

To be eligible for this program, part- and full-time GICF employees must have 90 days of continuous employment; enroll at a Florida state public college/university, accredited technical college or trade school; and maintain a passing grade of "C" or its equivalent. Under the Tuition Scholarship Program, part- and full-time GICF employees will be eligible to have 100% of their tuition, books and other fees covered in advance, rather than reimbursed. The prepaid tuition program embodies Goodwill's mission of "building lives that work" and serves to attract new employees when combined with Goodwill's benefits package.

Interested GICF employees will be paired with a Prosperity Planner. A Prosperity Planner is a Goodwill team member who specializes in financial and career goal strategies. Alongside the Prosperity Planner, employees will be able to receive one-on-one coaching and guidance in reaching their educational goals as well as developing an individualized action plan.

"We want our employees to be trained to be successful at their jobs – and we want their jobs to help them accomplish the goals they desire in life," said Ed Durkee, president and CEO at Goodwill Industries of Central Florida. "We believe that the cost of education should not stand in the way of those aspirations, so we intend to provide employees with the financial pathway to achieve a degree or skilled trade."

Goodwill already has about 80 employees interested in the program. Two of the em-



ployees who will benefit from the program, Luis Diaz and Sheena Reed, have shared what the program means to them and how it has impacted their career trajectories. Diaz is pursuing a psychology degree from the University of Central Florida with the help of this tuition program. Reed, an employee at the Lake Nona store, will attend Valencia to pursue a degree in photography. With the help of Prosperity Planner and Lake Nona resident David Watson, Reed has been able to better prepare for returning to school.

"My experience has been very outstanding with David," Reed said. "I'm a harder case than most other people because we have to go through all the schooling that I had in Germany. He's been going out of his way, above and beyond, and sending me checklists, checking in, and that helps me a lot. If I had to go through this by myself, I wouldn't be as encouraged as I am right now."

"My experience as a Prosperity Planner is that you're trying to meet a person where they're at," Watson explained. "They come with their various life goals, career goals or financial goals, and it only works if that person is willing to put in the work and share what have been their challenges to get there. Sheena has been the type of member that I would love to work with every single time ... being open, upfront and doing work. It's been a great experience for me as well."

GICF employs over 1,200 people across Orange, Osceola, Lake, Brevard, Seminole and Volusia counties. Currently, there are job openings in various departments, including retail, HR, IT, transportation and warehouse. Individuals interested in working at Goodwill should fill out an application at [www.GoodwillCFL.org](http://www.GoodwillCFL.org) and monitor Goodwill's social media pages (Facebook, Twitter and LinkedIn) for announcements about upcoming hiring events.



# THE WINNING FAMILY: HOW TO BE A "C.O.O.L." DAD

BY RODNEY GAGE, LEAD PASTOR



I recently went thrift shopping with my 21-year-old son, who is very "trendy" with his style of clothing. As we were walking into the local Goodwill store, I asked him, "Why are we shopping here? This is a place where people get rid of their 'old' stuff!" He said, "Dad, that's the point. This is where you find some really 'cool' clothes!" What's crazy is the style of clothing he considered "cool" and "trendy" are clothes that were in style when I was in 7<sup>th</sup> grade! As the old saying goes, "What goes around comes around." What is considered "cool" is all a matter of perspective!

The same is true when it comes to being a "cool" dad.

Here is what is not cool. According to the U.S. Census Bureau, 18.3 million children (1 in 4) live without a biological, step- or adoptive father in the home. Sadly, we are facing a "mandemic" in our society. Too many people are growing up without a father figure in their home.

Billy Graham once said, "A good father is one of the most unsung, unpraised, unnoticed and yet one of the most valuable assets in society."

As we honor dads this Father's Day, it is

important to highlight the positive qualities and contributions our fathers, or male role models, have had in our lives.

If you're a father figure reading this article, it's also important to remind yourself what being a "cool" dad looks like in our kids' eyes. Being a dad today is more challenging than ever. Men face pressures on so many levels. It's easy to feel inadequate or overwhelmed by all the demands at work and home. Below are a few ways you can remain "C.O.O.L." under pressure.

## C – COURAGE

Former President Franklin D. Roosevelt once said, "*Courage is not the absence of fear but rather the assessment that something else is more important than fear.*" We may not have all the answers; however, we cannot let "fear" or "inadequacy" keep us neutral or cause us to remain silent. As men, the actions of leadership, justice, compassion and moral character must be exemplified in our homes now more than ever. It takes courage to lead our families where they *need* to go, not necessarily where they *want* to go.

## O – OBSTACLES

In life, and especially as parents, there will always be obstacles that get in our way; it takes courage to turn our obstacles into opportunities. As an eight-year-old boy, my son, Luke, was diagnosed with a rare hip disease called Perthes. His world quickly came to a screeching halt as he transitioned from playing Little League baseball and enjoying all the activities for a boy his age to spending the next three years of his life in a wheelchair. Little did we know that during that time in a wheelchair, he would learn to play the guitar and piano. Today, our son Luke is a full-time singer and songwriter for a record label in Nashville, Tennessee. I have learned over the years through situations like Luke's that setbacks are often disguised as setups for something greater. As a dad, leverage the obstacles you face as opportunities for growth.



## O – OPTIMISM

The only way we can effectively lead our families with courage and overcome obstacles in our lives, marriage and family is to remain optimistic. In a day and age where there is so much negativity, division, fear and uncertainty about what the future holds, it's vital as dads to remain optimistic and hopeful. As W. Clement Stone once said, "*There is very little difference in people, but that little difference makes a big difference. The little difference is attitude.*" Keeping the right perspective and remaining optimistic about the circumstances we face will profoundly impact everyone around you.

## L – LOVE

There is nothing more powerful than unconditional love. It is a virtue that is missing in our culture today. Sacrificial, unconditional love means loving and accepting someone for who they are without conditions. We don't have to agree with everyone to love them. However, when we demonstrate love to our children (verbally and by our actions) for who

they are rather than on the condition of what they do or don't do, we are showing them unconditional love.

Rick Warren once said, "*The best use of life is love. The best expression of love is time. The best time to love is now.*" Having courage, overcoming obstacles, remaining optimistic and demonstrating love to our kids every day is how we can be a "C.O.O.L." dad to our kids.

**Rodney Gage is a family coach, author, speaker and the founding pastor of ReThink Life Church that meets at Lake Nona High School. His passion is to help families win at home and in life. To receive a FREE copy of one of his books, go to [thedoublewinclub.com](http://thedoublewinclub.com). To learn more about his marriage and parenting coaching, check out [thewinningfamily.com](http://thewinningfamily.com) and [rethinklife.com](http://rethinklife.com).**



# USTA: SUMMER CAMP 2022

BY DANIEL PYSER

The start of June means that Summer Camp is in full swing at the USTA National Campus. The annual program is one of the campus’ most popular and typically fills up to capacity, as it offers guaranteed fun for tennis players of all ages and abilities.

Registration is open and available on a week-to-week basis. Summer Camp officially began on May 31 and runs through Aug. 5. This year’s camp offers a wide variety of options for kids of every skill level, ages 5-17, and runs each morning from either 8-11 a.m. or 9 a.m.-12 p.m., depending on the age group.

Players will hone their game, have fun and learn skills that will help them enjoy the sport for a lifetime. The program features professional coaching and training combined with the perfect blend of competition, camaraderie and fun.

Summer Camp 2022 is divided into three main categories: Family Zone, Youth Development and High Performance.

Family Zone Summer Camp is designed for players ages 5-11. (Players must have turned 5 years old by the first day of the program week they are registered for.) The programming will be held on smaller courts designed for beginner players. The Summer Camp staff will ensure that all campers learn how to play tennis and learn the required tennis and athletic skills to enjoy the sport now – and stick with it for a lifetime.

Youth Development Summer Camp is designed for players ages 11-17 who are either new to the game, are experienced junior team/high school team players, or are currently enrolled in any of the current Campus Youth programs. Players will train with others who are similar in age and ability. The focus will be on stroke mechanics, footwork and the athletic skills needed to successfully play the sport.

Finally, the High Performance Summer Camp is designed for players who compete in state, sectional and/or national USTA tournaments. Players will train with others who are similar in age and ability. Practices feature appropriate playing progressions and proper technique, tactical and tournament guidance, as well as match play and fitness sessions to help players achieve their personal performance and outcome goals. Coaches will also offer personal guidance on tournament play, competitive scheduling, and nutrition and hydration. The program includes fitness sessions to improve speed, flexibility, agility and core strength.

Anyone interested in Summer Camp 2022 or any of the other USTA National Campus programs are encouraged to visit [www.ustanationalcampus.com](http://www.ustanationalcampus.com).

In addition to Summer Camp, June is a busy month for events at the USTA National Campus. The Pride Cup will be held June 4-5; an ATP Challenger event will be held June 4-12; the tennis portion of the Special Olympics USA Games will be held June 6-12; and USTA Florida’s Bobby Curtis Junior State Championships will be held June 10-15.



# All ages welcome. All aces welcome.



Try something new with a Tennis Camp this  
Spring and Summer at the USTA National Campus.

Adult Camps (all levels through April)  
Spring Break Camp (March 15 – 17, 2022)



REGISTER TODAY  
[USTANATIONALCAMPUS.COM/CAMPS](http://USTANATIONALCAMPUS.COM/CAMPS)



## TO NONA & BEYOND: TOTAL LUNAR ECLIPSE

BY EMERSON & ETHAN WALSH

On the evening of May 16, thunderstorms were rolling through Central Florida. Space enthusiasts in the area, including ourselves, nervously awaited for the skies to clear as a particularly special celestial event loomed overhead. The event in question was a total lunar eclipse! The last one that was visible from the Lake Nona area was all the way back in 2019. This was before either of us had begun to pursue astrophotography; thus, we were both eager to capture the May 16 eclipse for our readers.

Only half an hour prior to the beginning of the partial eclipse phase, a beautiful, bright moon finally rose above energetic anvil clouds. Not being able to place our gear ahead of time due to rain, we both hurried to set up outside. As the eclipse progressed, Emerson captured still shots of the moon to later form into a collage. Meanwhile, I focused on capturing tracked shots of the moon near totality to reveal the beautiful



orange and red colors hidden within the shadow cast by the Earth.

If you missed this eclipse, don’t fret! There will be another one this year on Nov. 8. However, it will take place rather late at night. From Lake Nona, it will begin around 3 a.m. and will continue all the way to the moonset. We hope you are able to catch it!



USTA  
NATIONAL  
— CAMPUS —



© 2022 USTA. All rights reserved.



# BEST FRIENDS IN THE NONAHOOD: THE DOUBLE DOODLE WHO ATE HIS BED!

ARTICLE BY PATTY REBER  
PHOTOS COURTESY OF MARNIE BROPHY &  
ROBERT MCCLORY

Meet Tucker, the beautiful DOUBLE DOODLE! Yes, that's correct, a "Double Doodle"! Tucker is a mix of a Goldendoodle and a Labradoodle. If you think that spells trouble, this little blessing, who is not quite two years old, decided to surprise his owners, the Brophy family, and eat his bed! As you can see by the photo, Tucker stood tall and proud after doing so! Great job, Tucker!

Tucker is the first family dog to the Brophy family and is loved through and through. They feel very strongly that Tucker was a sweet gift from above. Their son, Colin, is very protected by Tucker, and they are truly BFFs! The family has to be very careful not to leave any socks around the house since Tucker is drawn to them, and if you chase him, he will eat them immediately. Perhaps this was a good side dish to his bed?!

No stranger to the Nonahood Bark Park, Tucker loves running with little dogs and is definitely a frontrunner with his obsession for tennis balls. Tucker may soon be joining the family for vacations away. Perhaps a small cot in the hotel room would be to his liking.

Although he hasn't joined the family for dining out, they feel he will soon be ready. Another sweet pooch that is not just a pooch but a real part of the family!

Sleep well, Tucker the Double Doodle!



A proud Tucker eating his bed



Colin and Tucker



Photo by robertmcclory.com

# LIVING WELL: THE SIMPLE LIFE

BY CINDY COFFMAN

Aloha! That means hello (and goodbye) in Hawaiian. As I sit in the Kahului Airport in Maui, I reflect on the amazing landscape that God brushed together in the islands so many years ago. It is true; this is a tropical paradise. Our trip started off a little rocky in Orlando as our plane got a pretty late start, and this meant we were going to miss our connecting flight. Annoyed, we trampled onto the plane with our multiple electronic devices in tow: my laptop (as I would have 10 hours to get work done uninterrupted), my cell phone for texting my office-mate and clients, and our iPad for movies and entertainment. As we took a deep breath and buckled in for the announcements, we learned a horrible fact. Hawaiian Airlines does not have wifi. HOW IS THIS EVEN POSSIBLE?! I peered frantically out the window to see if Fred Flintstone was piloting our aircraft with purple pterodactyls. Did I mention the flight was 10 hours and the seats were NOT in first class?

Let me rewind for a minute. We got to take a dream trip to Hawaii that was a gift from my job. Yep, you heard that right. My employer wanted to thank employees for our hard work and stick-to-it-ive-ness over the last two pandemic years. So, we were given five days/four nights in Maui that included flights, hotel stays, meals and spending money for 1,700 employees and a guest. You can put that in your pipe and smoke it, Oprah Winfrey!

Now, back to my first-world problems. We made it through the flight (although I am not sure how the world survived without me in touch and online for 10 hours) and then shuttled to the 4-star hotel. Our first couple of days had some wonderfully planned activities from snorkeling to French Polynesian luaus – you could say we were riding the incredible Maui wave! It was interesting for my hubby and I as we had quite the time people-watching. And it was apparent that Maui is where the infamous "other half" live and play. To fit right in, we engaged our best Mr. and Mrs. Howell accents from Gilligan's Island and mingled with the upper class.

Our third day on the trip was considered a "free day" where we could just explore the island on our own. We took a car and marveled at the island estates that would make Shaq's Isleworth mansion

look like a shack! We stopped to hike, play in a waterfall, and hit a roadside store for "authentic" Hawaiian gifts. What's a couple hundred dollars in the scheme of things? On our way back to the resort, we had to pull off and jump in the brilliantly colored azure Pacific Ocean. Our little adventure in the water happened to be at the site of the world famous restaurant called Mama's Fish House. If you haven't heard of this treasure, think of a Polynesian-style Bacan. Since we didn't want to pay \$150 for a sandwich and fries, we decided to ask a local for a lunch recommendation. Fun fact: All beaches in Hawaii are open to the public. So even if a private, uppity restaurant has prime beach views, anyone (like imposters from Florida) can enjoy the sun and sand. And it just so happens that off to the side of this incredible restaurant is an area that the locals flock to. We met a fourth generation iron worker/fisherman who comes to this very location throughout the week. He climbs up and down the rocky coastline and casts his tattered yellow fishing net. The food he catches today will feed his family tonight.

And that's when it hit me. We are the infamous "other half." My first-world problems were really just the moanings of a spoiled girl. I am grateful for the gentle reminder that I am blessed in many, many ways – especially when I am throwing a fit about how I can't get internet on a flight to Hawaii. I am grateful that my worth is not really measured by my bank account.

Mahatma Gandhi said, "A man's true wealth hereafter is the good he has done to his fellowmen." Let's figure out how we can use our wealth for the common good. Live well, my friends.



## CREATIVE AND INDIVIDUALIZED EDUCATION

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

### NOW ENROLLING!

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

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

Offering full-day summer  
camp for ages 3-10 years old  
in arts, humanities, sciences  
and more!



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



# MAMA’S TURN: ICE POPS IN THE FREEZER

BY SHARON FUENTES

When my children were little, we would start each summer off the same way: a trip to the Dollar Store, where we would stock up on sidewalk chalk, water balloons, pool noodles and freezer ice pops. We would spend the lazy days of summer being anything but lazy. We would go on bug hunts, have lemonade stands, host themed play dates, and take weekly field trips to local attractions and events. Those were days when I would spend an hour-and-a-half packing us all up to go to the pool, only to spend an hour actually there, and then two hours cleaning everyone up when we got home. But cuddling up with my freshly bathed babies with their little suntanned pink cheeks as we watched a movie or read a book always made it worthwhile.

As my children grew older, summer didn’t really change much; it still revolved around family time and was a chance to “catch up” on all things that we all were too busy to do during the school year. My children would sleep in more and stay up later, but for the most part, things were not that much different. Of course, there were more structured activities added to the mix, like swim team and Girl Scout camp, but ice pops in the freezer and cuddling on the couch after a day at the pool was always still a thing.

For their high school years, things did change a bit. There was a lot more driving them around to friends’ houses and outings, louder audible sighs, eye rolling and, yes, a bit more nagging to study for their SATs and to start college essays. But summer was still a time to relax and reconnect. Even the summer before my youngest child’s freshman year of college was chill. We spent days shopping for her dorm, buying tons of stuff we would eventually realize she didn’t really need. And at the end of the day, there were still cuddles on the couch as my sweet girl confided in me her fears of not making new friends and being on her own. And most importantly ... there were still ice pops in the freezer!

After nine months, my baby girl has now returned home for the summer after completing her freshman year of college. While she has been home for visits and holidays throughout the school year, this summer



break feels ... different. She and her older brother are ... different. They seem more mature. Not mature in the wash-their-own-clothes, put-dishes-in-the-sink-without-being-told sense. Mature as in this past year, they both have made and lived with the consequences of their own decisions. Some of those decisions were rewarding and lifted them up. Others ... well, I am sure I will eventually hear about those over the course of the summer.

The thing that has surprised me the most this summer is how much my husband and I have changed over this past year, too! We aren’t the parents we once were. Our role in their lives has changed. We now are more of a witness to their decision-making than a participant in it. It’s not easy stepping back and not trying to fix things. But knowing our kids are at a point that they can fix things themselves is extremely rewarding. And for the first time, our kids are now seeing my husband and me as real people, not just Mom and Dad. They look at us when we’re speaking. They disagree with tact and, most of the time, humor. They have learned to respect our space and appreciate how our lives have changed, too. They see and can appreciate our passions that have nothing to do with them or with parenting.

This summer may not be filled with bug hunts or lemonade stands, but it will be filled with many glimpses of the incredible adults my kids have become and who they may become in the future. It will be filled with frank discussions about important matters where we will only offer our opinions when asked and not take it personally when they don’t agree. It will be filled with times when we are all doing our own things, appreciating the moments when we do get to be together instead of pining for more. And of course, it will be filled with ice pops in the freezer because you are never too old for frozen flavored sugar water in a plastic casting!

# OVAHCS VETERANS PARTICIPATE IN THE NATIONAL VETERANS CREATIVE ARTS FESTIVAL

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTO COURTESY OF THE OFFICE OF PUBLIC AFFAIRS

The National Veterans Creative Arts Festival displays the artistic talents of veterans across the U.S. in categories including visual arts, writing, dance, drama and music. Each festival features art and writing exhibitions of the first-place entries from the national competition.

Veterans who achieve gold-medal-winning status in numerous categories present a show performance. Visual arts and performance workshops as well as writing seminars are offered during festival week to educate participants in a vast number of artistic modalities, making use of the talents of local community artists.

Marine Corps veteran Catherine D’Angelo was awarded a gold medal in the National Veterans Creative Arts competition, securing her participation in this year’s National Veterans Creative Arts Festival, held on April 24 in St. Petersburg, Florida. D’Angelo has been a participant in the Veterans Creative Arts competition and festival both locally and nationally for the past 15 years.

“When life gets too crazy, I just go and do my crafts,” said D’Angelo. “Nothing else matters. It really helps me to focus and calm myself.”

Each year, veterans prepare for the festival at their local VA and collaborate with staff to submit their artwork out for consideration at the national level.

“I get a lot out of participating in the creative arts program at the Orlando VA Health Care System (OVAHCS),” said D’Angelo. “I’ve learned so many new skills: paint by number, staining glass, wood burning, and creating no-sew quilts, like the one that won a gold medal this year.”

D’Angelo’s gold-medal-winning, no-sew quilt was inspired by her

mother. “My mother used to have a beautiful garden and bird houses when I was growing up,” said D’Angelo. “This quilt takes me back to simpler times.” The festival also provides Army veteran Lionel Marcoux with the opportunity to share his passion for music.

“I’ve been participating in the National Veterans Creative Arts Festival since 2002,” said Marcoux. “I look forward to the comradery, the sense of belonging and new friendships made each year.”

Marcoux performed “We Shall All Stand Tall,” an original composition written by his friend specifically for this festival.

“I sang this song in this year’s festival because I really want people to hear the words of the song and its meaning,” said Marcoux. “It’s such a beautiful piece.”

Jenny Danieli, creative arts therapist at OVAHCS, explains that engaging in the National Veterans Creative Arts Competition and Festival is an excellent way to incorporate rehabilitation goals for veterans.

“I’ve really seen tremendous growth in both Catherine and Lionel over the years,” said Danieli. “They have both made great progress not only with their health-related goals but in their personal lives as well. I am really proud of them and think that they help us to shine a light on the creative arts program that we offer here at OVAHCS.”

**For more information about the OVAHCS Creative Arts program, please contact Jenny Danieli at [Jenny.Danieli@va.gov](mailto:Jenny.Danieli@va.gov). To learn more about this year’s National Veterans Creative Arts Festival, visit [National Veterans Creative Arts Festival](https://www.veteranscreativeartsfestival.com) - Veterans Health Administration.**



# TIME TO CROWN CHAMPIONS

MAY 23-29, 2022  
ORLANDO, FL · USTA NATIONAL CAMPUS

NCAA  
2022 DIVISION III  
TENNIS CHAMPIONSHIPS

[WWW.USTANATIONALCAMPUS.COM/NCAA](http://WWW.USTANATIONALCAMPUS.COM/NCAA)

NCAA is a trademark of the National Collegiate Athletic Association.



# NONA YOUR NEIGHBOR: SANDRA & CAESAR CABRAL

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS BY KIRSTEN ROJAS PHOTOGRAPHY

Sandra and Caesar are co-founders of Inspire a Movement Inc. and are also Nona-hood residents. Check out our interview with them below.

**Nonahood News: What are your jobs?**

Sandra Cabral: I am co-founder of Orlando-based health and wellness company Inspire a Movement Inc. We offer community events, such as the Yoga on the Lawn event held at Spring of Life Methodist Church and the Park of the Americas, the Yogi Brunch Event, wellness retreats, event planning, and health and life coaching. I serve as a retreat specialist, marketing coordinator, and event planner for the company and work as an independent contractor providing travel consulting services.

Caesar Cabral: I am a co-founder of the company and serve as a health and life coach and community outreach coordinator.

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

SC: My day-to-day schedule includes event programming and coordinating, developing marketing materials and social media content, and face-to-face meetings with prospective event exhibitors, presenters and collaborators. As a travel consultant, I also spend part of my day researching destination options for my clients and coordinating large-scale events. Caesar’s day-to-day includes content creation, performing health and life coaching sessions, developing educational materials and content for live workshops.

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

SC: While wellness modalities are not new, there is a need for creating awareness about what a wellness coach does and tangible services being provided. The same goes for the transformational retreat experience. We are fortunate that wellness modalities are gaining traction and becoming more commonplace in Lake Nona, but creating awareness around the service offering is what is most challenging.

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

SC: As a retreat specialist, the most reward-

ing aspect is creating transformative experiences for people seeking an escape from their everyday life. The most rewarding aspect of my job as a travel consultant is helping people realize their dream vacations and wedding destinations.

CC: As a health and life coach, the most rewarding aspect of my job is having the opportunity to be a conduit for change for someone seeking transformation.

**NHN: What got you interested in doing your job(s) in this area?**

SC: Our family has been positively impacted over the years by a multitude of civic and community organizations. We aim to pay it forward and hope to love our neighbors in the same way they have done for us. Our free community events are a continuation of the many years in which we served as volunteer coaches at the Lake Nona YMCA and as committee members of our local church.

**NHN: Do you have any hobbies?**

SC: We love to spend time with family, travel, exercise and volunteer. I spent over seven years as a volunteer coach at the Lake Nona YMCA, as a soccer coach for my sons and their peers. These were some of the most rewarding periods of my life. We have also enjoyed multiple national road trips with our children (who are now grown) and a few international trips.

CC: I served as a volunteer basketball coach at the Lake Nona YMCA for over 12 years. I sponsored a competitive team for about two years (Rise Up Athletics) aimed at giving local basketball players at the high school level an opportunity to play in AAU caliber competition. I also enjoy playing classical guitar, reading and exercising.

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

SC: Organizing multiple retreats per year in different locations throughout the world, traveling for leisure, and investing my time in philanthropic projects.

CC: I see myself providing coaching services, publishing personal optimization books, and helping others as much as possible.

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

SC: We moved here in April 2005. My sister worked in the area for about a year prior to us moving and suggested we explore the area. Once we did, we realized the potential for



**NHN: What is your favorite part about Lake Nona?**

SC: Our life in Lake Nona has been very active. We have taken advantage of the nature trails, community center, sports activities and community-wide activities. During our time here, Lake Nona has experienced tremendous growth. Lake Nona is a vibrant, young community, which is forward-looking and keen on promoting a healthy lifestyle. There is no other place quite like it. You can work and play right here. It is unique and makes us proud to call this our home base.

growth and the wellness lifestyle. We were convinced that this is where we should raise our children. We have been here ever since and have never regretted our decision.

**NHN: Where are you from?**

SC: Santa Fe, Bogotá, Colombia.

CC: Santiago, Dominican Republic.





**STEAM IS ESSENTIAL FOR A 21ST CENTURY EDUCATION**

**(407) 495-2325 | aexplorers.com**

# SAVOR TOOTH TIGER: BLACK BEAN BURGERS WITH CHIPOTLE MAYO

BY ALLYSON VAN LENTEN

With the current high meat prices and my newly diagnosed high cholesterol, I’m looking to bean burgers to fill my desire of grilling this summer. Do you love burgers but are perhaps flirting with vegetarian options? Look no further than this really simple bean burger with an even simpler sauce. Have you ever seen the little cans of chipotles in adobo sauce in the international aisle? The sauce that comes in the can mixes with a little mayo to create the easiest and most flavorful burger accompaniment.

Okay, can I complain about my cholesterol for just a moment? As a moderately healthy 31-year-old who cooks often, never eats fast food, and eats all the vegetables, I was appalled at the nerve my doctor had telling me I’m officially in the high category of cholesterol. Perhaps there is a genetic component, or perhaps it was the several months of eating only saturated fat from the keto diet I just did ... definitely the latter. I’m being facetious, of course. My doctor is an angel, and eating nothing but saturated fat and limited fiber didn’t hurt my already elevated cholesterol. After getting my act together and researching how to lower my levels, beans were on every list of what to eat. I know what you’re thinking ... is mayonnaise on that list? No. I only use a little, and it makes all the difference to the overall burger. Rounded out with a whole grain bun, a little reduced fat Swiss cheese, avocado, tomato and lettuce, and I’ll be back in my physician’s good graces in no time!

Time to pull out the potato masher. No, it’s

not Thanksgiving just yet, but a potato masher works wonders for mashing the beans for these burgers. If you over-mash or use a food processor, you lose the texture and end up with a mixture that is too homogenous and, frankly, a little boring. Panko breadcrumbs add some more texture and binding. Eggs hold everything together, but feel free to use just the egg whites and omit the yolks if you have high cholesterol like me. To add flavor, I love to add lots of spices.

The vibe of this dish has some influences from Mexican cuisine, with the chipotles and black beans, but I have a secret ingredient you may not expect ... garam masala, an Indian spice blend that adds more warm flavors. Some bean burgers have so many steps and ingredients that may turn some away. This recipe uses spices to do the heavy lifting for flavor. I promise, it’s as easy as opening cans, sprinkling some spice, forming patties and eating. It’s definitely easy enough for a weeknight meal that your whole family (meat-eaters alike) will enjoy.

**Black Bean Burgers with Chipotle Mayo (5-6 burgers)**

- 2 cans black beans (drained and rinsed)
- 1 egg (whisked together in a small bowl)
- 1½ cups Panko breadcrumbs
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- 1 clove garlic (minced or microplaned)
- 2 teaspoons fine sea salt
- Black pepper



- Oil for cooking in the pan
- 1/2 cup mayo
- 1-2 tablespoons chipotle sauce (from a can of chipotle peppers in adobo sauce)
- Lettuce and sliced tomatoes
- Buns
- Swiss cheese
- Avocado slices

**Instructions**

1. Drain and rinse your black beans in a colander. Use paper towels to blot them dry. I microwave them for 4 minutes in a large bowl to dry them out a little further, which keeps the burgers from getting mushy.
2. Mix the chipotles in adobo and mayo sauce in a mason jar.
3. In a large mixing bowl, mash beans with

- a potato masher or fork. You want to leave some texture, a little lumpy.
4. Heat a cast iron skillet or nonstick pan to medium heat. Drizzle a generous pour of olive oil and cook patties in two batches. Don’t flip the patties more than once because they could fall apart before they’re fully cooked. Instead, slide the patties around, turning them so they get different areas of the pan, adding more oil if needed. When you are ready to flip to the other side, do so carefully with a large spatula. Patties are done when both sides are golden brown, about 6-8 minutes total.
5. Toast buns in a little oil in the pan.
6. Serve with Swiss cheese, sliced tomatoes, sliced avocado, lettuce and the sauce.

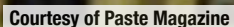


**Flick of the Month:** *A Knight's Tale* (PG-13)

Ledger's performance as Will, a young squire who "pretended" his way to the top, is classic and comforting. He and his band of squires and tagalongs make for hilarious dialogue and touching expressions of camaraderie and loyalty. Paul Bettany plays the scribe with more issues than we can count, including a rather intense gambling issue, which ultimately leads to a very ... nude introduction to his character. If you think he looks familiar, you might have seen him as Vision in the Marvel Cinematic Universe, in addition to his lengthy filmography. Bettany's role brings so much humor and cringing to *A Knight's Tale* that, whether you love him or hate him, you will hardly be able to forget him.

Feminists can appreciate the feisty characters of Jocelyn and Kate, who are surrounded by men that want to make them feel inferior but do not allow them to do so. Kate, the blacksmith, does not have a romance arc within this film, which I find to be refreshing. Jocelyn is the main love interest but is certainly not an easy catch for any of her suitors; she is beautiful, she is bold, and she is empowered. She outwits many of those around her and is not afraid to refuse a man, regardless of his wealth or status. She was never a match for Count Adhemar, the entitled noble, or, should I say, he was never a match for her clever tongue. Given the era the movie takes place in, those two are as progressive as any woman under those constraints could be.

As of the time this article was written, *A Knight's Tale* is streaming on Hulu and Amazon Prime.



Everything about this series screams of quality, especially its characters. One of the most captivating aspects of *The Morning Show* is that it introduced each character at the beginning in a vanilla, inoffensive way in which you thought the bad guys were obvious. As the narrative progresses, the most innocent characters reveal themselves in deeper and darker ways until the entire collection of enemies and heroes completely swap sides. It goes to show how it can be anyone. It can be anyone. Each character deals with these revelations in real-life ways that are so completely relatable – subtle in the way some of these wrongings are committed, but just as wrong so that you can pick out similar things in your experiences and finally realize that it is just that: wrong. Inappropriate jokes are just as guilty as other forms of misconduct. We enable, we are complicit, and we watch things happen that should never happen. *The Morning Show* exhibits this in a multifaceted examination that educates us but still lets us invest in a rich story with dimensional characters who will stay with you.

A promotional image for the TV show 'The Morning Show'. It features Jennifer Aniston and Reese Witherspoon in a newsroom setting. Jennifer Aniston is on the left, wearing a black halter-neck dress, looking off to the side. Reese Witherspoon is on the right, wearing a black V-neck dress, looking directly at the camera. The background is a dark newsroom with multiple monitors displaying various news segments, including 'UBA - NY', 'UBA - LOS ANGELES', and 'PROGRAM'. The title 'THE MORNING SHOW' is prominently displayed in large yellow letters on the left side of the image. Above the title, the names 'JENNIFER ANISTON' and 'REESE WITHERSPOON' are listed. In the top left corner, there is a small white box with the text 'Courtesy of apple.com'.



MORPHEUS8  
INMODE

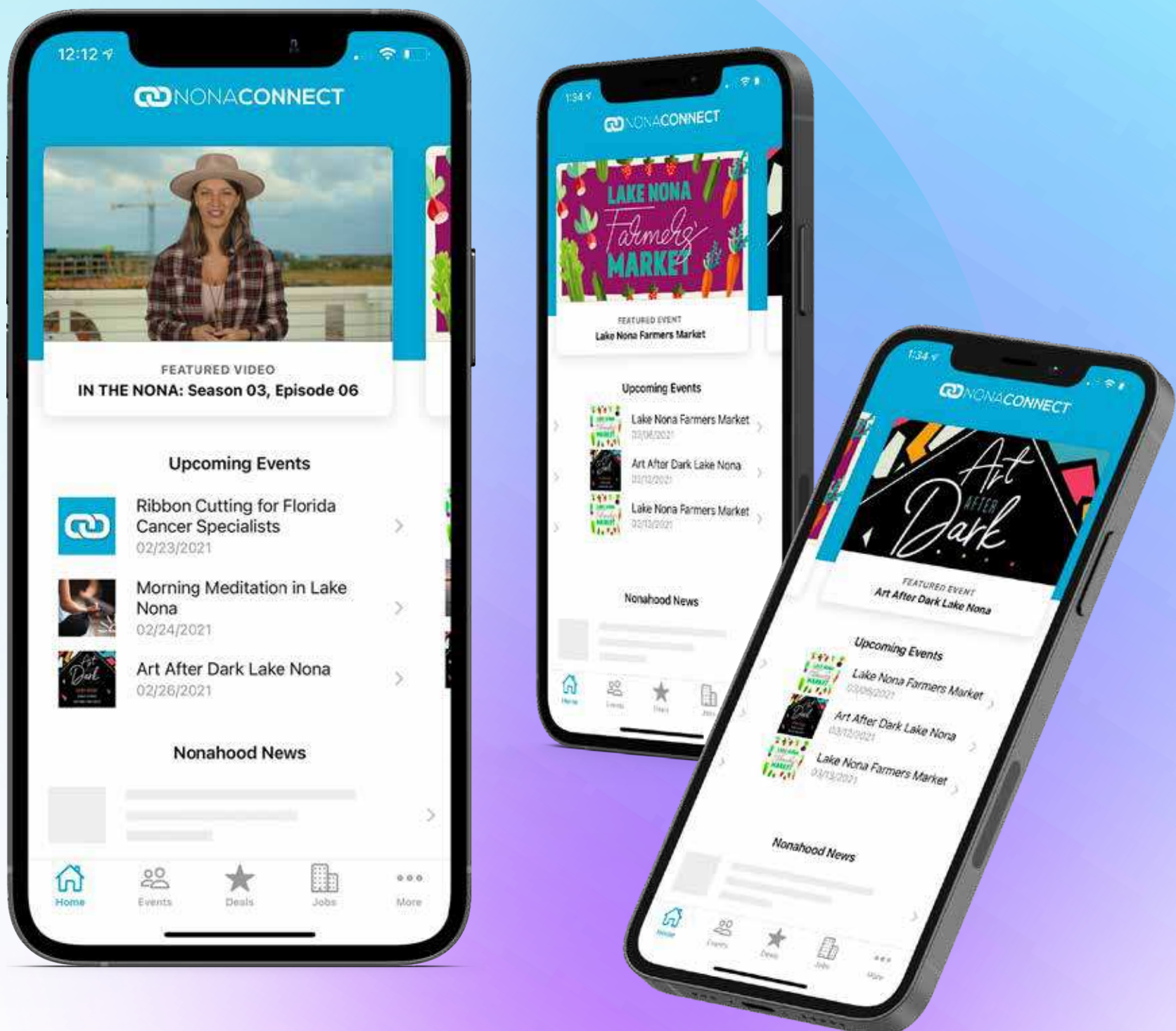
**NonaEyeMD.com**  
**407-863-8626**





The moment you have been waiting for is here!

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



DOWNLOAD the new  
Nona Connect app today!



Download it from  
APP STORE



Download it from  
GOOGLE PLAY



<https://nona.link/app>